Gluten-Free Baked Mooncakes

Don't miss out on Mid-Autumn festival. Although traditional baked mooncakes sold in the stores are off limits on a gluten-free diet, you can easily make your own beautiful ones at home. Try your hand at our gluten and dairy free recipe.

Equipment

- Large size mooncake press
- Parchment paper
- Baking pan
- Pastry brush

Ingredients

Dough

120 g Bob's Red Mill 1 to 1 Baking Mix

60 g Golden syrup

½ teaspoon baking soda

2 Tablespoons coconut oil or other neutral oil

1 teaspoon psyllium husk

Egg Wash

1 egg yolk, beaten

Filling

240 g Lotus seed paste per batch. Check ingredients to ensure gluten-free.

Optional: Salted eggs

Directions

1. Mix the dough ingredients together until well combined. Set aside to rest for 15 minutes.

2. Preheat oven to 185°C (no fan). Line baking tray with parchment paper .

3. Using scale, measure 4 portions of fillings to a total weight of 60 grams each. Include weight salted egg yolk, melon seeds or other fillings in the measurement. Shape into balls and set aside

4. Divide the dough into four 50 gram balls (or close depending on total weight of dough)

5. Working with one portion of dough at a time, gently flatten into a circle large enough to cover ball of lotus paste.

6. Gently wrap it around one filling ball.

7. Firmly press the dough covered filling ball into a large press. Eject the mooncake directly onto parchment covered baking tray. Repeat with remaining balls of dough and filling.

8. Bake in the middle of the oven for 7 minutes.

9. Remove from oven and brush top gently with egg yolk. Return to oven and bake additional 7 minutes. Cool on tray or wire rack.

10. Transfer to an airtight container for 24-48 hours before slicing and enjoying!

Notes

- Several flavors of filling may be used, so long as the combined weight is 60 grams.

- These will not turn out as dark brown as traditional gluten filled mooncakes.

- Cool completely on a wire rack and store in an airtight container for 24-48 hours before slicing. Enjoy!