



Wife Pastry (Lo Po Bang)

READY IN



150 min.

SERVINGS



25

CALORIES



166 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 2 cups cake flour
- ☐ 1 cup candied waxgourd
- ☐ 2 tablespoons confectioners' sugar
- ☐ 1 egg yolk beaten
- ☐ 0.3 cup sesame seed toasted
- ☐ 0.8 cup caster sugar
- ☐ 1.5 cups rice flour sweet mochiko
- ☐ 0.3 cup vegetable shortening

☐ 0.7 cup water

Equipment

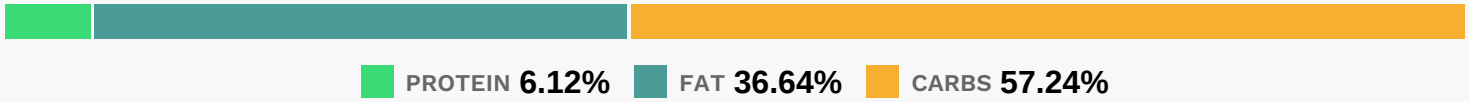
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender

Directions

- ☐ Sift together 2 cups of cake flour and 2/3 cup of confectioners' sugar in a mixing bowl.
- ☐ Cut in the butter with a knife or pastry blender until the mixture resembles coarse crumbs. Stir 1/2 cup of water into the flour mixture until dough is formed. Cover and refrigerate for 20 minutes. Meanwhile, sift together 2 cups of cake flour with 2 tablespoons of confectioners' sugar in a small bowl. Knead in 1/2 cup shortening until dough is formed. Cover and refrigerate for 20 minutes.
- ☐ Boil the candied waxgourd in 1/2 cup of water until candy is nearly tender.
- ☐ Drain and place in a blender. Blend waxgourd to a paste. Sift sweet rice flour and superfine sugar together in a bowl, then mix in the sesame seeds. Stir in 1/4 cup shortening and waxgourd paste. Gradually stir in 2/3 cup of water, mixing until dough forms.
- ☐ Preheat an oven to 400 degrees F (200 degrees C). Line 2 baking sheets with parchment paper.
- ☐ Divide each dough mixture into 25 equal portions. Take one portion of the the butter dough and roll out in the shape of a circle. Wrap one portion of the shortening dough with the butter dough in the shape of a ball, then roll the combined ball into an oval shape.
- ☐ Roll the dough up, lengthwise, into a tube shape then roll out once more into a long strip.
- ☐ Roll the dough up lengthwise again, pressing the ends down to secure. Shape the dough into a circle and place the sweet rice flour dough into the center. Wrap the outer dough around the filling creating a ball. Flatten the pastry into a circle and place seam side down on the

- prepared baking sheet. Repeat with the remaining portions. Prick holes on the top of each pastry using a fork.
- ☐ Brush each pastry with egg yolk.
 - ☐ Bake in the preheated oven until golden brown, about 20 minutes. Cool in the pans for 10 minutes before removing to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:11.6, Glycemic Load:14.02, Inflammation Score:-1, Nutrition Score:2.5595652305562%

Nutrients (% of daily need)

Calories: 165.93kcal (8.3%), Fat: 6.78g (10.42%), Saturated Fat: 1.91g (11.96%), Carbohydrates: 23.82g (7.94%), Net Carbohydrates: 22.92g (8.33%), Sugar: 8.04g (8.94%), Cholesterol: 12.66mg (4.22%), Sodium: 35.8mg (1.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.54g (5.09%), Manganese: 0.23mg (11.6%), Selenium: 6.4µg (9.14%), Copper: 0.09mg (4.7%), Fiber: 0.9g (3.59%), Phosphorus: 31.9mg (3.19%), Vitamin B6: 0.06mg (3%), Magnesium: 11.27mg (2.82%), Iron: 0.46mg (2.53%), Vitamin B1: 0.03mg (2.33%), Calcium: 21.52mg (2.15%), Vitamin B3: 0.42mg (2.09%), Zinc: 0.3mg (1.99%), Vitamin E: 0.25mg (1.67%), Vitamin B5: 0.16mg (1.61%), Folate: 6.26µg (1.56%), Vitamin A: 67.44IU (1.35%), Vitamin K: 1.28µg (1.22%), Vitamin B2: 0.02mg (1.03%)