



# MY LITTLE COOKBOOK

WHEN CULTURE MEETS SNACKS

## 我的小食谱

文化与美食的碰撞

---

PINEAPPLE TART

黄梨挞

# 介绍

为什么有的传统美食，烹饪方法与文化如此息息相关？其实，美食与文化的关系可谓千丝万缕。随我们一同踏上这趟旅程，了解本地华人的美食如何因时因地形成！

这本小食谱记录了过年过节时华人常吃的三种小吃。

它们分别是：

1. 农历新年的黄梨挞
2. 元宵和冬至的汤圆
3. 中秋节的月饼

每种小吃的记录包括：

1. 小吃的由来及其本土化过程
2. 趣味小常识
3. 制作方法

## 呼吁所有家长与教师：

你可以用这本小食谱给小朋友们介绍华人的美食与节日，以及不同节日所弘扬的核心价值观。你也可以设计出一系列的手作活动，或与孩子们一同制作这些传统小吃。通过鼓励小朋友们分享这些自制美食，他们将学会表达爱与感恩，并体现善与孝等优良传统。

电邮至 [education@singaporeccc.org.sg](mailto:education@singaporeccc.org.sg) 以获取完整版小食谱。

# Introduction

Why are certain foods or culinary traditions so important to your culture? There is more connection between food and culture than you think. Join us on a journey to learn more about where and how these local Chinese snacks came about!

My Little CookBook contains three snacks which are commonly eaten during Chinese festivals.

They are:

1. Pineapple Tarts, eaten during Chinese New Year
2. Tangyuan, eaten on the last day of Chinese New Year and during Winter Solstice Festival
3. Mooncakes, eaten during Mid-Autumn Festival

Each snack includes:

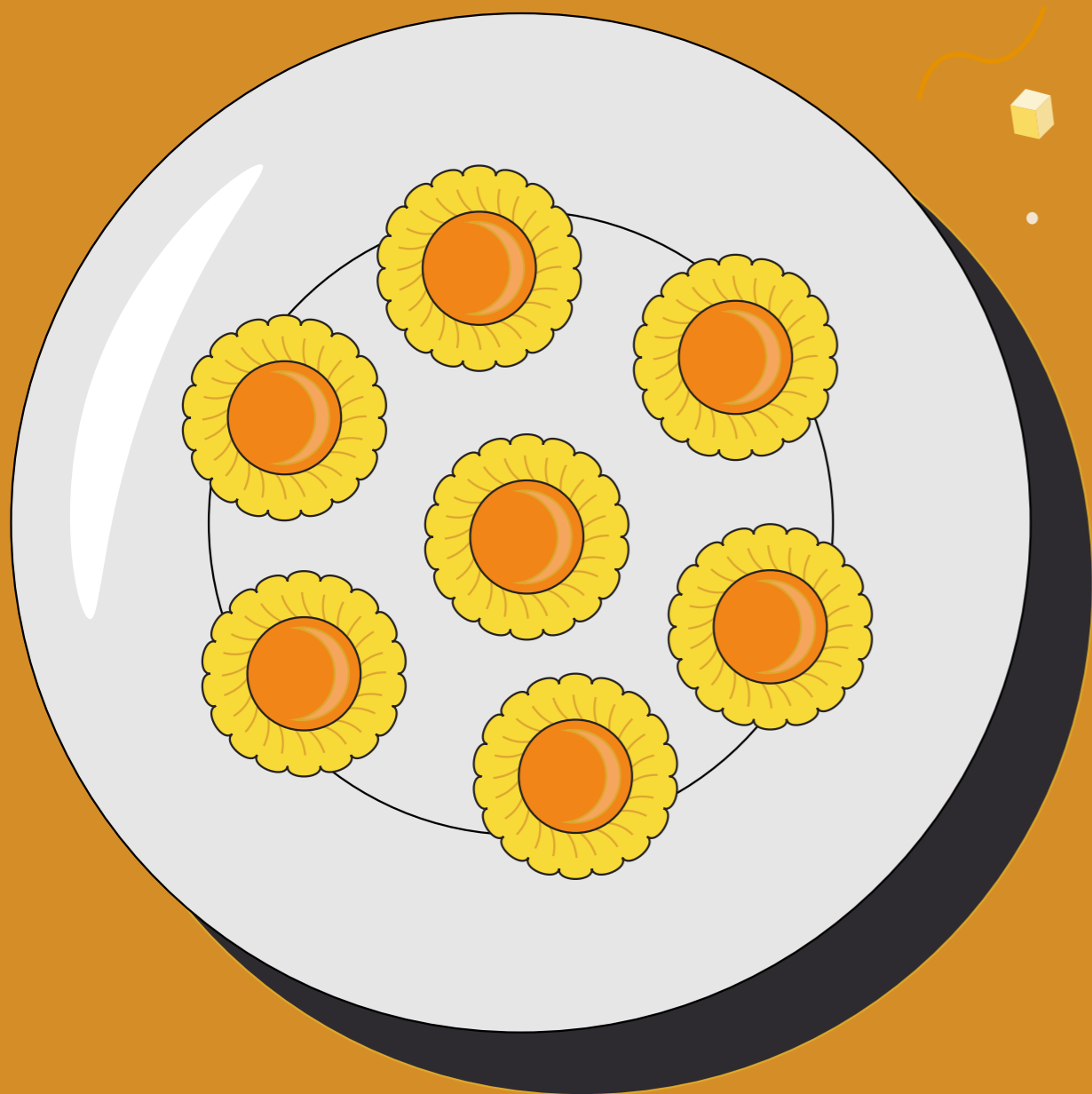
1. Its history and adaptation to our local context
2. A fun fact
3. Step-by-step recipe

