

Steamed Chinese Bun Recipe

Ingredients:

600 g Hong Kong flour or high-protein flour
100 g sugar
8 g baking powder
8 g dry yeast
200 g water
10 g oil

Method:

Dissolve the dry yeast with the water and then stir in the sugar. Leave aside in a warm place to froth. Mix in the flour, baking powder and oil. Knead the dough and then allow proofing for 15-20 minutes. Flatten out the dough, lightly brush with water. Roll it up and let it proof for another 30 minutes. Cut to the desired portion and shape. Steam the prepared bun at high heat until cooked. for about 6-10 minutes. After steamed, you can deep-fry them for added flavor. Serves well with Chinese Roast Turkey (pls refer more Chinese recipes).

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