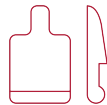




Pumpkin Bao Buns



DIFFICULTY: MEDIUM



PREPARATION TIME: 2
HOURS



COOKING TIME: 30 MINUTES



SERVES: 4

Ingredients

Dough Ingredients:

- 1 bag pretzel sticks (for top of the bao)
- Orange food colouring
- 1 box of assorted chocolate truffles

The dry mix:

- 530g plain flour
- ½ teaspoon salt
- 7g fast action dried yeast
- 40g caster sugar
- 15g baking powder

The liquid:

- 50ml milk
- 200–250ml warm water (depending on how humid your room feels- if the air feels very dry you'll want to add a little more water, but if it is very humid, a little less is required)
- 25ml vegetable or sunflower oil

Method

Using a free-standing mixer fitted with a dough hook attachment (if available), pour in the dry mix ingredients.

Mix the liquid ingredients in a measuring jug. Then slowly pour the liquid into the mixer while kneading on a low speed for around 2 minutes, until all the water is mixed into the flour. Once combined, turn the speed up to high for a further 2 minutes, until the dough has a smooth yet tacky feel to it. Now add the food colouring until you achieve 'pumpkin orange.'

Once the dough has been well kneaded, dust it with 2 tablespoons of flour, scraping off any additional dough on the sides of the bowl. Shape the dough into a rough ball, then coat it lightly with 1 tablespoon of vegetable oil, cover the bowl with a damp cloth and leave aside in a warm, preferably moist, draught-free location (such as inside a room-temperature oven) for 1 – 1½ hours.

Once the dough has doubled in size, you can make it into whatever shape you wish before steaming.

Steaming time will vary between 8 – 15 minutes, depending on the shape and size of your finished buns (the thinner the bun, the shorter the steaming time).

Divide dough into 24 equal pieces. Roll out dough into 3" circles, place chocolate balls in the middle, wrap dough around to form a bun and pinch ends closed. Place each bun onto 2" square parchment paper and then into a steamer basket, leaving 2" in between the buns. Cover and let rise for 30 mins. After the buns have risen, use a rubber spatula to press lines into the buns to shape them into mini pumpkins.

Bring water to a boil, place the steamer basket on and then steam over high heat for 15 mins. Place a piece of pretzel stick on top for the stalk. Eat while hot. To keep, store well wrapped in the fridge for a week or in the freezer for a couple of weeks. To reheat simply re-steam, 2 mins for buns

from the fridge and 8 -10 mins for buns from the freezer. Enjoy your hot, fluffy, creamy buns!

Notes
