



Culinary delights

 with

PALM OIL

“Tau Sar Pneah” Sweet Mung Bean Pastry



A longtime favourite of many Malaysians, the origins of this traditional pastry are diverse and varied, just as the pastry itself is different from maker to maker. Despite the controversy that surrounds the Tau Sar Pneah’s origin, these pastries are evidently formed using the Chinese-born technique of mixing two doughs: one water based, and the other oil based. This in turn results in the unique sensations that one experiences upon biting into the light and fluffy texture of the pastry crust.

Wherever they may have come from, however, it cannot be refuted that these little round balls of joy have captured hearts all over, even the health conscious ones, as it calls for palm-based margarine, as opposed to the more traditional pork lard. Coupled with a sweet mung bean filling flavoured with caramelized onion, this makes for a delicious snack that is good to the core at any time of the day.

INGREDIENTS



FOR OIL DOUGH

- 230 g flour
- 70 g palm based margarine
- 70 g palm based shortening
- 10 g red palm oil

FOR PEANUT DOUGH

- 460 g flour
- 125 g palm based margarine
- 100 g palm based shortening
- 25 g peanut oil
- 180 g water

FOR FILLING

- 180 g peanut oil
- 150 g shallots, thinly sliced
- 300 g brown sugar
- 15 g salt
- 600 g mung beans

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METHOD



To make pastry skin.

Place the ingredients for plain dough together in a large bowl, mixing well. Cover with cling-wrap, and set aside for 30 minutes. When the dough is done, remove it from the bowl and divide to form 100 pieces.

Place the ingredients for peanut dough together in a separate bowl, and mix well. Cover with cling-wrap and set aside for 30 minutes; you can do this while the plain dough sets to minimize the cooking time. When the dough is done, remove and divide to form 100 pieces.

To make filling.

Soak the beans for at least two hours. When done, steam them, then mash to form a paste. Add sugar, salt, and white pepper to the mashed bean mixture, then set aside. Heat the oil over low heat, then fry the shallots until they are brown and fragrant. Add in peanut mixture and fry until it dries. You should be able to form balls with it. Divide the mixture into 100 pieces, each one weighing 15 g.

To assemble.

Take a piece of the peanut dough and wrap it around a piece of plain dough. Flatten the dough, then roll it up into a ball again. Repeat the motion once more, then flatten the dough a third time. Place a ball of filling at the centre of the flattened dough, then wrap it up. Repeat until all 100 places are complete.

Brush with egg wash, then top with sesame seeds. Bake in an oven at 175°C for 25 - 30 minutes, or until the balls are golden brown.