

CHAR SIU BAO

A Lightened Up Version of Steamed, Stuffed Asian Pork Buns...Using Minced Teriyaki Chicken instead of Pork!?

One of my aaaaabsolute favorite appetizers (or dim sum items) to eat at a Chinese restaurant is soft, tender ultra moist... bbq pork filled steamed buns. "Char Siu" means 'fork roasted'. It's most commonly associated with pork. Char Siu Baus are usually filled with roasted bbq pork that's chopped up. For MY version... I'm chopping/mincing some of my Teriyaki chicken. Now now, don't get your knickers in a bunch. It's got great flavor, texture and a similar color, for a lot less points.

Servings Info.:

Yield: 8 buns

Serving Size: 1 bun



*- last checked 12/09/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.*

Ingredients:

- 1/2 batch (2 breasts) of my Teriyaki chicken recipe, pg 126-127, chopped/minced into small pieces. Set aside.

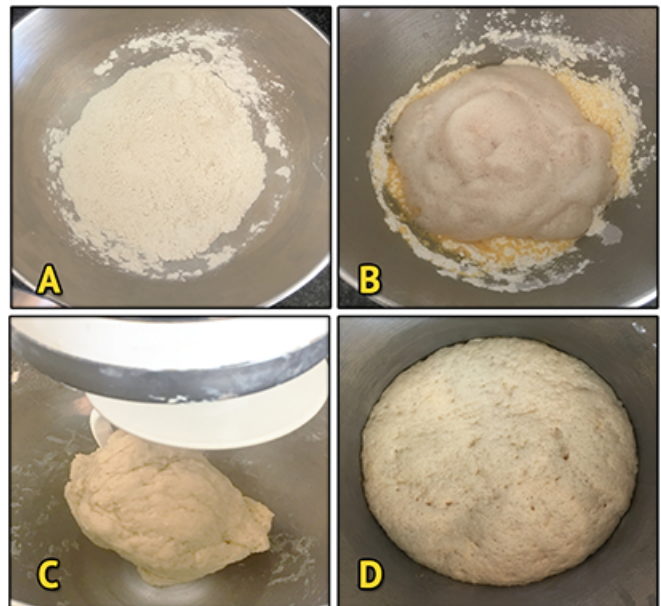
- 2-1/2 tsp active dry yeast
- 2-1/2 tsp granulated sugar (yup, **REAL SUGAR!**)
- 2/3 cup water, divided into (2) separate 1/3 cup portions.
- 1-7/8 cups all purpose flour (measure 2 cups, remove 2 Tbsp)
- 2 Tbsp 0 point natural sweetener o' choice
- 1/4 tsp oil (vegetable or canola)
- Cooking Spray, 8 second spray
- 1/4 tsp salt
- additional warm water, as necessary (1 tsp at a time)
- (for dusting) Baking powder.... instead of flour. Trust me.

Directions:

