

Salted Egg Filling Pastry

Ingredients

INGREDIENTS FOR THE PASTRY DOUGH:

- 150 grams of all-purpose flour
- 50 grams of butter
- 60 grams of water
- 30 grams of white sugar

FOR THE BUTTER DOUGH:

- 120 grams of all-purpose flour
- 65 grams of butter

INGREDIENTS FOR THE RED BEAN PASTE:

- 4 cups of water
- 1 cup of red beans
- sugar to your taste
- 2 tsp of vegetable oil

FOR THE SALTED EGG YOLK FILLING:

- red bean paste
- salted egg yolk
- vodka or another strong liquor, preferably tasteless

OTHERS:

- 2 freshly beaten egg yolk
- black sesame seeds

Instructions

Step NO.1: Make the first type of dough (pastry dough)

1. Combine 5 ounces of all-purpose flour, 2 ounces of water, 1 ounce of white sugar and 1.8 ounces of butter together. Roll this for about 10 minutes.
2. At first, it will be a little messy, don't worry. Just keep rolling it until you got smooth, soft dough. Cover it with plastic film, and let it sit for 40 minutes.

Step NO.2: Make the second type of dough (the butter dough)

1. - Combine 4.2 ounces of all-purpose flour and 2.3 ounces of butter. Roll it for about 6 minutes until well mixed. It looks very smooth but when you touch it; it is pretty fluffy.
2. - The amount I gave is enough to make 16 pastries. So I divided these two types



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of dough into 16 equal pieces. Roll them into the ball shape.

Step NO.3: Make the red bean paste

1. Soak 1 cup of red beans in water the night before. Next day, put it in a pot and add some water. Bring it to a boil then down to low heat cook it for 30 minutes.
2. After 30 minutes simmering, the red beans should be soft. Use your spoon press it down a little bit. You should be able to crush the red beans.
3. Then blend the red bean until smooth.
4. Then transfer the red bean puree back into the pot. Actually, it is better to use a non-stick pan but I didn't have one. Add some sugar, and a little bit vegetable oil so it will be less sticky when you use it. Then cook this on low heat just to dry out the water. When you see the water is almost gone and it became a sticky paste, you can turn off the heat.
5. Divide this into 16 pieces as well.

Step NO.4: Pre-bake the salted egg yolk

1. This is a very common Chinese ingredient. You can find it in any Chinese market. For those who are not able to buy these, I have a video about how to make the salted egg yolk. It is super simple and requires only 3 ingredients you should check it out:
2. Put the salted egg yolk on the baking pan
3. spread some strong, tasteless liquor on the surface of the egg yolk. Not so much- just a little touch to make it smell better. Put it in the middle of a 300 degrees Fahrenheit oven for 8 minutes. This is an important step to create an oily yolk flavor.
4. 8 minutes later, you should see part of the yolk fat is melting and bursting.

Step NO.5: Make the pastry

1. First, flatten the pastry dough and use it to wrap the butter dough. Pinch the end together to close it. Roll it a little bit, then flatten it with your hand. Use a rolling pin to roll it into a tongue shape. Fold it from one side. The end side faces up. Flatten it a little bit. Then use rolling pin roll it again. Again fold it from one side. Press it down. Roll it into a thick piece.
2. Next, wrap the egg yolk with the red bean paste we made before. This requires a little patience because homemade bean paste is very easy to stick to your hands.
3. Once you are done with this layer, wrap it with the dough we made before.
4. I just want to quickly explain the layer order again so you won't be confused.
5. Inside is the salted egg yolk, then the red bean paste. The outside layer is the flaky pastry and butter dough.

6. Once you finish wrapping all of them, place them on the baking pan with parchment paper. And put a roasting rack under it so it will cook evenly.
7. Before this goes into the oven, brush beaten egg yolk on the top. By doing this, the color will look much nicer. Last, sprinkle some sesame seeds on the top.

Step NO.6: Bake the pastry

1. Pre-heat the oven to 350 degrees Fahrenheit. Put the pastry in the middle of the oven. Bake it for 25-30 minutes- it depends on your oven. You will know it's done by the color.
2. That is it. Prepare yourself for this delicious dim sum. Emm!! Hope you enjoy! If you have any questions about the recipes, just post a comment, will help you out as soon as possible!