

Steamed pork and vegetable buns

Main tools and equipment

Mixing bowls, wok or frying pan, jug, whisk, steamer and basket

Production skills

Mixing, kneading, proving, whisking

Cooking processes







Frying, steaming

Ingredients

Dough

			
1½ tablespoons caster sugar	2 teaspoons yeast	¼ teaspoon salt	
			
1¼ cups plain flour	¼ cup milk	¼ cup warm water	2 tablespoons vegetable oil

Filling

				
1 tablespoon soy sauce	1 tablespoon oyster sauce	1 tablespoon rice wine	1 tablespoon caster sugar	1 teaspoon cornflour
				
1 teaspoon sesame oil	200 g pork shoulder or Chinese Char-siu pork, finely chopped	2 tablespoons cabbage, shredded	1 shiitake mushroom, finely chopped	

SERVES 2

Complex process: Yeast baking (Pork Buns have been responsible for food poisoning incidents.)



Preparation time: 45 minutes



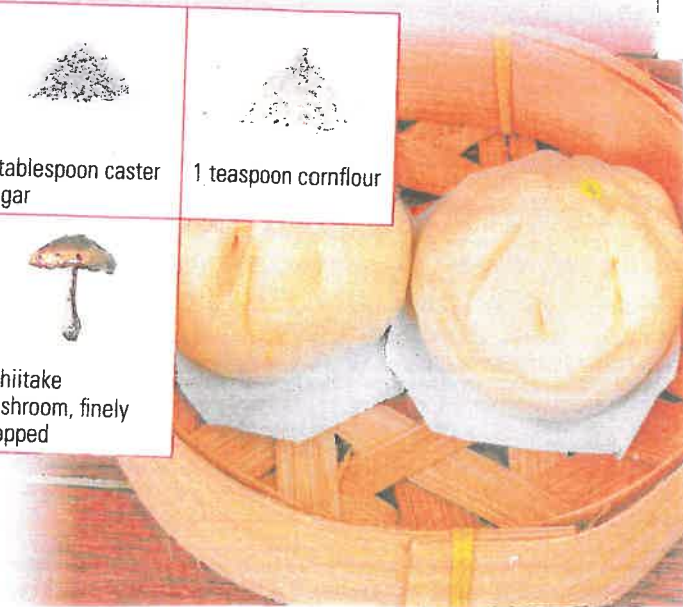
Cooking time: 10 minutes filling and
15 minutes steaming



Serving and presentation time: 15 minutes



Total time: 70 minutes



Method

- 1 Mix the sugar, yeast, salt and flour in a large bowl. Make a well in the centre.
- 2 Add the liquid ingredients and mix until well combined, forming a dough.
- 3 Turn the dough onto a lightly floured bench and knead until smooth and elastic – about 5 minutes.
- 4 Place the dough into a bowl, cover and leave to **prove**

Prove To double in size. in a warm place until it doubles in size (about 25 minutes).

- 5 Prepare filling: mix soy sauce, oyster sauce, rice wine, sugar and cornflour in a jug. Whisk to combine.
- 6 Heat sesame oil in a wok or frying pan. Add pork, cabbage, mushroom and mixed sauces.
- 7 Cook until the mixture comes to the boil, about 2–3 minutes, stirring constantly. Leave to cool.
- 8 Place filling into pastry and pinch at top.
- 9 Boil water in a large steamer saucepan with basket, and steam for 15 minutes.
- 10 Serve while hot.

Evaluating

- 1 Develop a written paragraph in response to each of the criteria for success that you have written.
- 2 Evaluate your product according to appearance, aroma, taste and texture. Use sensory terminology in your response.
- 3 Explain the process by which steam cooks food. Explain how this alters the texture of the food you produced.
- 4 Copy and complete the table below to explain what worked, what areas of improvement were required and how you would complete this task differently next time.

This worked	Area/s for improvement	Next time I could try ...