

Steamed bao buns with confit duck

By Shannon Bennett

2 hours, plus curing time

Prep time

5 hours

Cooking time

12 servings

Serves



INGREDIENTS

Eight spice powder

- 20 g juniper berries
- 30 g whole star anise
- 15 g white peppercorns
- 15 g cinnamon quills
- 15 g whole cloves
- 1 pinch saffron threads
- 10 g cardamom pods
- 25 g salt flakes

Confit duck leg

- 4 duck legs
- 50 g salt flakes
- 1 tbsp eight spice powder
- 1 thyme sprig
- 1 bay leaf
- 250 g duck fat, or more if needed

Steamed bao buns

- 500 g (3 ½ cups) plain flour
- 2 tbsp caster sugar
- 2 tsp baking powder
- 310 ml (1 ¼ cups) lukewarm water
- 7g (2 tsp) dried yeast
- 50 g butter, melted
- 1 tsp salt flakes
- 1 tbsp neutral oil

METHOD

Eight spice powder

1. Toast the spices in a large pan over medium heat, Induction setting 5 for 1 minute, or until fragrant.
2. Grind all the spices and salt to a fine powder in a spice grinder or pestle and mortar.
3. Allow to cool.

Confit duck leg

1. Trim the knuckle from leg bone and discard.
2. Sprinkle each duck leg with salt, eight spice and herbs; and place in the fridge for 12 hours to cure.
3. Wipe the salt from the duck with a paper towel.
4. Place the duck into oven-proof dish, cover with duck fat, place in oven on shelf level 2.
5. Confit the duck on Convectional at 110°C for 4 hours or until the meat nearly fall off the bone.
6. Remove the duck from the duck fat and refrigerate until needed.
7. Heat a frypan over medium-high heat, Induction setting 7 and brown the duck legs on all sides.

Steamed bao buns

1. Combine the flour, sugar and baking powder in a bowl and set aside.
2. Combine the water, yeast and melted butter in the bowl of a freestanding mixer with a dough hook attachment. Add the dry ingredients and combine on low speed for 4 minutes.
3. Add the salt to the dough and continue to knead on medium for 4 minutes.
4. Place the dough in a lightly oiled bowl and place into the oven on Prove yeast dough for 15 minutes. Cover and place into the fridge for 1 hour.
5. Remove the dough from the refrigerator and portion the dough into 30 g pieces; roll each piece into a ball. Using a rolling pin, roll into an oval shape, approximately 8 cm long. Brush the dough with a little oil and fold in half crosswise. Place in a baking paper-lined perforated steam container, 4 cm apart. Prove the bao in the oven for 20 minutes.
6. Once the bao have risen, Steam at 100°C for 15 minutes.

To serve

1. Remove the duck from the bones. Serve with steamed bao buns, hoisin sauce and fresh vegetables.

Hints and tips

- If the buns have been frozen, re-heat on a perforated steam tray lined with baking paper and Steam at 100°C for 1 minute.
- Multiple variations of filling can be used for this recipe such as pulled pork, chicken or lamb.
- Eight spice powder can be stored for up to 3 months in an airtight container.