



Bao Buns

INGREDIENTS

- 400g flour
- 48g sugar
- 2 tsp baking powder
- 1 tsp salt
- 246ml lukewarm water
- 2 tsp active dried yeast
- Cooking spray oil



Serves: 4 (12 buns)



Prep Time: 1 hr



Cooking Time: 8 min

METHOD

1. In a jug, mix the lukewarm water (no more than 35 degrees) with a handful of flour and 6g of sugar. Stir it well, then add the yeast and mix it gently. Set aside for 5-10 minutes until bubbles/foam start to form on top (this means your yeast is ready).
2. Mix the remaining flour, sugar, salt and baking powder in a large bowl.
3. Combine wet ingredients with dry ingredients using your hands.
4. The dough should be wet enough but still have some dry flour remaining. Drop the dough onto your bench top, and knead with the heel of one or both hands until smooth and elastic.
5. Place the dough in a bowl, and cover it with a warm wet cloth or cling film, and place in the oven if you have proving function (if not, in a warm place to prove). Prove the dough until it has tripled in size.
6. Knock down the dough (knead to remove air), and divide into 12 pieces. Roll each piece into a ball, place on a tray lined with baking paper, and cover with a warm wet cloth or cling film. Allow to prove until doubled in size.
7. Roll each ball using a rolling pin to form a 4-inch-long oval. Spray half of the oval with a light amount of cooking oil spray and fold the oval in half onto itself to form a bao bun shape.
8. Place bao buns onto squares of baking papers in a steamer basket and steam the buns for 8 minutes.

Tip: dried yeast has to be kept in the fridge to last longer.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool

