

Steamed Pork Buns

Based on the recipe at:

<http://en.christinesrecipes.com/2011/01/steamed-pork-buns.html>.

Serves: 10

Ingredients:

- 200 gm plain flour
- 2 tsp caster sugar
- 1 tsp vegetable oil
- ½ tsp instant dry yeast
- 1/3 cup water
- 1/3 cup, warm milk (should be under 40C)
- a pinch salt

Fillings:

- 250 gm pork mince

Seasonings:

- 1 Tbsp light soy sauce
- ½ tsp freshly ginger finely chopped
- 2 spring onions finely chopped
- ½ tsp sugar
- 3 Tbsp water
- 20gm any pickled vegetables finely chopped (可以用榨菜)
- salt to taste

Method:

1. Mix pork with seasonings well. Chill in fridge for about 15 to 20 minutes.
2. Yeast mixture: use a measure cup or a bowl, pour in milk. Add ½ teaspoon of sugar and yeast. Rest for about 5 to 10 minutes, until bubbles arise.
3. Combine flour, 1½ teaspoon of sugar, 1/3 water, 1 tsp oil and yeast mixture, knead into a smooth dough.
4. Place the dough in a bowl, covered with a cling film. Let rest for an hour or even longer. (The dough will rise to more than two time bigger)
5. Transfer the dough onto a clean surface. Cut into 10 equal portions. Shape each in round balls, then roll into a disc with a rolling pin, with edges thinner than the middle. Wrap a spoonful filling inside, pinch seam tightly. Place on a piece of parchment paper. Repeat this step with the rest of the dough. Transfer to a steamer/wok, covered, let rest for about 15 to 20 minutes.
6. Add cold water into steamer/wok. Steam buns over medium-high heat. When steam is vigorously releasing, continue to steam for 20 minutes and turn to lowest heat for 5 minutes. Turn off the heat, let rest for 5 minutes. Serve hot.

Tips: The steamed buns can be kept in freezer for up to two to three weeks. By steaming them again, you can quickly bring their softness and freshness back without any effort to defrost beforehand.