

## 🍪 Basic Vanilla Mushipan

### Ingredients (6 ramekins 8.5cmx4cm):

- 200g all-purpose flour
- 2 tsp baking powder
- 80g sugar
- 2 large eggs
- 160ml milk
- 2 T canola oil
- 1 tsp vanilla extract



### To lighten the texture slightly:

- Add ¼ tsp baking soda
- Replace 1 T of the milk with 1 T plain yogurt (adds acidity and lightens texture)
- Don't overmix the batter—keep it gentle!

### Instructions:

1. **Prepare the steamer:** Line the ramekins up with parchment rounds or use cupcake liners.
2. **Mix dry:** In one bowl, sift together flour, baking powder and baking soda.
3. **Mix wet:** In another bowl, whisk the egg, sugar, milk (minus 1 T), yogurt, oil, and vanilla.
4. **Combine:** Add the dry ingredients into the wet and gently mix until just combined—don't overmix, lumps are OK.
5. **Fill molds:** Pour into lined ramekins, about 70% full.
6. **Steam:** Place in the bamboo steamer and steam over medium-high heat for 14–16 minutes. A toothpick should come out clean.
7. **Let sit 2-3 minutes** before serving.

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## 🍵 Matcha Mushipan

**Instructions:** Same steps as the vanilla version—just mix 10 g matcha into the flour before sifting, and carry on. You can even toss in a few sweet red beans (anko or whole) if you've got them for extra authenticity.

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### Steaming Tips:

- **Don't peek** during the first 10 minutes or they might collapse.
- **Cover the lid with a towel** to prevent condensation from dripping down onto the cakes.
- Let them rest just a couple of minutes after steaming—they're best warm!



## Savory Ham & Cheese Mushipan

### Ingredients (makes 6 ramekins):

- 180g all-purpose flour
- 2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp salt
- 2 large eggs
- 160ml milk
- 1 tbsp plain yogurt
- 2 tbsp neutral oil
- 70g chopped ham
- 60g shredded cheese (cheddar, gouda, or mozzarella work well)
- Optional: chopped scallions or a little black pepper



### Instructions:

1. Prep steamer and ramekins like before.
2. Sift together flour, baking powder, baking soda, and salt.
3. Whisk together eggs, milk (minus 1 tbsp), yogurt, and oil.
4. Add dry ingredients to wet, stir gently.
5. Fold in ham and cheese (and any optional extras).
6. Spoon into ramekins (70% full) and steam **15–17 minutes**.
7. Let sit a bit before eating. Best warm!



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## Basic Nutritional Info (per piece, approx.)

### Sweet Vanilla Mushipan (1 of 6):

- Calories: ~170 kcal
- Protein: 4g
- Fat: 6g
- Carbs: 25g
- Sugar: 9g

### Savory Ham & Cheese Mushipan (1 of 6):

- Calories: ~190 kcal
- Protein: 7g
- Fat: 9g
- Carbs: 18g
- Sodium: ~300–400mg (depending on ham/cheese)

## Cocoa Mushipan (makes 6 using your 8.5 cm ramekins)

### Ingredients:

- 180g *kyōryokuko* (bread flour)
- 20g unsweetened cocoa powder
- 2 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 2 large eggs
- 160ml milk
- 1 tbsp plain yogurt
- 80g sugar
- 2 tbsp neutral oil
- 1 tsp vanilla extract
- Optional: chocolate chips (about 40g) or chopped nuts



### Instructions:

1. Prep your bamboo steamer and line your ramekins.
2. In one bowl, sift together the flour, cocoa powder, baking powder, baking soda, and salt.
3. In another bowl, whisk eggs, sugar, milk (minus 1 tbsp), yogurt, oil, and vanilla.
4. Add the dry ingredients to the wet and stir gently until just combined. Fold in chocolate chips or nuts if using.
5. Fill ramekins about 70% full.
6. Steam over medium-high heat for **14–16 minutes**, covering the steamer lid with a towel to avoid dripping water.
7. Let them cool slightly. Enjoy warm or at room temp!

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### Optional Tweaks for Lighter Texture with Kyōryokuko:

- Substitute **20–30g** of the flour with **cornstarch** to help soften the crumb (i.e., 150g flour + 30g cornstarch).
- Mix gently—don't beat the batter.
- Try a slightly higher ratio of yogurt to milk (e.g., 2 tbsp yogurt + 150ml milk) to loosen the structure and tenderize.

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### Cocoa Mushipan – Basic Nutritional Info (per piece, without chocolate chips):

- Calories: ~175 kcal
- Protein: 5g
- Fat: 6g
- Carbs: 25g
- Sugar: 9g
- Fiber: ~2g

**Use Violet cake flour as a 1:1 substitution by weight** for the bread flour in the recipes. So all the ingredient weights stay the same, but:

- The **texture will improve**—less chewy, more delicate and airy.
- **Mixing is more forgiving**—you won't risk as much gluten development, so you can stir a little more freely.

### **Summary of what changes with Violet:**

<b>Flour Type</b>	<b>Protein %</b>	<b>Result in Mushipan</b>
Kyōryokuko	~12%	Denser, slightly chewier
Violet (cake)	~8%	Softer, lighter, more tender

For a true fluffy mushipan feel—definitely use Violet.