



Chinese Steamed Buns With BBQ Pork Filling

 Dairy Free

READY IN



240 min.

SERVINGS



24

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup barbecue sauce
- ☐ 0.5 pound pork loin roast boneless
- ☐ 0.3 cup chicken broth
- ☐ 3 tablespoons shallots chopped
- ☐ 1 tablespoon soya sauce dark
- ☐ 1 recipe buns chinese steamed
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon sugar white

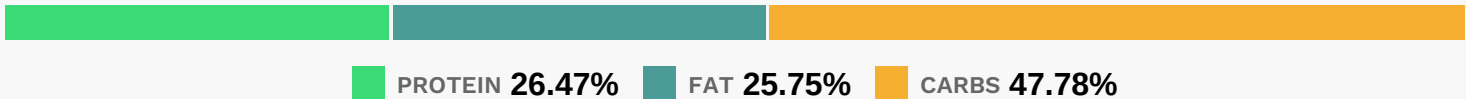
Equipment

- ☐ wire rack
- ☐ wok
- ☐ wax paper

Directions

- ☐ Mix together pork, barbecue sauce, shallots, flour, chicken stock, soy sauce, oil, and sugar. Chill in refrigerator for at least 6 hours.
- ☐ Prepare dough for Chinese Steamed Buns.
- ☐ Shape dough into balls.
- ☐ Roll each out into a circle, (like Won-Ton wrappers). Put 1 tablespoonful of prepared meat mixture in the center of each circle, and wrap dough around filling.
- ☐ Place seams down onto wax paper squares.
- ☐ Let stand until doubled, about 30 minutes.
- ☐ Bring water to a boil in wok, and reduce heat to medium; the water should still be boiling.
- ☐ Place steam-plate on a small wire rack in the middle of the wok.
- ☐ Transfer as many buns on wax paper as will comfortably fit onto steam-plate leaving 1 to 2 inches between the buns. At least 2 inches space should be left between steam-plate and the wok. Cover wok with lid. Steam buns over boiling water for 15 to 20 minutes.
- ☐ REMOVE LID BEFORE you turn off heat, or else water will drip back onto bun surface and produce yellowish "blisters" on bun surfaces. Continue steaming batches of buns until all are cooked.

Nutrition Facts



Properties

Glycemic Index:7.84, Glycemic Load:1.36, Inflammation Score:-1, Nutrition Score:1.3773913130812%

Nutrients (% of daily need)

Calories: 38.42kcal (1.92%), Fat: 1.09g (1.68%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.41g (1.6%), Sugar: 2.78g (3.09%), Cholesterol: 6.02mg (2.01%), Sodium: 132.35mg (5.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Vitamin B6: 0.08mg (4.08%), Selenium: 2.73µg (3.9%), Iron: 0.57mg (3.16%), Vitamin B3: 0.62mg (3.09%), Vitamin B1: 0.05mg (3.01%), Phosphorus: 24.31mg (2.43%), Potassium: 55.53mg (1.59%), Vitamin B2: 0.02mg (1.44%), Zinc: 0.19mg (1.27%), Vitamin K: 1.16µg (1.1%)