## Calling all parents and teachers!

You can use My Little CookBook to teach about food and Chinese festivals, and how these festivals impart certain values cherished by the Chinese. You can also initiate your own craft-making activities and create the snacks with your little ones. Get them to practise love, kindness, and filial piety by encouraging your little ones to create these snacks and give to others as a sign of appreciation.

Email [education@singaporeccc.org.sg](mailto:education@singaporeccc.org.sg) to get a full copy of My Little CookBook.

# 黄梨挞 PINEAPPLE TART



## 历史

根据2018年的米其林指南，黄梨罐头业能在全球盛极一时，新加坡功不可没。20世纪初，新加坡的经济作物除了橡胶就是黄梨。于是，本地许多人都投入了种植黄梨、生产黄梨罐头的行业，所生产的黄梨罐头也出口到全球各地。

由于黄梨供过于求，本地人便开始制作黄梨挞。黄梨挞原是一种传统的娘惹美食。当时的土生华人将大量奶油的西式糕点与娘惹式的黄梨酱结合，并加入了八角、丁香和肉桂等本地香料，制作出这道广受欢迎的经典小吃。



## 本土化过程

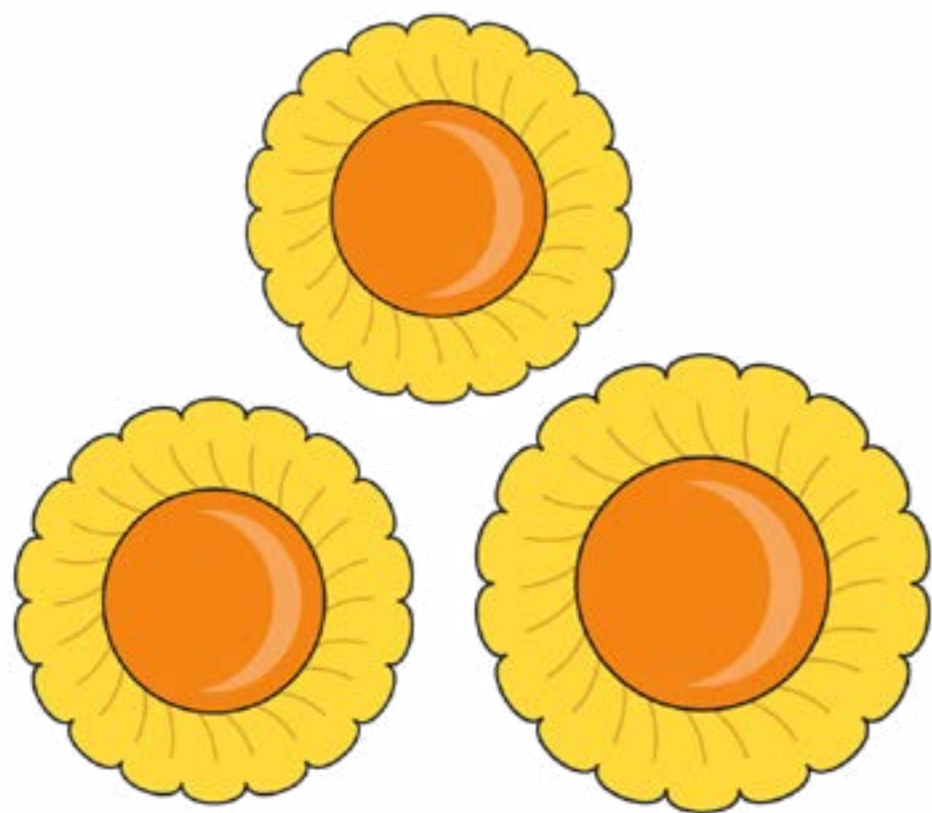
在本地，人们相信黄梨有着兴旺与好运等吉祥寓意，所以黄梨挞几乎只在农历新年才买得到。随着时间的推移，黄梨挞的形状也在不断变化，除了有馅料外露的黄梨挞，还有黄梨卷、黄梨球。此外，馅料的口味也越来越多，包括玫瑰、番薯、抹茶以及富有本地特色的班兰口味。

## 关于黄梨挞的趣味小常识

你知道吗？农历新年从正月初一到十五，共有十五天。这个节日不仅强调家庭和睦，也提醒我们与人相处必须和气生财。新年期间，大家都会走访亲友、互相拜年，也会发红包、吃年饼、互送年礼。

过年少不了招财纳福的黄梨挞。福建话“黄梨”的发音和华语“旺来”相同，意指“财运到”。华人相信，把黄梨挞吃进肚子里就能好运不断，大吉大利。

## 制作方法



### 食材 - 8份

- 无盐黄油320克，切成方块冷藏
- 面粉400克，可用低筋面粉替代
- 玉蜀黍粉50克
- 甜菊苷、糖霜粉或糖粉，加起来不超过100克
- 蛋黄4个，加起来约60克
- 鸡蛋2个，打散成蛋液
- 若面团太干可适量加入3汤匙清水
- 自制或现成黄梨馅600-800克

