

紅龜粿-做成 22-25 顆(60 克)

材料 (皮料)

橙番薯 200 克 (去皮, 切小片, 蒸至軟, 壓成泥備用)

糯米粉 250-300 克

糖 2 湯匙

鹽 1 茶匙

水 150 克

花生油 1-2 湯匙

材料 (餡料)

綠豆瓣 300 克 (泡水 3-4 小時)

糖 150 克

鹽 1 茶匙

花生油 2-3 湯匙

少許糯米粉 滾層

香蕉葉 剪成橢圓形 (依據紅龜粿的數量)

少許油 蒸後塗在紅龜粿表面

做法：

餡料做法：

- 1) 綠豆瓣泡了 4 小時後, 將水倒掉, 把綠豆瓣放入蒸盤, 高火蒸到軟。
- 2) 將蒸後的綠豆瓣, 糖, 鹽放入攪拌機打成泥, 需要時加點水助於攪拌。
- 3) 在熱鍋加花生油, 倒入綠豆泥, 以中火炒到香, 去掉多餘的水份, 不粘鍋為止。
- 4) 將炒好的綠豆放置在盤裡待涼, 之後分成每份 30 克。

粿皮做法：

- 1) 將熱水, 半份糯米粉和番薯泥一起攪拌, 之後再加入其餘的糯米粉和糖繼續攪拌, 如有需要再加少許水, 搓到光滑, 最後加入油, 搓到均勻為止。分成每份 30 克。

紅龜粿做法：

- 1) 將一份麵團壓扁, 把一顆綠豆餡放在中間, 小心包裹起來。
- 2) 將包好的麵團在糯米粉中滾轉, 粘上粉。
- 3) 印模上稍粘點粉, 將麵團放在模印中, 小心按下。
- 4) 輕輕敲下模印使紅龜粿脫離模印, 再將它放在塗上油的香蕉葉上。
- 5) 繼續重復至做完為止。
- 6) 將印好的紅龜粿放在蒸盤上, 放進蒸鍋大火蒸 3 分鐘, 將鍋蓋快速取出, 去掉鍋蓋內的水份, 再蓋上繼續蒸兩到三分鐘。
- 7) 將紅龜粿舉出蒸鍋, 稍微塗上一層油。放在一旁待冷切。

Angku Kueh (Steamed Red Tortoise Cakes Recipe)

Makes about 22 to 25 pieces of standard size (60g) Angku Kueh

Ingredients

For making the skin wrapping

200g sweet potatoes (peeled, sliced thinly, steamed until soft and blend it well)

250-300g glutinous rice flour

2 tbsp sugar, 1 tsp salt

150g water

1 tbsp peanut oil

For making the mung bean filling

300g split green mung beans, soaked with sufficient water for 3-4hrs

150g sugar, 1 tsp salt

2-3 tbsp peanut oil for frying

Some extra glutinous rice flour for dusting/coating

Banana leaves as needed, cut into oval shape

Oil for brushing the banana leaves and steamed Red Tortoise cake.

Method

Making the filling

Strain the soaked mung beans to remove excess water and spread them over a shallow dish.

Steam at high heat until mung beans are soft.

Place the steamed mung beans, sugar and salt into a food blender and blend until it forms a smooth paste. Add water to help with the blending if necessary.

Add peanut oil into a heated wok over medium heat and pour in mung bean paste

And fry until it is aromatic, dries up slightly and no longer stick to the wok. Spread the fried mung bean paste on a tray and leave it aside to cool down. Make into portions of 30 balls.

Making the skin wrap

Mix together the hot water, half portion of the glutinous rice flour and mashed sweet potato. Continue mixing with the remaining flour and sugar. Add in more water if needed, knead until a smooth dough is formed. Gradually add in oil, knead until well blended.

Divide dough into 30g portions.

Making the ang ku kueh

Take a portion of dough ball, flatten the dough, place the ball of mung bean filling in the middle and wrap it carefully.

Roll the wrapped ball into the glutinous rice flour, so that it is well coated with flour.

Lightly dust the mould with flour, place the dough into the mould, carefully press it down.

Knock the side of the mould to dislodge the kueh and place it on an oiled banana leaf.

Repeat the process to make more angku kueh.

Place the angku kueh in a steamer and steam at high heat for 3 minutes, remove the cover and tilt it over the sink to drain away any condensation, cover it back and continue to steam for another 2-3 minutes.

After removing the angku kueh from the steamer, brush them with a thin layer of oil and set aside to cool down.