

Sheng Jian Bao

Ingredients

2 c Flour
1 t Sugar
1 t Yeast
9 T Warm Water
9 oz Ground Pork
2 Green Onion (chopped)
1 T Ginger (grated)
1 T Soy Sauce
1 t Rice Wine
1/2 t Sesame Oil
1/4 t Salt
1 pn Five Spice Powder
5 T Chicken Broth
1 1/2 T Vegetable Oil
1 c Water

Instructions

1. In the bowl of a standing mixer add mix flour, yeast and sugar. Fit the mixer with a dough hook and turn the machine on low to mix ingredients. Stop machine then add 9 tablespoons of water then turn on the machine to low. Allow machine to knead dough for 5 minutes.

2. Cover the bowl with plastic wrap. Leave to rise in a warm place until double in size, it will take about 1 1/2 hours.

3. Meanwhile, in a large bowl add pork, 1 green onion, ginger, soy sauce, rice wine, sesame oil, salt, and five spice powder. Mix ingredients well then swirl with chopsticks constantly in the same direction while gradually adding chicken broth spoon by spoon into the mixture. Refrigerate filling until dough is ready.

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4. Punch the dough down. Place the dough on a floured work surface and knead gently for a couple minutes. Divide dough into 20 equal portions. Roll each piece into a disk-like wrapper.

5. Hold the wrapper in the palm of one hand. Place some filling in the middle. Use the other hand to fold the edge counter clockwise by pinching with thumb and index finger until the bun is completely sealed. Repeat with the rest of the disks. Let rest for 15 minutes before frying.

6. Heat up vegetable oil in a 12-inch cast iron skillet over low heat. Place the buns in the pan. When the bottoms become golden brown about 5 minutes, pour in 1 cup water then cover with a lid.

7. Uncover when the water evaporates completely

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about 10 minutes. Sprinkle 1 green onion chopped over the top. Cook for another 30 seconds or so to crisp up the bottoms.