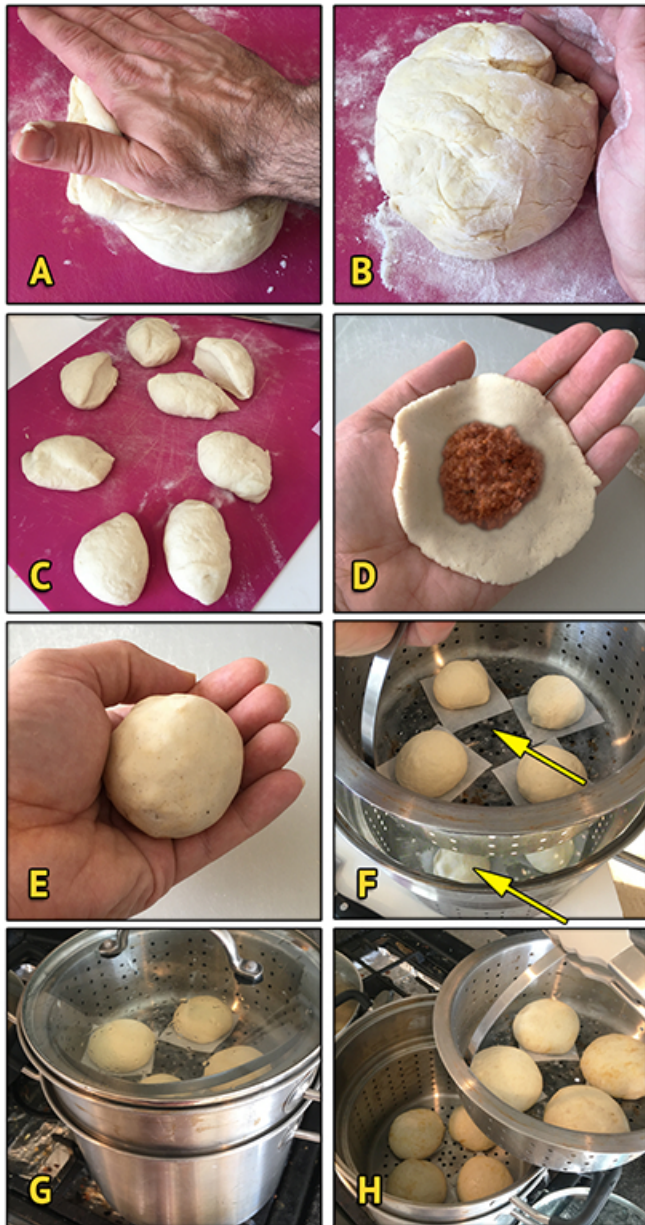


1. Scoop the active dry yeast and sugar into a tall container or cup. I know it sounds food-snooty, but it's VERY important... stir in 1/3 cup of 100-110 degree water. Use a thermometer if you have one, you need it to be between 100-110 degrees. Stir the water gently till mixed, then allow to sit, untouched, for 15 minutes.

2. While the yeast is slowly frothing and 'blooming', it's a great time to take your cooked chicken (or other preferred filling) out of the fridge. Chop and mince it up into small pieces. Add sauce to make it moist, but not wet. You don't want the filling runny. Set aside.



3. **(A)** While the yeast is 'blooming', add the flour, sweetener, oil and salt into a mixing bowl. Spray cooking spray into the bowl for 6 to 8 seconds. **(B)** After the yeast has 'bloomed' for 15 minutes, pour the yeast-liquid over the flour. **(C)** Begin mixing the dry and wet ingredients together. The mixture will be dry, but that's ok. Use a rubber spatula to scrape down the sides and continue mixing. Pour in the 2nd 1/3 cup of water and mix. Add more water, 1 tsp at a time, if needed. You want to make it the consistency of very soft 'Play Doh'. **(D)** When the dough reaches the soft play dough feel, quickly spritz the sides of the bowl with cooking spray, then walk away for 1 hour. It will double/triple in size.



4. Fill a large pot (that comes with steamer inserts) with a few inches of water. Bring to a very low boil, cover with lid. Cut (8) 2.5" squares of parchment paper and set aside. **(A)** Instead of flour, sprinkle some baking powder onto a cutting board, then scrape the dough onto the board. Sprinkle more baking powder, to tighten the dough up, if needed, and gently knead/fold it for 1 minute. **(B)** Form it into a ball, then **(C)** Cut into 1/8 sections, then fold each one again for 30 seconds. **(D)** Flatten one of the little dough balls into a palm sized 'round', then place a 1 to 2 Tablespoon scoop of filling into the center. **(E)** Carefully stretch the dough up and over the meat filling, then roll it around in your palm to make a smooth ball shape. One of the sides might still have a visible seam, that's ok. **(F)** Place each ball onto a square of parchment, seam side down. Place the balls into the top and bottom of your steamer inserts and let rise for 20-30 minutes. **(G)** Place inserts into the pot. The boiling water at the bottom should NOT touch the inserts. Cover with lid, turn heat up to High and steam for 12 minutes. **(H)** Remove buns from heat....Done.

Notes:

- **GLUTEN FREE OPTION:** Bob's Red Mill makes a very good "1 to 1 Baking Flour" that is 100% certified gluten free. It works pretty decent for these, though obviously not 100% as well as all purpose flour.
- **FILLINGS:** Though extremely non-traditional, I had to use chopped up Teriyaki chicken for my recipe... because I ran out of space on the left page. I didn't have space to add a bunch more ingredients for a unique Asian BBQ chicken filling. However, this is still extremely tasty. If you'd like to watch how to make these, look on youtube for 'how to stuff Asian steamed buns'. Don't forget to type 'STEAMED' in your search, or your spouse is going to question your browsing history.
- **SNAZZY DESIGNS:** There are neat patterns and designs that you can make on the top of your steamed buns. Again, look online for simple video tutorials. I'm lazy, sometimes.
- If you make these as unstuffed steamed buns, slice them across when finished. They make great burger buns for snazzy Asian-themed burgers (think Bahn Mi burger).
- **STEAMER:** I used a big pot with metal steamer inserts, because at the time of this recipe, I didn't own a bamboo steamer basket yet. Use what you have, like MacGyver.
- **LAZY BUNS:** If you don't want to go through all the 'yeast' trouble, you can make these using 2 ingredient dough. Make a 1-7/8 cup batch of 2ID, adding an extra 1 Tbsp baking powder. The buns won't puff up as much and won't be as soft or delicious... but it'll knock 1 hour off your prep time.
- **RICE FLOUR:** If you want to go full tilt AMAZINGLY traditional texture... you can use rice flour instead of the all purpose flour. However, while 2 cups of AP flour is 26 points... 2 cups of Rice Flour is 35 points. Whiiiiich is kinda why I'm not using it.. My goal was to keep these at no more than 3 points.

