Steamed bao

By Shannon Bennett

1 hour 15 minutes
Preparation time

50 minutes
Cooking time

Makes 30-40 bao
Serves

INGREDIENTS

500g plain flour
30g caster sugar
5g baking powder
300ml lukewarm water
10g dried yeast
50g butter, melted
5g table salt

METHOD

1. Combine flour, sugar and baking powder in a bowl and set aside.
2. Combine water, yeast and melted butter in a mixing bowl fitted with a dough hook. Add dry ingredients and combine on speed 1 for 4 minutes.
3. Add salt to dough and continue to knead on speed 2 for 4 minutes.
4. Place dough in a lightly oiled bowl and Steam at 40?C, uncovered for 15 minutes. Remove dough from the steam oven and refrigerate for 1 hour.
5. Remove dough from refrigerator and portion dough into 30g pieces; roll each piece into a ball. Using a rolling pin, roll into an oval shape, approximately 8cm. Brush the dough with a little olive oil and fold in half crosswise.
6. Place in a baking paper lined perforated steam container, 4cm apart. Prove bao in steam oven at 40?C, uncovered for 20 minutes.
7. Once the bao have risen, Steam at 100?C for 15 minutes.

Hints and tips

- The bao recipe can be doubled without the dough being compromised; cooked bao can then be frozen for future use. Freeze in an airtight container and store for up to 3 months.
- If the bao have been frozen, reheat in a perforated steam container lined with baking paper and Steam at 100?C for 1 minute.
- Multiple variations of filling can be used for this recipe, such as pulled pork, chicken or lamb.