Purple bao buns with curry mayonnaise

Recipe by V-ZUG LTD

Preparation	40 Mins
Resting time	1 Hrs
Cooking time	15 Mins
Portions	4
Appliance	CombiSteamer V4000 45 from 2021

Black carrot juice not only gives these bao their extraordinary colour, but also a fine aroma. The intense, delicate purple curry mayonnaise sets flavour and colour accents, while the aromatic Asian filling of red cabbage, tofu and purple carrots rounds off the colour theme perfectly.

Dough

300 g white flour

1½ tsp sugar

¼ cube yeast (approx. 10 g), crumbled

150 ml black carrot juice (e.g. Biotta My Juice Day No. 2)

1 tsp vegetable oil

Filling

a little oil for frying

60 g red cabbage, in fine strips

60 g purple carrot, in fine strips

3 cm ginger, finely chopped

1 red chilli pepper, finely chopped

1 clove of garlic, finely chopped

2 spring onions, in fine rings

2 sprigs of coriander, finely sliced

1 tbsp. soy sauce

1 tsp Rice vinegar

½ tsp sesame oil

½ tsp sugar

½ tsp miso (e.g. DasPure mushroom miso)

1 tsp cornflour

50 g tofu, finely grated

Purple curry mayonnaise

250 ml sunflower oil

30 g purple curry

50 g aquafaba

2 tsp aceto balsamico bianco

1 tsp mustard

¼ tsp salt

¼ tsp purple curry

Serving the dish

some shiso flakes

Dough

Place the flour, sugar and salt in the bowl of the food processor and mix. Add the yeast and mix. Pour in the black carrot juice and oil and knead into a firm, smooth dough using the kneading hoe in the food processor. Cover the dough and leave to rise at room temperature for approx. 1 hour until doubled in size.

Filling

Heat the oil in a frying pan. Add the red cabbage and all the ingredients up to and including the garlic, sauté over a medium heat, stirring, for approx. 5 minutes. Add the spring onions and coriander and sauté for approx. 2 minutes. Mix the soy sauce and all the ingredients up to and including the cornflour in a small bowl, pour onto the vegetables, mix in and simmer for approx. 2 mins. There should be no excess liquid remaining. Mix in the tofu and leave to cool.

Moulds

Divide the dough into approx. 16 portions (approx. 25 g each). Flatten the portions of dough slightly and roll out into thin rounds, making sure that the edges are slightly thinner. Preheat the cooking chamber to 100 °C with steam. Place approx. 1 heaped teaspoon of filling in the centre of each round, fold the edges evenly over the filling, press down a little so that the baos are well sealed. Place the baos on a lightly oiled perforated stainless steel sheet. Place the baking tray in the preheated cooking chamber and steam for approx. 15 minutes.

(Pre-)heat cooking space to 100 °C with Steaming

Put the food in

Steaming 100 °C for 15 Mins

Purple curry mayonnaise

Pour the sunflower oil into a pan and heat to approx. 120 °C. Remove the pan from the heat, stir in the purple curry, cover and leave to infuse for at least 1 hour. Line the sieve with a cheese cloth, sieve off the curry oil and squeeze out thoroughly, leave to cool. Place the aquafaba and all the ingredients up to and including the curry in a tall container and blend with a hand blender. Slowly pour in the curry oil in a thin stream and continue to mix until you have a creamy mayonnaise. Place the mayonnaise in a piping bag and chill until ready to serve.

Serving the dish

Arrange the steamed baos on a platter or small serving plates, drizzle with a little purple curry mayonnaise and sprinkle with a few shiso flakes.

Tips

Purple curry is a spice mixture made from various spices and dried flowers that give the curry its special purple colour. It can be bought in speciality shops or online.

Aquafaba is the cooking liquid that is produced when chickpeas or other pulses are cooked (liquid in the tins). It is used as an egg substitute in many vegan recipes.

The mayonnaise can be kept covered in the fridge for approx. 1 week.

Accessories

Perforated cooking tray

Additional information

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