

CHINESE STEAMED MEAT BUNS (BAOZI) 包子

INGREDIENTS:

FOR THE DOUGH

- 2/3 cup warm water
- 2 tsp yeast
- 3 Tbsp white sugar
- 1 Tbsp vegetable oil
- 1 tsp rice vinegar
- 1 and 1/3 cups + 3 Tbsp bread flour
- 1 tsp salt
- 1/2 tsp ground ginger
- 1/4 tsp baking soda

FOR STUFFING

- 1 lb. ground beef
- 1 Tbsp soy sauce
- 1 tbsp cornstarch or flour
- 1 carrot finely chopped
- 1 onion finely chopped
- 1 scallion -thinly sliced
- 1-inch fresh ginger root
- A pinch of salt and pepper

DIRECTIONS:

Dough:

- Whisk water, yeast and sugar together. Set aside for 4-5 min until yeast has bloomed and bubbles form.
- Put 1 1/3 cup flour, baking soda, salt and ginger in a large bowl. Add oil and vinegar to yeast mixture.
- Pour yeast mixture into flour mixture. First, use wooden spoon to mix dough and then knead by hand for about 4-7 minutes. If dough is sticky, add additional flour about 1 tbsp at a time. Dough should be smooth and elastic. Place dough in an oiled bowl and cover with plastic wrap. Allow dough to double in size about 1-1/2 hours.
- When risen, punch dough down and form into a long rope about 2 inches wide. Cut dough into pieces about 2 inches long. There should be about 10-12 pieces. Cover pieces with plastic wrap so dough will not dry out.

Making buns:

- Place ground beef and the rest of the filling ingredients in a bowl and mix thoroughly to combine. Place filling in the fridge for about 15-20 minutes.
- Take a piece of dough and roll into a ball. Flatten dough ball with the palm of your hand onto a floured surface. Use a rolling pin to flatten dough circle, rolling from the center of the circle out to the edges of the circle so that the edge is slightly thinner than the center. The dough should not have any parts that you can see through, the circle should be around 2.5-3 inches in diameter.
- Place 2 tbsp of filling in the center of the dough circle. Pinch and pleat the edges of dough around and over the filling. Bring all edges together and pinch at the top, then rotate the bottom of bun to create a swirl or twist at the top of the bun.
- Fill a pot with 1-2 inches of water and bring to a boil. Place a steamer basket lined with parchment paper over the boiling water. Place buns in a steamer basket lined and cover. Lower flame to medium/high heat. Steam for 12 minutes.

Original Recipe: <https://www.kosher.com/recipe/bao-asian-steamed-beef-buns-8600>