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Steamed pork and vegetable buns

SERVES 2

Complex process:

Yeast baking (pork buns have been responsible for food poisoning incidents)

Preparation time: 45 minutes

Cooking time: 10 minutes filling 15 minutes steaming

Serving and presentation time: 15 minutes

Total time: 70 minutes

Main tools and equipment

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

Production skills

Mixing, kneading, proving, whisking

Cooking processes

Fry, steaming

Ingredients

Dough:

1 ½ tablespoons caster sugar
2 teaspoons yeast
¼ teaspoon salt
1 ¾ 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
200g pork should or Chinese Char-siu pork,
finely chopped
2 tablespoons cabbage, shredded
1 shitake mushroom, finely chopped

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 in a warm place prove ie 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.