



S11

Steamed baos



Created by
Appliance

V-ZUG LTD
CombiSteamer V6000 from 2021

Asian bread rolls with a teriyaki filling

Dough

- 300 g white flour
- 1½ tsp salt
- 2 tsp sugar
- ¼ cube of yeast (about 10 g)
- 150 ml water
- 2½ tsp rice vinegar
- 2½ tsp coconut oil, runny
- Coconut oil for brushing

Teriyaki sauce

- 100 ml mirin (sweetened sake or rice wine)
- 100 ml soy sauce
- 1 clove of garlic, crushed
- 1 tbsp ginger, grated
- 1 tbsp sugar
- 1 tsp cornflour

Serving

- 3 tbsp vegan mayonnaise
- Some sriracha
- ½ red onion, cut into strips
- 1 carrot, cut into fine strips





Some slices of cucumber
Some coriander leaves
2 tbsp salted peanuts, chopped

Tofu

300 g tofu
Some salt
Peanut oil for frying

Dough

Knead all the ingredients in a bowl into a firm, smooth dough.
Shape the dough into a ball. Put in a bowl and place in the bottom of the cooking space.
Allow to rise at 32 °C for 1 hour until double in volume using the professional baking proofing mode.

Shaping

Roll out the dough 5–10 mm thick. Cut out rounds of about ø 10 cm. Brush the surface of the rounds with a little oil. Fold the rounds over and press the fold down lightly. Place on a lightly oiled stainless steel tray.
Knead any leftover dough together. Repeat the process until all the dough is used up.
Allow to rise for 30 minutes at 32 °C using the professional baking proofing mode.

Steaming

Cook the baos at 100 °C for 15 minutes using the steam mode.

Teriyaki sauce

Stir all the ingredients together in a small pan, bring to the boil and simmer over a medium heat for about 5 minutes, stirring from time to time.

Tofu

Salt the tofu, toss in half the teriyaki sauce and marinate for 1 hour.
Fry the tofu in a generous amount of oil in a non-stick frying pan over a medium heat until crispy. Keep warm.

Serving

Choose fillings for the baos according to preference.





Cooking steps

Professional baking proofing 32°C for 1 Hrs

Action

Action

Professional baking proofing 32°C for 30 Mins

Steaming 100°C for 15 Mins

Tips

Planted.chicken or soya mince can be used in place of tofu.

Accessories

Stainless steel tray

ø 10 cm cutter

