

Shanghainese Aster & Marinated Bean Curd Mochi (Savory) 上海马兰头豆腐干青团麻糍

Recipe courtesy of home chef Jian Cheng

Making the Dough 做面团

Sweet Rice Flour 糯米粉 600g Rice Flour 米粉 130g Wheatgrass Juice 小麦草汁 660g
(If you want to add wheatgrass or mugwort powder, use 50g of the powder and reduce the wheatgrass juice by 50g) 如想添加小麦草粉 或 艾草粉, 则使用 50g 粉末, 并将小麦草汁减少50g。

- 1) Mix all the flour (& add the mugwort powder if you like). 混合所有面粉, 如喜欢, 可以加艾草粉。
- 2) Add wheatgrass juice (or water), slowly knead the dough together. The dough is a little hard.
加入小麦草汁/或水, 慢慢将面团揉在一起。面团会有点硬。
- 3) Cover with plastic wrap, and let rest for 30 mins. 盖上保鲜膜, 静置30分钟。

Making the Filling 馅料做法

Aster (frozen) 马兰头 (急冻) 130g Sugar 糖 5g Vegetable Oil 植物油 15g
Marinated Bean Curd 卤豆腐 200g Salt 盐 2g Sesame Oil 芝麻油 8g

- 1) First: Defrost the frozen aster. Boil water. Prepare a bowl of ice water.
首先: 将解冻冷冻马兰头。烧水。准备一碗冰水。
- 2) Place the aster in the boiling water with a little salt and a little oil for one or two minutes.
Take it out, and put it into the ice water right away.
加少许盐和油在沸水中, 将马兰头放入1-2 分钟。取出, 立即放入冰水中。
- 3) Let it cool. Then remove it from the water, and use your hands to squeeze as much water out as possible.
让它冷却, 然后将其从水中取出, 并用双手尽可能将多的水挤出。
- 4) Chop the aster to very small. Separately cut the dried bean curd very small as well.
将马兰头切成非常细小。也分别把豆腐干切小。
- 5) Put the oil in the frying pan in medium heat, put in the chopped aster and bean curd, and stir fry.
Add salt and sugar to taste.
平底锅放油, 加入切碎的马兰头和豆腐干, 中火翻炒。加入盐和糖调味。
- 6) Stir fry for a couple of minutes, stop the heat then add sesame oil, and mix well. Wait, let it cool.
Reserve it for the mochi filling.
翻炒几分钟, 关掉炉灶, 加入麻油, 拌匀。让它冷却。留作青团馅料。

Making the Mochi 青团麻糍做法

You will need to have 您需要备有:

Cooking Brush for oil, Bamboo Steamer Basket, Steamer Liners, and a Pan to Boil Water for steaming.
一个上油刷、一个竹蒸笼、蒸笼衬里 和 一个用来烧水蒸麻糍的平底锅。

The portion of dough for each mochi shell should be about 45g and the filling about 25g.

每个麻糍壳的面团部分应约为45g, 馅料约为25g。

- 1) Shape the dough into a cup. Add the filling, press slightly.
Turn this gradually as you seal the dough, making this into a ball.
把面团做成杯子。加入馅料, 轻轻按压。
使用逐渐转动的动作密封面团, 使其变成一个球形。
- 2) Brush cooking oil generously on the bottom of the steamer basket.
Add steamer liners before putting in the mochi.
在蒸笼底部刷上大量食用油。在放入麻糍之前添加蒸笼衬里。
- 3) Put the basket in a pan of boiling water. Cover and steam for 9 mins.
Lift the cover, and brush cooking oil on each mochi. Enjoy.
把篮子放在一锅开水里。加上盖子蒸9分钟。然后可以享用。

