

2014



Steamed bun with meat filling

Ingredients | Servings 8

For the bun dough you'll need:

- 500 g all-purpose flour
- 200 ml whole milk
- 7 g dry instant yeast
- 60 g caster sugar
- ½ tsp salt
- 30 ml vegetable oil

For the filling you'll need:

- 200 g ground pork or beef
- 1 chinese sausage (Lap Cheong, can be found in Asian supermarkets, but not essential)
- 1 onion
- 2 carrots
- 10 g dried black fungus (also called wood ear mushrooms) – soak in warm water for about 20–30 minute before preparation; careful, they expand a lot in water!

Alternatively, you can also use 50 g shiitake or chestnut mushrooms

- 50 g glass noodles – soak in warm water for about 10 minutes
- 8 quail eggs
- Salt and pepper
- Sesame oil
- 1 Tbsp oyster sauce



Bao-Chau Pham
Class of 2014,
PhD Student
at University of
Vienna

Preparation

Making the dough

1. Put the flour in a bowl, add sugar, salt, cooking oil, yeast and slowly add fresh milk, mix well and knead the dough for about 5 minutes, cover with a towel.
2. Then knead well until the dough is smooth. Once a smooth, flexible dough is obtained, cover the dough with plastic wrap and leave in a warm place for about 3 hours. At proofing, the dough should have doubled in size.

Making the filling

1. Boil the quail eggs, peel and put them aside.
2. After having soaked and drained the dried black fungus and glass noodles, cut the dried black fungus into thin slices. Cut through the glass noodles a few times so the strands become shorter.
3. Dice the onion and carrots into small cubes, sauté them with a little sesame oil. Cut the Chinese sausage into thin slices. Mix the dried black fungus, glass noodles, Chinese sausage slices, onions and carrots with the ground meat and add salt, pepper and the oyster sauce.

Assemble buns

Divide the dough into about 8 balls and roll them into thin circles (the edge should be slightly thinner than the middle). Divide the meat filling into 8 small portions. Put the filling in the center of the dough. Next, put quail eggs in the middle of each filling and roll each piece into a small ball. Wrap it up like a flower and place it on a small piece of parchment paper.

Steam buns

Bring the water to a boil, place the dumplings in a colander, and steam for about 25 minutes.