## 面团制作步骤：



1 将黄油切成方块（约1.5厘米）冷藏备用



2 将面粉、玉蜀黍粉和糖加入搅拌机或食品加工机，低速搅拌几秒钟。



3 加入之前冷藏的黄油块，低速搅拌成砂粒状。



4 将2个蛋黄打散，加入后低速搅拌均匀。若面团太干可加入适量的清水。切勿搅拌过度。



5 取出面团，揉成球状，再用保鲜膜包起来，放入冰箱冷藏30分钟以上。



6 将1个鸡蛋打散成蛋液。



7 预热烤箱（对流烤箱）170度。



## 黄梨挞制作步骤



1 在饼干模具上撒些面粉，压在面团上，裁切出饼干坯（约9-12克左右）。



2 将蛋液均匀地抹上。



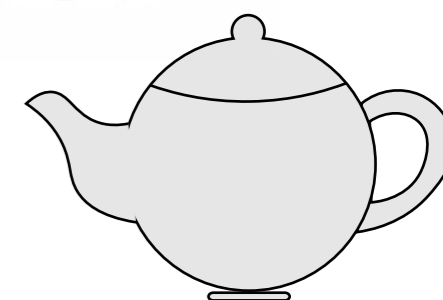
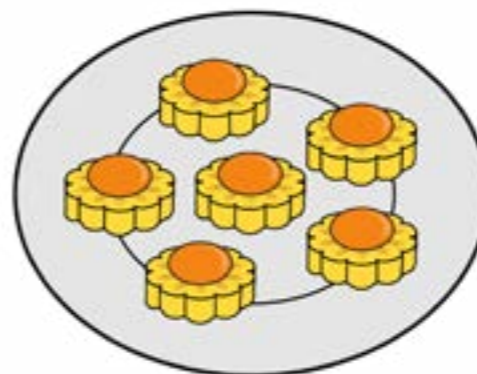
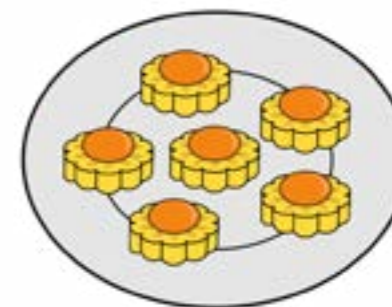
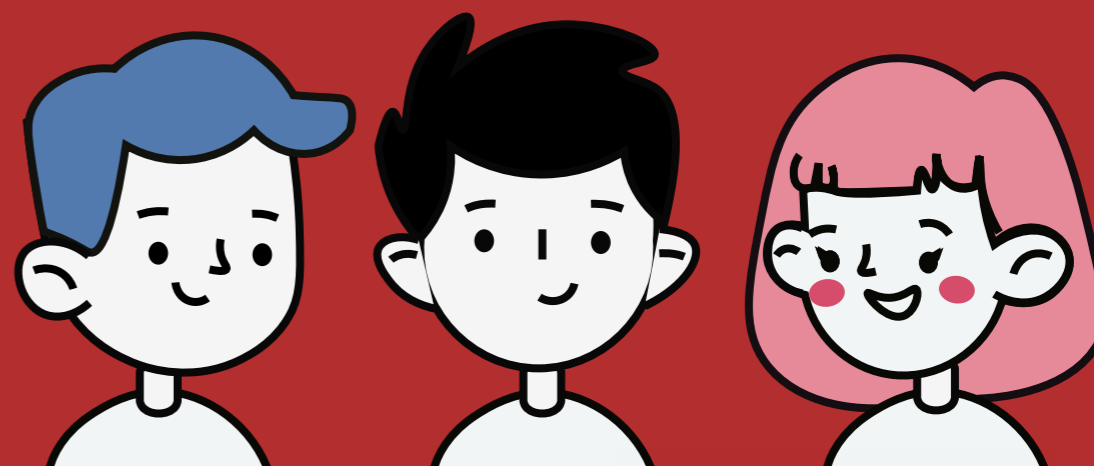
3 将黄梨馅揉成小球状，接压在饼干坯上。



