

Miele

Hua Juan steamed buns

By Miele

1 hour 30 minutes

Preparation Time

15 minutes

Cooking Time

15 serves

Serves



INGREDIENTS

Scallion glaze

3 tbsp spring onions and chives,
finely chopped

1 tbsp toasted sesame oil

½ tsp salt

¼ tsp sugar

250 ml milk

100 ml water

4 g dried yeast

500 g pau flour or cake flour

30 g caster sugar

5 g salt

50 ml vegetable oil

METHOD

Scallion glaze

Mix all ingredients together in a bowl.

1. Line a perforated steam container with baking paper.
2. Place the milk and water into a small saucepan and warm over a low heat induction setting 3.
3. Remove from the heat and add the yeast. Set aside for 10 minutes, or until the yeast has dissolved.
4. In the bowl of a freestanding mixer, mix together the flour, sugar and salt. Add the oil, milk and yeast mixture and knead using the dough hook attachment, until smooth.
5. Place the dough in the steam oven on Prove Dough for 45 minutes.
6. Remove from oven and knead the dough by hand for 1 minute. Divide into 60 g balls.
6. Roll each ball into a long oval approximately 10 cm and cut into 4 strips (lengthwise) leaving ½ cm at the top end.
7. Brush the dough with the scallion glaze.
8. Pick the dough up from the top end and twist it, then tuck the ends underneath.
9. Place the buns on the perforated steam container and place in the steam oven on Prove Dough for 30 minutes.
10. Once the buns have proved, change the function to steam 100°C duration 15 minutes.
11. Remove from the oven and serve immediately.

Hints and tips

- In Mandarin, Hua Juan translates to 'flower twist' referencing the shape of the bun.
- Buns can be made and frozen. To serve reheat in the steam oven at 100°C for 6 minutes.
- Pau flour is a low protein flour used in Asian cooking. It can be purchased from Asian supermarkets.