

Ingredients needed for: ____/____/____ Name: _____

STEAMED DIM SUM BUNS

Ingredients

DOUGH

300g plain flour
4g instant yeast
½ tbsp baking powder
55g sugar
50g milk
1 egg white
75ml water

FILLING

200g cooked chicken
2 spring onions
50g mushrooms/carrot
1 tbsp sesame oil
Salt and pepper
2 tsp cornflour

Or vegetarian alternative, such as diced firm tofu, or other firm vegetables such as carrot/pepper etc

Equipment

Steamer and lid
Saucepan
Chopping board and mat
Knife
Bowl x 2
Rolling pin

Method

1. For the dough, mix the ingredients for the dough together, knead until smooth and then set aside in the bowl to rest, covered. After 20 minutes, mix again until smooth. The dough is then ready.
2. Whilst the dough is resting, for the filling, finely chop the chicken and vegetables. Mix the filling ingredients together in a bowl and leave to marinade for half an hour.
3. To cook the dim sum, prepare a steamer by placing a circle of baking paper in the steamer basket. Add water to a saucepan and turn it on to boil.
4. Take a plum-sized piece of dough and roll it out into approx 10cm diameter circle that is approximately 3mm thick. Place some of the filling in the centre and fold around, pinching together at the top so that it is sealed.
5. Place the buns into the steamer, seam side down (or seam-up if you have folded them decoratively) and set the steamer over the pan of boiling water. Place a lid/plate over the steamer.
6. Steam for 7-8 minutes then serve.