



# Steamed baos

Recipe by V-ZUG LTD



Preparation	1 Hrs
Cooking time	1 Hrs 45 Mins
Piece	8
Appliance	CombairSteamer V2000 from 2021

Asian bread rolls with a teriyaki filling

## Dough

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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

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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

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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

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300 g tofu

Some salt

Peanut oil for frying

## Dough

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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 the dough to proof at 32 °C for 1 hour until double in volume using the professional baking proofing mode.

## Shaping

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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

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

## Teriyaki sauce

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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

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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

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Choose fillings for the baos according to preference.

## Cooking steps

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**Professional baking proofing 32 °C for 1 Hrs**

**Continue working the dough after it has risen.**

**Put the food in.**

**Professional baking proofing 32 °C for 30 Mins**

**Steaming 100 °C for 15 Mins**

## Tips

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

## Accessories

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Stainless steel tray

ø 10 cm cutter

