



Bao Buns

For the Bao:

1 x sachet dried yeast (7g) (We recommend using Lighthouse Yeast + Bread Improver)
1 cup (250ml) milk, warmed
¼ cup (60g) sugar
3 cups (450g) Lighthouse Cake, Sponge & Steamed Bun Self Raising Flour
1 tbsp oil

For the Filling:

600g chicken breast, finely diced
60ml light soy sauce
40 ml dark soy sauce
20ml rice wine
20ml oyster sauce
100g sugar
20g cornflour

For the Garnish:

Chives, sliced
Cucumber, thinly sliced
Carrots, cut into very thin strips

For the Dough:

Dissolve the yeast and sugar in the warmed (not more than 40°C) milk. Add the flour and oil and mix until dough forms.

Knead on a lightly floured surface for 10-15 minutes until smooth, soft and elastic. Alternatively use the dough hook attachment of an electric mixer.

Shape dough into a ball and place into a lightly greased bowl. Cover the bowl with cling film and allow to rest in a warm place for 45-60 minutes or until doubled in size. * Turn out dough and knead lightly for 1 minute.

Shape into a 3cm thick log and cut into 3cm long pieces (approx. 18-20 pieces). Roll each piece into a ball and allow to rest for 3 minutes. Roll out each ball into an oval 3-4mm thick. Lightly brush the surface of the rolled out dough with oil and gently fold in half. Transfer the buns onto a lined baking tray and cover with a clean, damp tea towel. Leave to prove in a warm place for 60 - 90 minutes or until doubled in size.

Heat a large steamer over medium heat and cook buns for 8 minutes.

For the Filling:

Finely dice the chicken breasts and cook in an oiled saucepan until fully cooked. Add soy sauces, rice wine and oyster sauce. Cook until chicken looks dry.

Add sugar and mix well. Cook until sugar has completely dissolved. Adjust sugar to taste. Add cornflour and mix well.

Allow mixture to simmer and thicken. Add ½ tsp more powder at a time if sauce is not thick enough.

Assembling the Bao:

Gently pry open the bao and spoon a heap of the chicken filling in.

Garnish with thin slices of cucumber, carrot and chives

Notes:

* Proofing time will vary depending on where the dough is placed, this step is critical in bread making to ensure the yeast produces sufficient aeration so that the baked bread develops a light even texture.