4 放入170度的烤箱，烤10-15分钟左右，饼干呈金黄色即可。（注：送入烤箱的饼干坯不宜太软。烘烤前若饼干坯太软，可放入冰箱冷藏5-10分钟左右。）

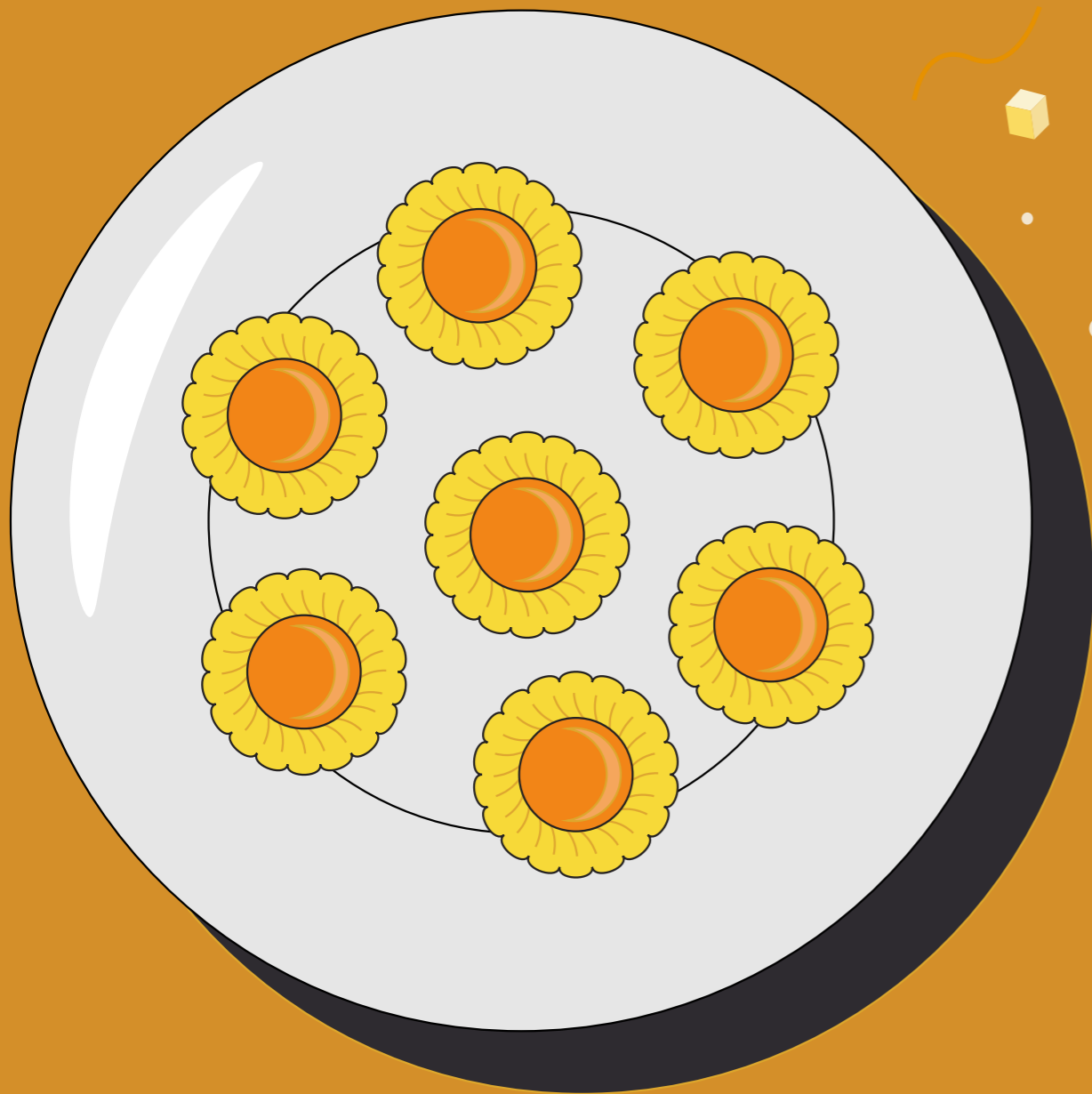


5 黄梨挞出炉后，冷却30-60分钟方可密封保存。有的黄梨挞在出炉时会出现裂纹。



# 黄 梨 挞

# PINEAPPLE TART



## History

According to the 2018 Michelin Guide, Singapore once played an important role in the pineapple canning industry globally. During the early 1900s, pineapples were often grown alongside the rubber-trees as commercial crops. As a result, many people on the island were employed by this early manufacturing industry, which canned and exported pineapples all over the world.

Amidst the abundance of pineapples, the locals used them to make pineapple tarts. Pineapple tarts are traditionally a Nyonya delicacy first introduced by the Peranakans as an amalgamation of western-influenced soft buttery pastry base, and a Nyonya-style pineapple jam with local spices like star anise, cloves and cinnamon. Together, they make a tasty treat that is enjoyed across cultures today!



