



Chinese steamed buns with Moreton bay bugs



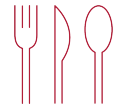
DIFFICULTY: MEDIUM



PREPARATION TIME: 50 MINUTES



COOKING TIME: 20 MINUTES



SERVES: 14 BUNS

Ingredients

Steamed buns

- 1 cup warm water
- 1 ½ tsp dried yeast
- ¼ cup caster sugar
- 3 cups plain flour
- ¼ tsp salt
- ½ tsp baking powder
- 2 tbsp vegetable oil
- Extra vegetable oil for brushing

Pickled carrot salad

- 1 medium carrot, peeled and finely julienned
- 1 medium carrot, peeled and finely julienned
- 2 tsp caster sugar
- 2 tbsp rice wine vinegar
- 1 tsp salt

Cabbage

- 150 g finely shredded cabbage
- 2 spring onions, thinly sliced
- 2 tsp sesame oil
- 1 tsp vegetable oil
- Salt and black pepper
- Sriracha chilli mayonnaise
- 1/3 cup egg mayonnaise
- 2-4 tsp Sriracha chilli sauce
- ½ tsp grated lime zest
- 2 tsp lime juice

Moreton Bay bugs

- 4 Moreton Bay bugs, split in half and cleaned
- 1 clove garlic, crushed

Method

In a small bowl, combine water, yeast and sugar and stand for 5 minutes or until frothy. In the bowl of an electric mixer add sifted flour, baking powder, salt and oil. Add the yeast mixture and using the dough hook attachment knead for 10 minutes or until smooth and elastic. Add a little extra flour if the dough sticks to the sides of the bowl.

Turn the dough onto a lightly floured surface and knead until smooth. Place dough in the oven and select Dough Prove function. Prove dough for 30 minutes.

Meanwhile, make the pickled carrot salad by combining carrot, daikon, sugar, vinegar and salt in a bowl, mixing until well combined. Prepare the cabbage by tossing with spring onions, oils and salt and pepper to taste. To prepare the Sriracha chilli mayonnaise, combine mayonnaise, chilli sauce, zest and juice. Refrigerate until ready to serve.

To make the steamed buns, line the large perforated stainless steel tray with baking paper. Divide the dough in half; wrap one half in plastic wrap. Roll remaining dough into a log shape; cut into 7 equal pieces. Knead each piece into a ball then using a rolling pin, roll into an oval shape about 7 cm x 10 cm. Turn the dough over and brush with a little vegetable oil. Fold the dough in half to make a bun and press the bun gently along the folded edge; place onto prepared tray. Repeat with the remaining dough, making sure to cover the buns with plastic wrap to prevent drying.

Preheat the oven to 100°C FullSteam; add the buns, and steam for 10 minutes. Buns can remain in oven to keep warm while cooking Moreton Bay bugs.

To cook the Moreton Bay bugs combine garlic, oil, butter, salt and pepper in a small bowl; brush over bugs. Preheat griddle plate on Induction cooktop on level 7. Brush griddle plate lightly with the extra oil. Cook the bugs, shell side down for 5 minutes each side, or until cooked through. Remove bug flesh from the shells and cut each half in half lengthways.

To serve, take a steam bun and spread with Sriracha chilli mayonnaise. Top with cabbage, pickled carrot salad, Moreton Bay bug and garnish with coriander.

1 tbsp olive oil
2 tbsp butter, melted
Salt and freshly ground black pepper
Extra olive oil
½ cup coriander leaves, for garnish

Notes

Use a mandolin to finely cut the carrot and daikon. Steamed buns can be made in advance and reheated on FullSteam for 3 minutes. Have fun when sharing these steam buns with friends and let everybody make their own. These buns also good served with crispy pork belly or Peking duck.

This recipe uses NEFF's ovens with FullSteam. We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55–60 g, unless specified.