

Chinese Steamed Buns

15 Units (25 g each)

(make this recipe 6x)

Ingredients

300g Flour

7,5 ml instant yeast

30 ml Sugar

200 ml warm water

1 ml salt

85 parchment paper squares(4cm x 4cm)

Plastic to cover dough

1 Mix water, sugar and yeast . let stand for a few minutes

2 Put flour and salt in a bowl and mix liquids in.

3 Knead until elastic

4 Let rise until double the size

5 Knock down and weigh out 25 g portions.

6 Roll balls and press flat.

7 Paint some oil on a piece of parchmentpaper and fold the flat dough around it.

8 Let proof, covered for about 10 minutes

9 Put a piece of parchment paper in steamer and paint with some oil.

10 Place dough on top. Cover well and let steam for 20 minutes.