



Miele

Breakfast bao

By Miele

1 hour 15 minutes

Preparation time

50 minutes

Cooking time

6 servings

Serves

INGREDIENTS

6 steamed bao, fresh or frozen
4 eggs
1-2 tbsp oyster sauce, depending on taste
2 tbsp cream
3 spring onions, sliced

Steamed bao buns
500g plain flour
30g caster sugar
5g baking powder
300ml lukewarm water
10g dried yeast
50g butter, melted
5g table salt

Sriracha slaw
200g wombok cabbage, finely sliced
100g snow peas trimmed, finely sliced
1 carrot, peeled, finely julienned
1 tbsp vinegar
1 tbsp whole egg mayonnaise
1 tbsp Sriracha hot chilli sauce

METHOD

Steamed bao buns

1. Combine flour, sugar and baking powder in a bowl and set aside.
2. Combine water, yeast and melted butter in a mixing bowl fitted with a dough hook. Add dry ingredients and combine on speed 1 for 4 minutes.
3. Add salt to dough and continue to knead on speed 2 for 4 minutes.
4. Place dough in a lightly oiled bowl and Steam at 40°C, uncovered for 15 minutes. Remove dough from the steam oven and refrigerate for 1 hour.
5. Remove dough from the refrigerator and portion dough into 30g pieces; roll each piece into a ball. Using a rolling pin, roll into an oval shape, approximately 8cm. Brush the dough with a little olive oil and fold in half crosswise.
6. Place into a baking paper lined perforated steam container, 4cm apart. Prove buns in the steam oven at 40°C, uncovered for 20 minutes.
7. Place containers into the steam oven and Steam at 100°C, uncovered for 15 minutes.

Sriracha slaw

1. Combine all ingredients into a large bowl and mix well. Cover and leave to marinate for 30 minutes.

Breakfast bao

1. Arrange the bao on a paper lined perforated steam container and place into the steam oven on shelf position 3.
2. In a mixing bowl combine, eggs, oyster sauce and cream, whisk well.
3. Transfer mix into a lightly greased unperforated steam container and place into the steam oven on shelf position 3 along with the bao. Steam at 100°C for 2 minutes.
4. Divide the omelette into 6 equal portions to fill the bao.
5. Serve with sriracha slaw and fresh herbs.

Hints and tips

- The bun recipe makes 30-40 buns and can be doubled without the dough being compromised; cooked buns can then be frozen for future use. Freeze in an airtight container and store for up to 3 months.
- Multiple variations of filling can be used for the buns, such as pulled pork, chicken or lamb.
- Quality oyster and sriracha chilli sauce can be found at your local Asian grocery, look for products with minimal ingredients and no artificial preservatives.
- A wide variety of flavourful herbs are also available from your local Asian grocery, which bring depth and interest to many dishes cooked at home.