Asian Buns Steamed & Stuffed (low fat)

Description

The dough you make for these buns can be frozen. before or after being stuffed.

Stuff the buns with strong flavors.

We have tried barbeque pulled pork, pizza and nutella. We also like to put plain chicken in the buns, then have an array of dipping sauces on the side like sweet and sour sauce, citrus-sherry-ginger-barbeque sauce, siracha remoulade, casear salad dressing, paul newmans asian salad dressing, italian dressing, etc.

If you purchase these buns premade in an Asain market, they are loaded with fat. My version is of course the healthy version. My fiance eats super fatty, greasy food, which I love but try not to eat. So I try my best to make every naughty delight as healthy and tasty as possible,

Summary

Yield: 12
Prep Time: 1 1/2 hours
Category: Breads
Cuisine: Chinese
Tags: Chinese, Asian

Ingredients

- 1 tbsp active dry yeast
- 1 tsp White Sugar
- 1/4 cup all purpose flour
- 1/4 cup water
- 1/2 cup Warm Water
- 1 1/2 cup all purpose flour
- 1/4 tsp salt
- 2 tbsp White Sugar
- 1 tbsp Vegetable Oil (add only 1 teaspoon to be healthier)
- 1/2 tsp baking powder

Instructions

1. Mix together yeast, 1 tablespoon suagr, 1/4 cup flour adn 1/4 cup warm water. Allow to stand for 30 minutes.

2. Mix in 1/2 cup warm water, flour, salt, 2 tablespoons sugar and vegetable oil.

3. Knead until dough surface is smooth and elastic. Place in a greased bowl and let stand until triple in size, about 2 1/2 to 3 hours. (place wet cloth as lid if you do not have one.)

4. Punch down dough and spread out on floured board. Sprinkle baking powder evenly on surface and knead for 5 minutes.

5. Divide dough into 2 parts and place the piece you are not working with in a covered bowl. Divide each half into 6 parts (as you get better, this should be 12 parts).

6. Shape each part into a ball. Place on flour dusted wax paper, let stand covered until doubled, about 30 minutes.

7. Roll out each ball. Do not make super thin nor super thick. Stuff buns with desired stuffing. Place back on floured wax paper, until ready to cook.

8. You can cook these in a steamer, by placeing a piece of wax paper in the steamer under each bun. Or use a wok and wire rack.