## Evolution in Singapore

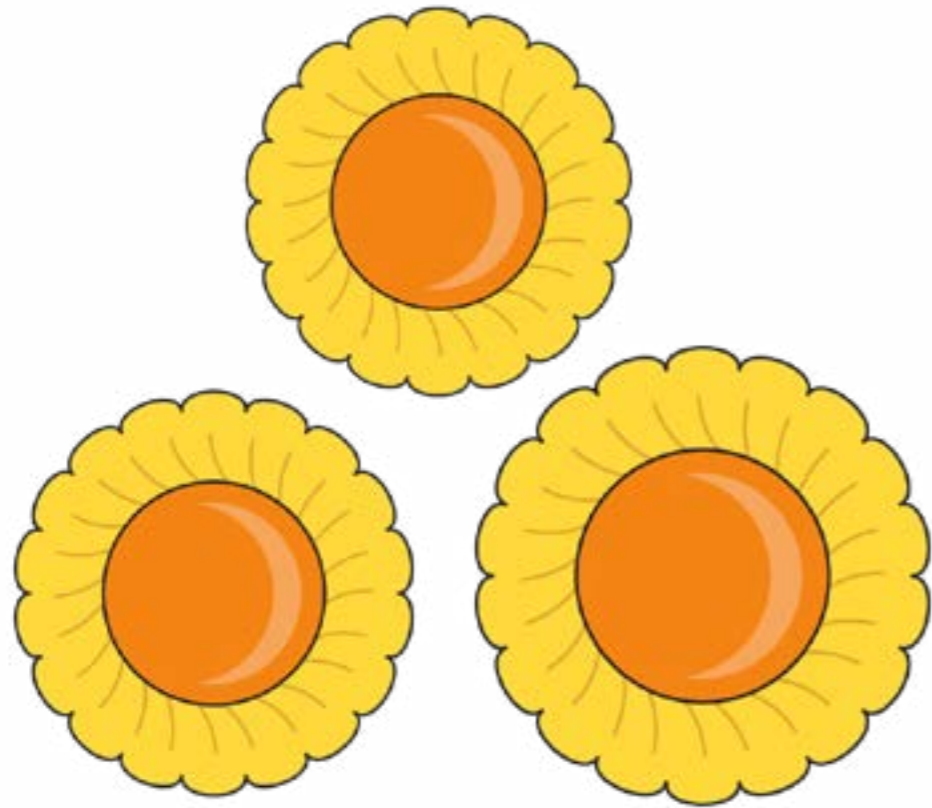
Pineapple tarts are almost exclusively found during Chinese New Year, as people tend to consume it for its symbolism of auspiciousness and prosperity. Pineapple tart shapes have evolved over time, such as the open-faced pineapple tart, pineapple roll and pineapple ball with a variety of flavours such as rose, sweet potato, matcha, and even our local distinctive pandan flavour.

## Fun Fact about Pineapple Tart

Did you know that Chinese New Year lasts for 15 days? The festival reinforces cultural values such as family harmony, social relations and securing good fortune for the coming year. During this time, it is customary to visit family and friends, exchange red packets, symbolic foods and traditional gifts.

Pineapple tart is an example of a symbolic food which brings good fortune into the new year. In Hokkien, pineapple is called 'ong lai' which literally means 'fortune comes'. In Chinese culture, it is believed that whoever consumes this pastry will bring prosperity and luck to them.

## How to make it?



### Ingredients - 8 servings

- 320 g unsalted butter cubed and chilled
- 400 g plain flour, can be substituted with cake flour
- 50 g cornflour
- 100 g Stevia sweetener or icing sugar or castor sugar, add up to 100g
- 4 egg yolks about 60g in total
- 2 eggs beaten for egg wash
- Optional: 3 tbsp water if needed in case of dry dough
- 600-800 g pineapple jam homemade or store-bought

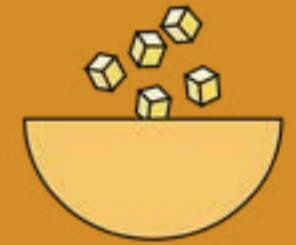
## Make the Dough



- 1** Cut cold butter into small cubes (about 1.5cm) and chill in the fridge until ready to use.



- 2** Add plain flour, cornflour and sugar into a kitchen mixer with paddle attachment and food processor.



- 3** Add cold butter cubes to mixed flours and beat on low speed until mixture turns sandy.

Mix on low speed for a few seconds.



- 4** Beat 2 egg yolks.  
Add the egg yolks into the mixture and beat on low speed until a consistent dough is formed.



