



Chinese steamed meat buns ?

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Ingredients

Dough:

- 1 cup of milk
- 30 grams of yeast
- 1 table spoon of sugar
- 2 cups of wheat flour plus 2 table spoons
- 2 table spoons of oil
- 1 tea spoon of salt

Filing:

- 200 grams of minced chicken meat
- 1 table spoon of grated ginger
- 1 table spoon of light soy sauce
- 4 table spoons of Yacai, chinese preserved vegetables, chopped
- 1 table spoon of oil
- 2 table spoons of water
- 1 tea spoon of potato starch

Instructions

1. Mix 1/2 cup of milk with 2 table spoons of flour, sugar and yeast. Put it in warm place, wait till mixture doubles.
2. In large bowl sift flour, add salt, 1/2 cup of milk, oil and yeast mixture. Mix well and knead till dough becomes smooth and uniform.
3. Meanwhile mix meat with soy sauce.
4. Let it rise about 30 min, knead again and let it rest again.

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5. Divide into 12 balls and let them rise.
 6. Meanwhile heat oil, fry ginger, add meat with preserved vegetable. Fry till meat is cooked.
 7. Mix 2 table spoons of water with potato starch and add the mixture to the meat filling, mix well.
 8. Flat each dough ball, place one spoon of filling, fold in half, seal the edge and for a ball.
 9. Repeat with remaining dough. Let them rest about 15 min.
 10. Steam about 15 min.