

CHA SUI BAO (STEAMED BARBEQUED PORK BUNS)

Makes 12

Filling

50 ml chicken broth
15 ml oyster sauce
15 ml ketchup
10 ml sugar
10 ml cornstarch
7 ml soy sauce (dark, if possible)
pinch salt & pepper
15 ml oil
50 ml onion, diced (1 cm)
175 ml barbequed pork, diced (1 cm)
7 ml Chinese cooking wine
4 ml sesame oil

1. In a small bowl, combine broth, oyster sauce, ketchup, sugar, cornstarch, soy sauce, salt & pepper.
2. Heat oil in wok on high heat. Don't let it smoke!
3. Add onion & reduce heat. Cook until soft.
4. Turn heat to high & add pork. Stir-fry for 2-3 minutes.
5. Add wine & stir well. Reduce heat to medium.
6. Pour the broth mixture into the centre of the wok & stir constantly until thickened.
7. Remove from heat & stir in sesame oil.
8. Let cool & refrigerate.

Dough

25 ml sugar

175 ml warm water

7 ml yeast

750 ml flour

7 ml baking powder

15 ml shortening

1. In a large bowl, combine sugar, water & yeast. Let stand until foamy.
2. In another bowl, combine flour & baking powder.
3. Add flour mixture & shortening to yeast mixture & mix really well.
4. Dust counter with flour & knead the dough until it's smooth. This may take up to 10 minutes.
5. Place dough in a large bowl & cover tightly with plastic wrap.
6. Let dough rise in a warm place until triple in size. OR Place in frig overnight.

Assemble the *bao*

1. Cut 10-12 squares of parchment or waxed paper, 6cm a side.
2. Knead the risen dough until smooth & elastic.
3. Cut dough in half or quarters & make a log of each piece.
4. Cut logs into even sized pieces & flatten each piece into a disk. Pinch the edges so they are thinner than the center.
5. Place no more than 15 ml of filling into the center of the dough circle.
6. Using clean fingers, pleat the edges to form a sort of bowl, then twist & pinch the pleats together.
7. Place each *bao* on a square of parchment.
8. Let stand for about 10 minutes.

Steaming

1. Prepare steamer with about 5 cm of water.
2. Bring to a boil.
3. Place *bao*, 5 cm apart, on steamer rack.
4. Cook for 10 – 12 minutes. They will still be moist looking but will also be shiny.
5. Remove from rack and serve on their paper squares.
6. Before putting more *bao* in the steamer, check the water level & add more hot water if needed.

When these are cooled completely, they can be kept for about a week in an airtight container or frozen for longer storage. Reheat in a steamer (recommended) or microwave.