

Ingredients - dough

- 3 cups flour
- 3 tsp. baking powder
- 1 tsp. baking soda
- ½ cup butter
- 1 cup sugar
- 2 whole eggs
- 2 egg whites

Ingredients - filling

Anko (red bean paste) - 2 or 3 small packages of prepared anko purchased at any Japanese store or T & T

Ingredients – glaze

- 2 egg yolks
- 1 tsp. mirin (Japanese rice wine for cooking)
- A few drops of shoyu for colour



Things to get ready

- Big bowl for mixing
- Small bowl for mixing glaze
- Mixing spoon
- Measuring spoons and cups
- Knife
- Cookie sheet
- Brush to apply glaze
- Dish cloth and towels
- Apron

Method

1. Preheat the oven to 375° F.
2. In a big bowl, cream butter and sugar together.
3. Add 2 whole eggs and two egg whites, one at a time, mixing by hand only until sugar is dissolved. Set two eggs yolks aside for the glaze.
4. Mix the flour, baking powder and baking soda together.
5. Gradually add flour mixture to the first mixture. Knead this dough a few times.
6. Now let stand to rest for half an hour.
7. Divide the dough in half and roll into 2 logs.
8. Cut each log into about 25 pieces.
9. Roll the anko filling into 1- inch balls.

[continued...]

10. Roll each piece of dough into a round ball shape and then flatten each ball into a circle.
11. Place a ball of anko on the circle.
12. Wrap the dough around anko, keeping the dough free of the anko filling.
13. Form into rectangular oval or round shapes.
14. Place the manju on a cookie sheet, ungreased or lined with parchment paper.
15. Mix the egg yolk with mirin and shoyu.
16. Paint the top of manju with the glaze, being careful not to let the glaze drip down the sides.
17. Bake at 375° F. for 10 to 12 minutes. Yields about 50 manju.