Sticky Pork Bao Buns

SERVING
4 people

COOK TIME
90 min



Ingredients

BAO BUNS

7g (1 package) yeast

1 cup warm milk

2 tbsp sugar

1 tbsp vegetable oil

3 cups all-purpose flour

Spray oil

STICKY PORK

600g pork spare ribs, cut into 2cm chunks

1/3 cup brown sugar

¾ cup water

1 clove garlic, minced

1 tbsp fish sauce

½ tbsp soy sauce

½ tbsp dark soy sauce

ASSEMBLY

350g Simply Salads Asian Style Salad Kit, mixed with dressing and noodles

Coriander leaves, to serve

Sliced red chilli, to serve

Method

To make the bao buns, add yeast and sugar to warm milk and set aside for five minutes until yeast begins to foam. Stir through oil.

Add flour to a large bowl and make a well in the centre. Add wet ingredients to dry and stir until a sticky dough forms.

Turn out dough on to a lightly floured surface. Knead for 10 minutes until dough is smooth and elastic. Place into a large clean bowl with a damp tea towel on top and allow to rise for 45 minutes to one hour.

Remove dough from bowl and place on a clean surface. Shape into a three centimetre wide log and then divide into 14 small balls. Roll out each ball into a circle until about 5-7mm thick. Spray lightly with oil and fold over. Place on to a small square of baking paper. Repeat with remaining dough balls.

Heat a large steamer or bamboo basket over boiling water. Steam buns for 8 minutes until cooked through and puffed.

To make the sticky pork, add brown sugar and one tablespoon of water to a saucepan and place over a high heat. Simmer until a deep brown caramel forms, about the consistency of honey.

Add pork and ¾ cup of water and stir. Bring to a rolling boil and skim off any foam or impurities that appear on the surface. Stir in garlic, fish sauce, soy and dark soy. Reduce heat to low and allow to simmer until pork is tender and sauce has reduced down to a rich sticky coating – approximately 35 minutes.

To assemble, add a handful of Asian style salad into a bao bun, and top with a few pieces of sticky pork. Repeat with remaining bao buns. Top with coriander and sliced chilli to serve.

Notes

• To save on time and prep, buy frozen bao buns at the local supermarket and steam according to package instructions.