



Miele

Steamed bao

By Shannon Bennett

1 hour 15 minutes

Preparation time

50 minutes

Cooking time

Makes 30-40 bao

Serves

INGREDIENTS

500 g (3 ½ cups) plain flour
2 tbsp caster sugar
2 tsp baking powder
310 ml (1 ¼ cups) lukewarm water
7g (2 tsp) dried yeast
50 g butter, melted
1 tsp salt flakes

Miele Accessories

Steam container

METHOD

1. Combine flour, sugar and baking powder in a bowl and set aside.
2. Combine water, yeast and melted butter in a mixing bowl fitted with a dough hook. Add dry ingredients and combine on speed 1 for 4 minutes.
3. Add salt to dough and continue to knead on speed 2 for 4 minutes.
4. Place dough in a lightly oiled bowl and Steam at 40°C, uncovered for 15 minutes. Remove dough from the steam oven and refrigerate for 1 hour.
5. Remove dough from refrigerator and portion dough into 30g pieces; roll each piece into a ball. Using a rolling pin, roll into an oval shape, approximately 8cm. Brush the dough with a little olive oil and fold in half crosswise.
6. Place in a baking paper lined perforated steam container, 4cm apart. Prove bao in steam oven at 40°C, uncovered for 20 minutes.
7. Once the bao have risen, Steam at 100°C for 15 minutes.

Hints and tips

- The bao recipe can be doubled without the dough being compromised; cooked bao can then be frozen for future use. Freeze in an airtight container and store for up to 3 months.
- If the bao have been frozen, reheat in a perforated steam container lined with baking paper and Steam at 100°C for 1 minute.
- Multiple variations of filling can be used for this recipe, such as pulled pork, chicken or lamb.