



Steamed Bun with Curry Potatoes

NIBBLEDISH CONTRIBUTOR

Ingredients

(A) Ingredients :

- 400g Hongkong flour (pau flour)
- 200g water (I added more)
- 70g sugar
- a pinch Salt
- 10g double action baking powder
- 7g instant dried
- 30 g shortening

(B) For Filling

Ingredients:

- 2 onion, chopped
- 2 tbsp of curry powder
- 2 potatoes (250g), chopped into cubes
- 150g of chicken breast, cut into pieces
- 1 stick of curry leaf
- 1 pinch of salt
- 1 tsp chilli paste
- 1 tbsp of chicken granules
- 1/4 cup (2oz) warm water

Instructions

(A)

1. Dissolve yeast in the water; stir in the sugar and put aside for awhile till bubbles.
2. Add in 400g of HK flour, salt, BP and shortening to make a soft sponge.
3. Set aside in a warm place to double in bulk, about 45 mins – 1 hour.
4. Place the dough on a greased work surface; knead in the remaining margarine to make smooth dough.
5. Cut the dough into 15 equal-sized pieces; form each piece into a ball.
6. Flatten it on your palm and add-in filler then close (I used base plate).
7. Steam the bun for 20 - 45 mins.

(B) Directions: For the chicken filling:

- 1) Heat oil in fryer.
- 2) Add chopped onion, curry powder, curry leaf, pinch of salt and chilli into the fryer. Fried for about 1 min.
- 3) Add chicken breast and cook for 3 mins.
- 4) Pour in warm water and chicken granules and cook till chicken/potatoes tender & soft.
- 5) Let chicken filling cool down for 30 mins before stuffing into pau dough.

*Important: In order to ensure that the dough rises while baking, it has to be prepared without interruption.