



Bao Buns

INGREDIENTS

- 320g Flour (plain)
- 5g Dried Yeast
- 1 Tbsp Sugar
- 190ml Tepid Water
- 1 Tbsp Canola Oil
- Pinch of Salt
- Cooking Spray Oil (neutral)



Serves: 8 Buns



Cooking Time: 14 min



Prep Time: 1 hr

METHOD

1. Mix the yeast, sugar and tepid water (no more than 35 degrees), let sit for 2 minutes. Add the yeast mixture to the flour and mix it gently.
2. Add in the oil and bring together using your hands.
3. Turn out onto the bench and begin kneading. knead with the palm of your hands for about 8-10 minutes or until smooth and elastic.
4. Place the dough in a bowl, and cover it with a warm wet cloth or cling film, and let it rise until doubled in size (roughly 40-60 minutes depending on the temperature).
5. Shape the dough into a log shape and divide into 8 even pieces. Roll each piece into a smooth ball. Using a rolling pin, roll each ball into an oval shape roughly ½ cm thickness. Place each bao bun onto a square of baking paper, spray oil on one half and fold in half (oiled side facing inside). Allow buns to prove once more.
6. Steam Bao Buns for 12-14 minutes. Enjoy with desired fillings.

Tip: Once dried yeast is opened, it needs to be stored in an airtight container inside the fridge to ensure it lasts longer.



Nourish - Inspire - Share

www.vivecookingschool.com.au #vivecookingschool