- 5** Remove dough from the mixing bowl and shape into a ball.

Wrap in cling wrap and let rest in the fridge for at least 30 minutes.



- 6** Beat 1 egg to make egg wash.

Add water if the dough is too dry.

Do not overbeat.



- 7** Preheat the oven to 170°C (convection oven).



## To make open-faced pineapple tart



- 1** Flour cookie cutter with flour.

Use a cookie cutter to cut and shape dough (about 9-12g depending on cookie cutter size).



- 2** Apply a thin coat of egg wash evenly.



- 3** Shape pineapple jam into a ball and gently press pineapple jam on each dough so the jam sticks to the dough.

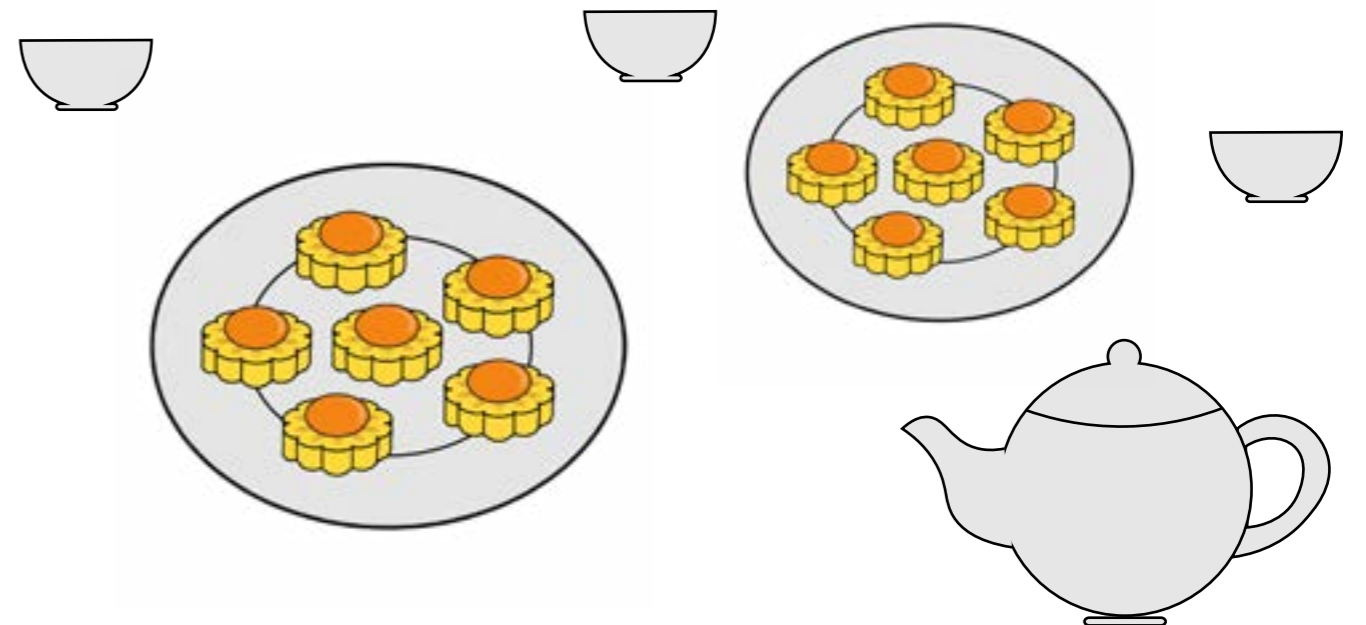
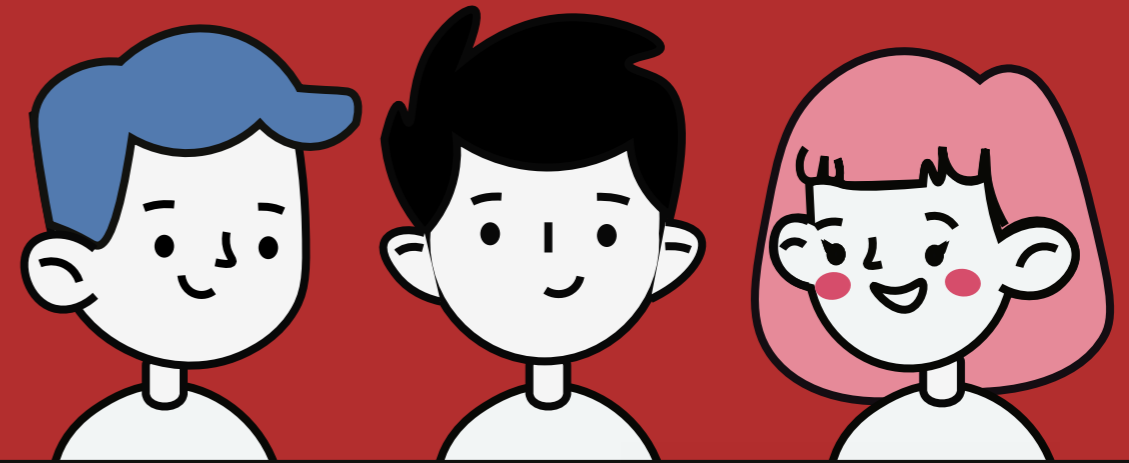


