



Steamed Pork Buns

READY IN



45 min.

SERVINGS



24

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper red crushed
- 2.3 teaspoons yeast dry
- 3 cups flour all-purpose divided
- 1 teaspoon ginger fresh grated peeled
- 4 garlic cloves minced
- 0.3 cup soya sauce low-sodium
- 0.8 cup warm milk fat-free (100° to 110°)
- 1.5 pounds boston butt pork roast boneless trimmed cut into 2-inch pieces
- 0.3 cup rice vinegar

- 3 tablespoons rice vinegar
- 12 romaine lettuce leaves
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 1 teaspoon sesame seed toasted
- 1 teaspoon sugar
- 3 tablespoons sugar
- 0.3 cup warm water (100° to 110°)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- sieve
- roasting pan
- ziploc bags
- measuring cup
- steamer basket

Directions

- Combine milk and water in a large bowl. Dissolve 1 teaspoon sugar and yeast in milk mixture; let stand 5 minutes. Lightly spoon flour into dry measuring cups; level with a knife.
- Add 2 3/4 cups flour and 1/2 teaspoon salt; stir until dough forms. Turn out onto a floured surface. Knead until smooth and elastic (about 10 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel tacky).
- Place dough in a large bowl coated with cooking spray; turn to coat top. Cover and let rise in a warm place (85), free from drafts, 1 hour or until doubled in size. (Press two fingers into dough; if indentation remains, dough has risen enough.) Punch dough down; cover and let rise in a

warm place (8

- minutes or until doubled in size.
- Preheat oven to 47
- To prepare filling, combine 1/3 cup vinegar and next 6 ingredients (1/3 cup vinegar through garlic) in a zip-top plastic bag.
- Add pork; seal and chill 30 minutes, turning bag to coat. Strain mixture through a sieve over a bowl; reserve marinade.
- Place pork in a shallow roasting pan coated with cooking spray.
- Bake at 475 for 25 minutes or until done.
- Let stand 5 minutes; finely chop.
- Pour reserved marinade into a saucepan; bring to a boil. Cook until reduced to 1/4 cup (about 8 minutes).
- Combine pork and reduced marinade.
- Divide dough into 24 portions. Working with 1 portion at a time (cover remaining dough to prevent drying), roll into a 3 1/2-inch circle on a floured surface. Spoon about 1 tablespoon filling onto center of circle. Moisten edges of dough with water; gather edges together to encase filling, pinching edges to seal. Gently twist sealed edges to form a pouch shape.
- Line each tier of a 2-tiered (10-inch) bamboo steamer with 3 lettuce leaves. Arrange 6 dumplings, 1 inch apart, in each steamer basket. Stack tiers; cover with steamer lid.
- Add water to a large skillet to a depth of 1 inch; bring to a boil.
- Place steamer in pan, and steam dumplings 10 minutes or until dough is translucent (dumplings will be puffy and spongy).
- Remove the dumplings from steamer. Repeat procedure with remaining lettuce leaves and dumplings.
- To prepare sauce, combine 1/3 cup soy sauce, 3 tablespoons vinegar, and seeds.
- Serve the dumplings immediately with sauce.

Nutrition Facts

 PROTEIN **28.98%**  FAT **15.83%**  CARBS **55.19%**

Properties

Glycemic Index:17.85, Glycemic Load:9.97, Inflammation Score:-7, Nutrition Score:8.4530434893525%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 111.01kcal (5.55%), Fat: 1.91g (2.93%), Saturated Fat: 0.61g (3.82%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 14.1g (5.13%), Sugar: 2.29g (2.54%), Cholesterol: 17.24mg (5.75%), Sodium: 224.02mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.85g (15.7%), Vitamin A: 1241.25IU (24.82%), Vitamin B1: 0.33mg (22.03%), Selenium: 13.68µg (19.55%), Folate: 56.28µg (14.07%), Vitamin K: 14.43µg (13.74%), Vitamin B2: 0.23mg (13.35%), Vitamin B3: 2.39mg (11.93%), Phosphorus: 95.87mg (9.59%), Vitamin B6: 0.19mg (9.34%), Manganese: 0.16mg (8.12%), Zinc: 1.19mg (7.96%), Iron: 1.28mg (7.13%), Vitamin B5: 0.61mg (6.14%), Potassium: 178.75mg (5.11%), Vitamin B12: 0.3µg (5.04%), Magnesium: 15.72mg (3.93%), Fiber: 0.85g (3.39%), Copper: 0.07mg (3.37%), Calcium: 24.46mg (2.45%), Vitamin D: 0.25µg (1.7%)