



## Chinese Pork Buns (Cha Siu Bao)

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon yeast dry
- 1 tablespoon double-acting baking powder
- 2 tablespoons cornstarch
- 6 cups flour all-purpose
- 0.3 teaspoon pepper white
- 1.5 tablespoons hoisin sauce
- 1.5 tablespoons soy sauce light
- 1.5 tablespoons oyster sauce

- 1 pound fatty pork finely chopped
- 1.5 teaspoons sesame oil
- 2 tablespoons shortening
- 1 teaspoon soya sauce
- 1.5 tablespoons soya sauce
- 1 cup water
- 1.8 cups water (110 degrees F/45 degrees C)
- 2.5 tablespoons water
- 0.3 cup granulated sugar white
- 1.5 tablespoons granulated sugar white

## Equipment

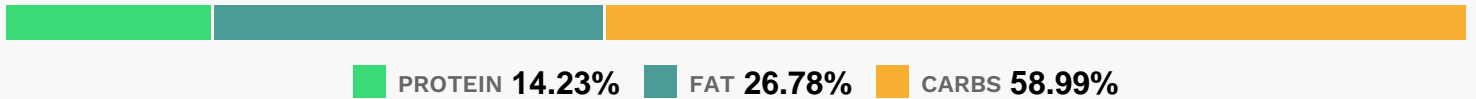
- bowl
- sauce pan
- grill

## Directions

- Dissolve 1/4 cup sugar in 1 3/4 cups warm water, and then add the yeast.
- Let stand for 10 minutes, or until mixture is frothy. Sift the flour and baking powder into a large bowl. Stir in 2 tablespoons shortening and the yeast mixture; mix well.
- Knead the dough until smooth and elastic.
- Place the dough in a greased bowl, and cover it with a sheet of cling wrap.
- Let the dough rise in a warm place for about 2 hours, or until it has tripled in bulk.
- Cut the pork into 2 inch thick strips. Use fork to prick it all over. Marinate for 5 hours in a mixture made with 1 1/2 tablespoons light soy sauce, 1 1/2 tablespoons hoisin sauce, and 1 teaspoon sweet soy sauce. Grill the pork until cooked and charred.
- Cut roasted port into 1/2 inch cubes.
- Combine 1 1/2 tablespoons sugar, 1 1/2 tablespoons soy sauce, oyster sauce, and 1 cup water in a saucepan. Bring to the boil.
- Mix cornstarch with 2 1/2 tablespoons water; add to the saucepan, and stir until thickened.

- Mix in 2 tablespoons lard or shortening, sesame oil, and white pepper. Cool, and mix in the roasted pork.
- Remove the dough from the bowl, and knead it on a lightly floured surface until it is smooth and elastic.
- Roll the dough into a long roll, and divide it into 24 pieces. Flatten each piece with the palm of the hand to form a thin circle. The center of the circle should be thicker than the edge.
- Place one portion of the pork filling in the center of each dough circle. Wrap the dough to enclose the filling. Pinch edges to form the bun.
- Let the buns stand for 10 minutes.
- Steam buns for 12 minutes.
- Serve.

## Nutrition Facts



## Properties

Glycemic Index:14.67, Glycemic Load:19.37, Inflammation Score:-2, Nutrition Score:6.6904347570532%

## Nutrients (% of daily need)

Calories: 193.69kcal (9.68%), Fat: 5.69g (8.75%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 27.25g (9.91%), Sugar: 3.23g (3.59%), Cholesterol: 13.64mg (4.55%), Sodium: 252.42mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Vitamin B1: 0.4mg (26.92%), Selenium: 15.38µg (21.97%), Folate: 62.88µg (15.72%), Vitamin B3: 2.86mg (14.29%), Vitamin B2: 0.21mg (12.55%), Manganese: 0.23mg (11.63%), Iron: 1.75mg (9.75%), Phosphorus: 82.84mg (8.28%), Vitamin B6: 0.09mg (4.72%), Zinc: 0.67mg (4.44%), Calcium: 38.91mg (3.89%), Fiber: 0.95g (3.81%), Copper: 0.07mg (3.29%), Magnesium: 12.3mg (3.08%), Vitamin B5: 0.3mg (3.03%), Potassium: 96.56mg (2.76%), Vitamin B12: 0.14µg (2.28%)