

DIY flexible green bean cake to welcome Mid-Autumn Festival

Not too picky like baked goods, how to make flexible cakes is very simple, materials are also very easy to find. With only a few suggested steps, anyone can make delicious and delicious cakes for his family and friends.

Flexible cake is a familiar, indispensable moon cake for every Vietnamese family in the full moon day of August every year. Not too picky like baked goods, how to make flexible cakes is very simple, materials are also very easy to find. With only a few suggested steps, anyone can make delicious and delicious cakes for his family and friends.

Raw materials for making flexible cakes

1. The sugar water is made of flexible cake

1. 500 grams of white sugar
2. 500 ml of hot water
3. ¼ teaspoon yellow lemon juice

2. The flexible cake cover

1. 800 ml of sugar water from the above formula
2. 400 grams of flexible cake flour
3. 1 teaspoon of grapefruit flower oil

3. Part of green bean

1. 200 grams of green beans
2. 90 grams of sugar
3. 100 ml of coconut oil (or cooking oil)
4. 10 grams of flour
5. Jam squash: 30 grams
6. Salt: ¼ teaspoon

* Note, plastic cake that you want to eat for a long time must be sweet, if you don't like sweet food, you can reduce sugar but the preservation time will decrease.

How to make flexible cakes

Step 1: Preliminary processing of flexible cake



Photo: Internet source

1. Soak green beans for 3 hours, then soften them, treat them well (you can buy green beans that are ready for sale in the market).
2. The jam is secretly eaten.

Step 2: Make flexible crust

1. Mix the sugar water with essential oil and slowly sprinkle $\frac{3}{4}$ of the flour into the mixture, knead the dough thoroughly until the dough is fine.



Photo: Internet source

The powder should only be mixed until the powder is smooth but still wet. Then let the dough leave for the dough to flourish and then continue mixing the remaining dough and knead it until it becomes a mass. Incubate the flour for 3 hours to make the flour bloom. It is very important to mix plastic dough. Properly mixing the flour makes it easy to mold and make delicious cakes. If the dough is too hard when making the mold, it will be out of shape and the next day the cake will reduce the plasticity.

Step 3: Make flexible cake filling

1. Green bean paste for soft ripe. When the beans are hot, mix them with a pinch of salt and whisk the beans (hot beans are easier to smash).



Photo: Internet source

1. Grind 90 grams of sugar in the filling, then mix with pureed green beans, coconut oil and flour. North pan and slug mix on low heat until a smooth, smooth mass is added to the jam. Slug for a while and then turn off the stove to wait for the mixture to cool. You can also add sugar and green beans to a pureed blender and bring them to the slug to save time.

Note that when slugs are to be done, keep the beans in the fire.

1. After that, multiply into equal round tablets.

Step 4: Flexible castings



Photo: Internet source

1. Take the bark of the dumplings, divide them into equal portions, so that the cake bark is doubled.
2. Rolling the dough flat, filling it in the middle and then crunching.

Step 5: Close the plastic cake



Photo: Internet source

1. Sprinkle a layer of dry powder around the mold so that the mold does not stick.
2. Put the cake into the mold, press the corners evenly, then tap and grab the cake.

Thus, we have completed the beautiful and sweet green bean paste to enjoy the Mid-Autumn Festival with the family. How to make a flexible cake is very simple, you can add pineapple or green tea leaves to the kernels or crust to create new flavor as you like. After finishing, you should pack or wrap plastic so that the cake does not dry.

Good luck!

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