

Miele

BBQ "cha siu" pork buns

By Miele

45 minutes, plus proving, cooling and marinating time

Preparation time

1 hour

Cooking time

12 buns

Serves



INGREDIENTS

Char siu pork

1 kg pork neck
1 tbsp red fermented bean curd, optional
1 tbsp brown sugar
2 tbsp honey
120 g (½ cup) hoisin sauce
2 tbsp light soy sauce
2 tbsp Chinese cooking wine
¼ tsp five-spice powder
¼ tsp white pepper
¼ tsp red colouring powder, optional
2 tsp honey, extra

Bun dough

260 g (1 ¾ cups) cake flour (low gluten)
or plain flour, sifted
35 g (¼ cup) cornflour, sifted
1 tbsp caster sugar
¼ tsp salt flakes
1 tsp dry yeast
1 tbsp vegetable oil
185 ml (¾ cup) warm water
(approximately 37°C)

Char siu sauce

1 tbsp vegetable oil
1 spring onion, white part only, finely
chopped
1 shallot, finely chopped
1 garlic clove, finely chopped
2 tbsp chicken stock or water
1 tbsp caster sugar
1 tbsp oyster sauce
1 tbsp hoisin sauce
3 tsp light soy sauce
2 tsp cornflour, mixed with 1 tbsp cold
water
250 g (1 ½ cups) char sui pork, chopped
into 1 cm pieces

To serve

1 spring onion, green part only, thinly
sliced
Chilli sauce or crispy chilli oil, optional

Miele Accessories

Grilling and roasting insert
Universal tray
Perforated steam container

METHOD

Char siu pork

1. Cut the pork lengthways into long 2 cm thick pieces and prick several times with a knife or cooking skewer.
2. Mash the red fermented bean curd (if using) with the sugar, combine in a bowl with honey, hoisin sauce, soy sauce, cooking wine, five spice powder, pepper and red colouring (if using).
3. Place the pork and marinade in a container with a lid and marinate in fridge overnight, or up to two days to intensify the flavour.
4. Remove the pork from the marinade and reserve the marinade. Place the pork on a grilling and roasting insert in a universal tray.
5. Place the tray into the combi steam Pro oven on shelf level 2. Select Combi mode: Fan Plus at 160°C + 80% moisture + 30 minutes. Baste the pork with the reserved marinade every 10 minutes.
6. Change the function to Combi mode: Fan Plus at 200°C + 0% moisture. Brush extra honey over each piece of pork and cook for a further 10 minutes until the edges are caramelised.
7. Cut 1 ½ cups of the pork into 1 cm pieces to use in the buns. Remaining can be frozen or used in another dish.

Bun dough

1. Combine the flours, sugar and salt together in a bowl of a freestanding mixer with a dough hook attachment.
2. Whisk the yeast, oil and water together and pour over the flour mixture, mix on medium speed for 3 minutes, or until the dough is soft and silky to touch.
3. Place the dough into the oven on Prove yeast dough for 20 minutes, or until doubled in size.

Char siu sauce

1. Heat the oil in a frying pan on medium heat, induction setting 6. Add the spring onion, shallot and garlic. Cook for 5 minutes, or until soft.
2. Add the chicken stock or water, sugar, oyster sauce, hoisin sauce and soy sauce. Cook for another 3 minutes. Slowly add the cornflour mixture to the sauces and mix until smooth.
3. Stir through the chopped pork and set aside to cool.

BBQ "cha siu" pork buns

1. Lightly dust a bench. Roll the dough into a sausage shape and cut into 12 equal pieces, approximately 40 g each.
2. Roll each piece into a 12 cm circle. Thin the edges out slightly.
3. Place a rounded tablespoon of cooled filling in the centre of the dough. Pleat the dough edges up and around the filling to enclose the filling.
4. Place the buns into a perforated steam container lined with baking paper; continue for all the dough mix, allowing a gap in between each bun.
5. Place in the steam oven on Prove yeast dough for 15 minutes, or until doubled in size.
6. Do not remove the buns from the steam oven. Steam at 100°C for a further 14 minutes.
7. Serve the buns with spring onions and chilli sauce, if desired.

Additional appliance method:

Oven

- The pork can be cooked in an oven using Moisture Plus with 3 manual bursts of steam. Release a burst of steam immediately, at 20 minutes and at 30 minutes during the first cooking step.

Hints and tips:

- Red fermented bean curd is used in a variety of dishes to add flavour, it also adds a little red colour in this dish. It can be found in Asian groceries or online.
- Extra pork can be used in many ways. Including fried rice, stir fries or noodle soups.

