

Pork Buns (BBQ Pork Bao)

Submitted by Elizabeth Mandel

Char Siu (BBQ'd Pork)

About 2-2.5 lbs of pork butt/shoulder

1 1/2 Tbsp dark soy
1 1/2 Tbsp light soy
2 Tbsp honey
1/4 tsp salt
1 1/2 Tbsp Oyster Sauce
2 Tbsp rice wine vinegar
3 1/2 Tbsp Hoisin sauce
pinch pepper
1/2 tsp five spice powder

1. Line a large roasting pan with foil. Mix up all ingredients except the pork and set aside.
2. Cut your pork into 1"x1" strips, trimming away excess fat. Place in the roasting pan and pour the sauce over the top. Turn to coat, and **let marinate for 4 hours or up to overnight.**
3. When ready to cook, put your oven rack on the second closest position to the broiler and preheat the oven with the broiler for a few minutes. Broil pork (on low setting) for 20-30 minutes. Turn and baste at 8 minute intervals. Pork is done when the thickest section is cooked all the way through (no pink). Watch for burning sugar, and some of the edges will and should get a little crispy. If your pan turns dry, add a little water a few Tbsp at a time. Let cool to room temperature, and **refrigerate for 4 hours or up to overnight.** (Note this will make lots extra that can be used in soup, sandwiches, fried rice, etc.)

Pork Bun Filling

4 tsp oyster sauce
1 1/2 tsp dark soy sauce
4 tsp ketchup
1 Tbsp brown sugar
1 Tbsp honey
Pinch pepper
6 Tbsp chicken broth + 1 tsp cornstarch
1 tsp sesame oil
1 Tbsp vegetable oil
2/3 c minced onions and/or scallions
1 cup roast pork, minced
2 tsp Chinese rice wine or sherry

1. Mix oyster sauce through sesame oil and set aside. Mince your onions and pork.
2. Get a wok or saute pan hot and put in the oil. Add onions, lower heat to low, and cook until onions start to turn brown, just a few minutes. Add pork and raise heat to medium-high, stir-frying for a few more minutes until pork is heated through, about one minute. Reduce heat to very low, add wine or sherry, and mix well, cooking for another minute or so. Add sauce ingredients and stir-fry until mixture is thick and bubbly.

3. Remove from heat and put in bowl. Let cool to room temp then **refrigerate for 4 hours or up to overnight.** You can make the dough while you let this cool and rest in the fridge.

Steamed Bun Dough

1 pkg dried yeast or 1 cake fresh yeast
1 cup lukewarm water
4 1/2 cups flour
1/4 cup sugar
2 Tbsp vegetable oil
1/2 cup boiling water
2 Tbsp sesame seed oil

1. Dissolve yeast in lukewarm water. Add 1 cup of flour. Mix thoroughly. Cover with cloth. Let rise 1 hour, until bubbles appear.
2. Dissolve sugar and vegetable oil in 1/2 cup boiling water. Stir well. Cool until lukewarm. Pour into yeast mixture. Add 3 1/2 cups flour.
3. Knead dough on lightly floured board until smooth. Put into extra large, greased bowl in a warm place. Cover with damp cloth. Let rise until double in bulk, about 2 hours.
4. Divide into 2 portions. Remove first portion and knead 2 minutes. Repeat with second. Roll each into roll 12 inches long and 2 inches wide. Cut into 12 pieces (24 total).
5. Flatten each piece with palm of hand. Roll with rolling pin into 3-4 inch circles. Make center thicker than edges (it makes them easier to pleat when assembling).

Assembly

1. Place 1 tablespoon of filling in center of each round.
2. Gather dough up around the filling by pleating along the edges. Bring the pleats up and twist securely and firmly
3. Place each bun on 2 inch square of waxed or parchment paper on steamer tray. Cover with a towel. Let rise 1 hour, until dough springs back when touched with finger. Remove towel.
4. Steam over briskly boiling water 10-15 minutes.

May be prepared and cooked in advance. May be frozen. Thaw out in plastic bag and re-steam 10 minutes.