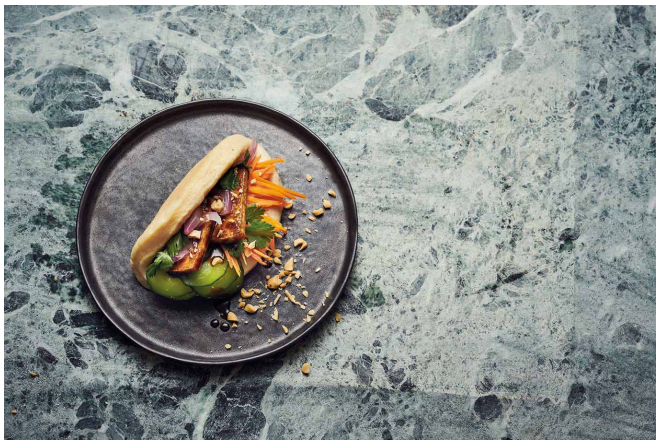
Steamed baos

מתכון מאת V-ZUG Ltd.



Preparation	1 Hrs
Cooking time	1 Hrs 45 Mins
חיבור	8
התקן	CombairSteamer V2000 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 the dough to proof 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

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

עצות

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

אביזרים

Stainless steel tray

ø 10 cm cutter

מידע נוסף

הופק ביום	26.01.2022