

Chinese Plain Pau (Bun)



Ingredients:

300 gms all purpose flour
60 gms sugar
150 mls tepid water
1 tsp yeast
½ tsp salt
2 tbsp oil

Method:

1. Place tepid water in a cup and sprinkle with the yeast.
2. Let the yeast and water mixture sit for 5 minutes or until tiny bubbles form.
3. Place all other ingredients in a mixing bowl and mix well.
4. Using a spatula, gently stir the yeast mixture into the mixing bowl.
5. Knead and fold with your hand for 8 - 12 minutes until flour is incorporated and you have a smooth, non-sticky dough.
6. Place the dough in an oiled mixing bowl, cover with cling film and leave to rise in a warm place for about an hour.
7. Once the dough has risen, lightly flour your hand and work surface.
8. Place the dough on your work surface and punch the air out of it.
9. Knead for a further 8-10 minutes.
10. Roll the dough and cut into 10 -12 pcs depending on the size you require.
11. Creatively shape each piece using both hands.
12. Cover and let the buns rise for about 20 minutes.
13. Place a square of baking paper under each bun bearing in mind each will rise.
14. Bring water to boil in a steamer.
15. Place the buns inside the steamer giving each one space to rise.
16. Steam for about 10-15 minutes depending on size.
17. When cooked, lift the lid a little for five minutes before removing buns. (This prevent them from sinking.)
18. Serve warm.

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