

Meat and Vegetable Pastries (Pao Tze)

Submitted by Peggy Thompson

Dough

Ingredients

3 ½ c flour
1 ½ c warm water
2 tsp dry yeast

Procedure

Place flour in a large bowl. Dissolve yeast in warm water (95-98 F). Add to flour and knead about 5 minutes until well mixed. Cover with a wet cloth and let rise until double in bulk.

Filling

Combine the following:

1 lb boneless pork, cooked and chopped
3 c chopped bok choy
3 scallions, minced
2 large garlic cloves, minced
2 tsp peeled and grated fresh ginger
2 tsp salt (or to taste)
¼ c soy sauce
1 Tbsp sesame oil

Note: this makes lots of leftover filling which makes a great stir-fry.

Assembly

Punch down dough, shape into 2 logs 1 ½ inches in diameter and divide each into 12 pieces. Roll each piece into a 3-inch round on a floured surface. Place 1 ½ Tbsp filling in the center of each round and pull the edges of the dough together over the filling, pinching them closed. Transfer the buns seam side down to a lightly oiled baking sheet and let them rise, covered with a towel, for 1 hour, or until they are puffed.

Baking

Arrange 6-8 buns about ½ inch apart in steamer basket. Bring 2 inches of water in a wok to a boil over high heat and steam the buns, covered, over moderate heat for 20 minutes, or until they are puffed and dry. Steam the remaining buns in the same manner. Transfer the buns to a heated serving dish. Makes 24 buns.