

# Gluten-Free Snow Skin Mooncakes

The Mid-Autumn Festival, also known as the Mooncake Festival or Lantern Festival, is one of the most important festivals of the year for Chinese people around the world, and dates back over 3,500 years. The snow skin mooncake first appeared in Singapore in the 1960s.

## Ingredients

100 g Kou Fien (cooked glutinous rice flour)

70 g Icing sugar

30 g Shortening

100 g boiled water

2 drops Pandan Essence (optional)

## Filling

Lotus seed

paste pineapple paste, and/or chocolate paste (check ingredients to ensure gluten free)

Optional: salted eggs prepared



## Notes

Kou Fien is cooked glutinous rice flour. **Do not use plain glutinous rice flour.** If you can not find kou fien, glutinous rice flour can be pan fried with a pandan leaf.

Several flavors of filling may be used, so long as the combined weight is 20 grams.

Refrigerate for at least 30 minutes before eating. Store in refrigerator for up to a week.

If you wish to flavor or color the mooncakes, add a few drops of flavoring or food coloring to the water and mix well before adding to the flour mixture.

## Directions

1. Measure out the **kou fien**, **icing sugar**, and **shortening** into a medium size bowl and mix well with fingers until the shortening is well distributed.
2. Add **water & panda essence** into the dry mixture and mix well.
3. Knead dough for at least 6 minutes.
4. Portion: Dough: 25 g balls Filling: 20 g balls
5. Gently press the dough into a flat circle.
6. Place filling ball in center of the dough and gently wrap the edges around and press together. Roll carefully between hands to smooth out the skin.
7. Coat the ball lightly with rice flour if sticky and place into a floured mold. Press down gently to fill all the space around the edges
8. Traditional molds: Tap the mold firmly on each side to loosen the mooncake. Turn the mold upside down and firmly bang it on the edge of the counter (on a towel) to remove the mooncake. Be sure to keep one hand below the mooncake to catch it as it falls out.
9. Press molds: Press firmly against table to shape mooncake. Gently release mooncake into box.

