



Pork Steamed Buns

READY IN



395 min.

SERVINGS



12

CALORIES



220 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 package active yeast dry
- 0.5 teaspoon double-acting baking powder
- 1 cup cabbage shredded
- 1.5 cups cake flour
- 1 tablespoon canola oil as needed plus more
- 1.5 cups flour all-purpose plus more for kneading
- 0.8 cup hoisin sauce
- 0.5 cup warm milk
- 1 bunch scallions thinly sliced

- 0.5 pound spareribs
- 3 tablespoons sugar
- 0.5 warm water

Equipment

- bowl
- frying pan
- baking paper
- oven
- whisk
- plastic wrap
- aluminum foil
- ziploc bags
- kitchen towels
- rolling pin

Directions

- Watch how to make this recipe.
- Put the rack of spareribs into a large resealable plastic bag.
- Pour in the hoisin sauce, close the bag and toss gently to coat.
- Put the bag into a bowl and marinate the ribs in the refrigerator for 3 hours or up to overnight.
- Preheat the oven to 300 degrees F.
- Put the ribs into a sheet pan along with all the marinade. Cover the pan with aluminum foil, slide it into the oven and bake until the meat easily separates from the bone, about 2 hours. Baste them every 30 minutes during the cooking process.
- Remove the ribs from the oven and let them rest.
- When cool enough to handle, pull the rib meat from the bones and coarsely chop. Then, in a large bowl, toss the pork together with the cabbage and scallions. If the mixture seems too dry, add in a bit more hoisin sauce.

- Sprinkle the yeast over the warm water in a small bowl. After a few minutes, the yeast will begin to foam and bubble.
- In a large bowl, whisk together the flour, sugar, and baking powder. Make a well in the center of the dry ingredients and add the warm milk, canola oil, and the activated yeast. Work the dough to produce a shaggy mass. Turn it out onto a floured board or countertop and knead until the dough becomes smooth, soft, and pliable, about 5 to 10 minutes. Put it into a lightly oiled bowl and turn it over once to coat. Cover the bowl in plastic wrap and allow the dough to rise undisturbed for 40 minutes to 1 hour. The mass should double in volume.
- To form the buns, remove the dough from the bowl and roll it into 1 long rope.
- Cut the rope into 12 equal portions.
- Roll each piece and set them aside in a bowl. Using a rolling pin, flatten each ball into 4-inch circles, leaving the center slightly thicker than its edges. Put a heaping tablespoon of the filling into the center of each disk and pinch the tops closed to seal.
- Arrange the buns on a parchment lined sheet tray and cover them with a clean kitchen towel. Alternatively, place the buns into a large 3-level bamboo steamer lined with parchment paper, 4 buns per level. Allow the buns to rest for 10 minutes.
- In the meantime, fill a bamboo or stainless steel steamer with water and bring it to a boil.
- Cut 12 (4-inch) rounds from some parchment paper. When ready to cook, place the buns on the parchment rounds and into the steamer.

Nutrition Facts

 PROTEIN **12.43%**  FAT **23.29%**  CARBS **64.28%**

Properties

Glycemic Index:34.84, Glycemic Load:18.4, Inflammation Score:-2, Nutrition Score:7.0052174433418%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 219.79kcal (10.99%), Fat: 5.65g (8.69%), Saturated Fat: 1.44g (9%), Carbohydrates: 35.07g (11.69%), Net Carbohydrates: 33.44g (12.16%), Sugar: 8.5g (9.44%), Cholesterol: 12.32mg (4.11%), Sodium: 313.05mg (13.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.56%), Selenium: 15.01µg (21.44%), Vitamin B1: 0.25mg

(16.84%), Manganese: 0.29mg (14.51%), Folate: 55.14µg (13.79%), Vitamin B2: 0.2mg (11.7%), Vitamin B3: 2.17mg (10.83%), Vitamin K: 9.62µg (9.16%), Phosphorus: 77.11mg (7.71%), Iron: 1.25mg (6.94%), Fiber: 1.63g (6.53%), Vitamin B6: 0.12mg (6.13%), Zinc: 0.73mg (4.9%), Copper: 0.09mg (4.46%), Magnesium: 16.27mg (4.07%), Calcium: 38.47mg (3.85%), Vitamin B5: 0.36mg (3.62%), Potassium: 121.16mg (3.46%), Vitamin C: 2.58mg (3.13%), Vitamin D: 0.42µg (2.77%), Vitamin E: 0.4mg (2.65%), Vitamin B12: 0.11µg (1.76%)