



Chinese Sweet Bun Dough

Jacob · 28/09/2024



Prep Time

2 hrs 30 mins

Difficult

Medium

Servings

3 hrs 20 mins

Description

Fill these sweet buns with a BBQ filling or sweet bean paste or get creative After several experiments I finally came up with the perfect dough its a cross between bread and pastry dough

Ingredients

- - ½ cup white sugar - 1 cup warm milk (110 degrees F/45 degrees C) - 1 tablespoon active dry yeast - 4 cups bread flour - 2 eggs
- beaten (divided) - 6 tablespoons vegetable oil - 2 teaspoons salt - 2 teaspoons water - 1 teaspoon sesame seeds for garnish (divided) (Optional)

Instructions

1. Whisk milk and sugar together in a large mixing bowl until sugar is dissolved. Stir in yeast
2. and let stand until a frothy layer forms on the milk
3. about 10 minutes. Stir in flour
4. most of the beaten eggs (reserve about 1 tablespoon of egg in a small bowl for later)
5. vegetable oil
6. and salt; mix well until thoroughly combined. Turn dough out onto a well-floured work surface
7. and knead until smooth and elastic
8. about 10 minutes. The dough should be slightly sticky. Place the dough into a large oiled bowl
9. cover with a damp cloth or plastic wrap
10. place the bowl in a warm spot
11. and let rise until doubled
12. 2 to 3 hours. Line a baking sheet with parchment paper. Remove dough from the bowl
13. and knead it briefly to punch down
14. about 1 minute. Roll dough out into a rope
15. and cut it into 12 equal-sized pieces. Roll each piece into a ball
16. and use your fingers to flatten each ball into a disk about 5 to 6 inches in diameter. Place about 2 tablespoons of your favorite bun filling in the center of the dough circle
17. and bring the edges of dough up over the filling. Pinch and twist the top together to seal in filling. Make sure there are no open spots. Place each filled bun seam-side down on the parchment paper while you finish making the rest of the buns. Cover the filled buns with plastic wrap
18. and let them rise for 30 minutes. Preheat oven to 350 degrees F (175 degrees C). Beat reserved beaten egg with water until combined; brush the top of each bun with egg wash and sprinkle a few sesame seeds on top. Bake buns in the preheated oven until the tops are browned and shiny
19. turning the baking sheet around halfway through baking
20. for 20 to 30 minutes. Serve warm.