

# Custard mooncakes 奶皇月饼

**Ingredients (about 16 pieces @ 50g) 材料 (可做 16 个月饼, 每个50克)**

## **Custard fillings 奶黄馅**

60g Sugar 糖  
18g Flour 面粉  
18g Custard powder 吉士粉  
18g Milk powder 奶粉  
25g Condensed milk 炼乳/炼奶  
30g Egg 鸡蛋  
100g Coconut milk 椰奶  
30g Butter (soften at room temperature) 黄油 (在室温下软化)  
10g Cheese powder 芝士粉

## **Crust 月饼皮**

67g Icing sugar 糖粉  
130g Butter (soften at room temperature) 黄油 (在室温下软化)  
22g Egg 鸡蛋  
22g Evaporated milk 花奶 (or you can use milk 或者用牛奶)  
252g Flour 面粉  
17g Custard powder 吉士粉

## **Others 其他**

Some flour for mooncake mold 適量面粉 (扫月饼模用)  
Egg wash (1 egg yolk with 1 teaspoon egg white) 蛋液 (1 个蛋黄 和 1 茶勺蛋清)  
Syrup (1 teaspoon honey with 1 teaspoon water) 糖水 (1 茶勺蜂蜜和 1 茶勺水)

## **Make the custard filling 馅料做法**

1) Mix sugar, flour, custard powder and milk powder in a large bowl. Add egg, condensed milk and coconut milk. Mix well and add butter and cheese powder. Pour into a shallow dish for steaming. 将糖、所有粉类放在大碗内，加入鸡蛋、炼乳及椰奶，搅匀，再加黄油、芝士粉，放在浅盘里，准备蒸熟。

2) Steam for 15-20 minutes. Remove from the steam while it is still hot and mix it well with a spoon or use blender. Let it cool down. Cover and refrigerate overnight. 大火蒸15-20分钟，取出用勺或搅拌机搓匀，待冷后放在冰箱过夜。

## **Make the crust 月餅皮做法**

1) Mix butter with icing sugar in a large bowl. 把黄油和糖混合

2) Add egg and evaporated milk, mix well. 加鸡蛋及花奶，再搅至均匀

3) Add the flour and custard powder and mix until incorporated. 加入面粉及吉士粉，搅至没有干面粉便可

4) Wrap in clingfilm and chill in refrigerator for at least 30 minutes or overnight. 用保鲜膜包好放在冰箱至少30分钟或过夜

## Assembly 月饼做法

- 1) Divide the filling into 16 balls about 20g each. Divide the crust into 16 balls as well, 30g each. 将馅料分成16份，每个20克。月饼皮分成16份，每个30克。
- 2) Flatten a portion of the crust dough between two pieces of clingfilm wrap. Put in a portion of the filling and close up the seams and roll into smooth ball. 将一份月饼皮放在两张保鲜膜之间，用手掌或擀面杖擀开，包入一份馅，收口后搓圆。
- 3) Place some flour in the mooncake mold. Then place each ball into the mold and press. Put them in a baking tray and chill in refrigerator for at least 30 minutes. 月饼模里刷上薄薄的高筋面粉，把月饼放进模里，然后压出刻花形状，放上烤盘，并放进冰箱30分钟。
- 4) Bake in a preheated 250C oven for 5 minutes. 放入已预热至250度烤箱烤5分钟。
- 5) Take out from the oven and brush very lightly with egg wash. Let them rest for 10 minutes. 取出扫上薄薄一层蛋液，放置10分钟。
- 6) Brush another layer of egg wash and return to the oven for 4 minutes. 再扫一层蛋液，然后放回烤箱烤4分钟。
- 7) Remove from the oven and brush a thin layer of syrup. Then return to the oven and bake for 1 minute. 取出扫上一层薄薄的糖水，再烤1分钟。
- 8) Take out the mooncakes and let them cool completely on a rack. They can be kept at room temperature for up to 3 days or refrigerated for 2 weeks. They may be reheated in 150C oven for 5-8 minutes. 把烤好的月饼取出，放架上待凉。如果放在温室可保存约3天，或放在冰箱可保存至两星期，食用时放在150度烤箱加热5-8分钟。