

Bao Buns



Zubereitung

Zutaten Bao Buns

Recipe for 4 Bao Buns

- 8 g fresh yeast or
- 1/2 packet of dry yeast
- 60 ml cow or plant milk
- pinch of sugar
- 200 g fine white flour
- 1-2 tbsp canola oil

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Dissolve the yeast in 1 dl lukewarm water. Mix the yeast mixture, milk and sugar in a bowl. Add the flour, 2 tsp salt and the oil. Knead everything into a smooth dough using a food processor (or by hand). Cover with a damp cloth and leave to rise in a warm place for about an hour.

Steam the buns in a steamer or steam basket for a few minutes.