



Banh Bao

Oscar · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

1 hr 30 mins

Description

Im a Vietnamese living in Indiana who had to find a recipe for one of my favorite Vietnamese snacks banh bao They are a variation on the Chinese cha siu bao Chinese pork buns I would like to thank Houston Wok for providing Ms SkimmyJeans moist filling recipe and Miss Adventureathome for a tasty bun recipe Combined this is my ultimate banh bao recipe

Ingredients

- - 1 pound ground pork - 2 shallots
- minced - 2 tablespoons fish sauce - 1 ½ tablespoons oyster sauce - 1 tablespoon soy sauce - 4 ½ cups self-rising flour - 1 ½ cups milk - ¾ cup white sugar - 3 links Chinese sausages
- sliced on the diagonal - 4 hard-boiled eggs
- peeled and quartered - waxed paper

Instructions

1. Mix pork
2. shallots
3. fish sauce
4. oyster sauce
5. and soy sauce together in a large bowl. Let mixture marinate in the refrigerator
6. about 30 minutes. Combine self-rising flour
7. milk
8. and sugar in another large bowl; knead until dough is smooth and no longer sticky. Cover dough with cheesecloth; let rest
9. about 5 minutes. Divide dough into 18 balls. Roll out each ball into a circle with a rolling pin on a floured work surface. Place a spoonful of the pork mixture in the center; top with 2 sausage slices and an egg quarter. Gather the edges of each circle together like a coin purse; twist and pinch to seal the bun. Cut waxed paper into eighteen 2-inch squares. Place each bun on a waxed paper square. Arrange 1 inch apart in a steamer; cover with lid. Steam buns until puffed up
10. about 30 minutes. Cook's Note If dough seems too moist in step 2
11. add more flour until it no longer sticks to your fingers. I'm still trying to find a means of making the buns white. I usually add a tablespoon of white vinegar to the steaming water. However
12. I don't really see any difference. Others have advised using baking powder. I may try that next time.