- 4** Bake in a pre-heat oven at 170°C (convection oven) for 10-15 minutes or until golden brown.

Note: before baking, if the dough is soft, chill in the fridge for about 5-10 minutes before baking it. The dough should ideally be a little firmer when it is put into the oven.



- 5** Allow the pineapple tarts to cool for about 30-60 minutes before storing in air-tight containers. It is normal if the pineapple tarts crack a little when fresh out of the oven.





Beautiful Voyager. (2022, January 18). Melt-in-Your-Mouth Pineapple Tarts. <https://www.beautifulvoyager.com/melt-in-your-mouth-pineapple-tarts/>

Kele. (n.d.). Our Story. Kelepineapple tarts. <https://www.kelepineappletarts.com.sg>

NowBoarding. (2019, January 23). Uncover the stories behind these Chinese New Year goodies. stories of these Chinese New Year goodies. <https://nowboarding.changiairport.com/discover-changi/stories-of-these-chinese-new-year-goodies.html#.ZA7nSIBqn9A.link>

Michelin Guide. (2018, January 18). Pineapple Tarts: A Piece Of Tropical Singapore. <https://guide.michelin.com/sg/en/article/features/5-chinese-new-year-goodies-and-why-we-eat-them>

Roots.gov.sg. (n.d.). Chinese New Year. <https://www.roots.gov.sg/ich-landing/ich/chinese-new-year>

Sivakumar, Y. (2023, January 17). 2 brothers on refreshing their parent's pineapple tart business – now own 3 outlets in S'pore. Vulcanpost.com. <https://vulcanpost.com/813678/kele-pineapple-tarts-singapore/>

## REFERENCES

## 参考资料

## 鸣谢

## ACKNOWLEDGMENTS

作者兼设计师  
编辑

Author & Designer  
Editors

潘雅琳  
李仪文和康丽珊

Jessline Poon Ya Ling  
Lee Ee Wurn & Shirley Khng Lee Shan

《我的小食谱》由新加坡华族文化中心出版。

©2023 新加坡华族文化中心

版权所有。除作私人学习、研究、批评和评论或其他正当用途，或得新加坡华族文化中心书面许可外，均不得复制或转载本刊物的任何内容。

如有任何疑问，请联系新加坡华族文化中心 | 1 Straits Boulevard, Singapore 018906 | [www.singaporeccc.org.sg](http://www.singaporeccc.org.sg)

My Little CookBook is published by the Singapore Chinese Cultural Centre.  
© 2023 Singapore Chinese Cultural Centre

All rights reserved. No part of this publication may be reproduced except for private study, research, criticism, commentary or other fair use, or with the written permission of the Singapore Chinese Cultural Centre.

For all enquiries, please contact Singapore Chinese Cultural Centre | 1 Straits Boulevard, Singapore 018906 | [www.singaporeccc.org.sg](http://www.singaporeccc.org.sg)