



Chinese Steamed Buns

Jacob · 28/09/2024



Prep Time

3 hrs 30 mins

Difficult

Medium

Servings

4 hrs 45 mins

Description

These steamed buns are yummy Chinese dim sum that can be made with or without meat filling. To make these tasty buns, you'll need a wok equipped with a stainless steel steam plate. After steaming the buns, make sure to remove the lid carefully so condensation doesn't drip onto the buns, as this will produce yellowish blisters on the bun surface. You may use milk in place of the warm water if you wish.

Ingredients

- - 1 $\frac{3}{4}$ cups all-purpose flour
- divided - $\frac{3}{4}$ cup warm water
- divided - 1 tablespoon active dry yeast - 1 teaspoon white sugar - 2 tablespoons white sugar - 1 tablespoon vegetable oil - $\frac{1}{4}$ teaspoon salt - $\frac{1}{2}$ teaspoon baking powder

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Mix together 1/4 cup flour
2. 1/4 cup warm water
3. yeast
4. and 1 teaspoon sugar in a large bowl. Allow to sit for 30 minutes. Dotdash Meredith Food Studios Mix in remaining 1 1/2 cups flour
5. remaining 1/2 cup warm water
6. 2 tablespoons sugar
7. vegetable oil
8. and salt. Knead until dough is smooth and elastic. Dotdash Meredith Food Studios Transfer to a greased bowl
9. roll to coat with oil
10. and let sit until tripled in size
11. 2 1/2 to 3 hours. Dotdash Meredith Food Studios Punch down dough and spread out on a floured board. Sprinkle baking powder evenly on surface of dough; knead for 5 minutes. Dotdash Meredith Food Studios Divide dough in half; set aside one half in a covered bowl. Divide remaining half into 12 equal pieces. Dotdash Meredith Food Studios Shape each into a ball; transfer each ball to a small square of waxed paper with the smooth surface facing up. Repeat portioning and shaping with remaining dough half. Cover all 24 dough balls and let sit until doubled in size
12. about 30 minutes. Dotdash Meredith Food Studios Bring some water to a boil in a wok
13. then reduce heat to medium and keep water at a low boil. Place the steam plate on a small wire rack in the middle of the wok
14. leaving at least 2 inches of space between the plate and the wok. Working in batches
15. place buns on waxed paper squares onto the steam plate
16. leaving 1 to 2 inches between buns. Dotdash Meredith Food Studios Cover and steam buns for 15 minutes. Carefully remove the lid
17. so condensation doesn't drip onto buns. Continue steaming remaining buns until all are cooked. Dotdash Meredith Food Studios