

Beef Buns

(China)

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This recipe originated from the Northern part of mainland China. It's cold in the Northern part of China, therefore, rice does not grow well, instead, wheat crops grow well, as a result, using flour for cooking is common. Chinese northerners like to eat bread instead of rice so they eat a lot of flour products. This recipe combines vegetables, meat, and flour into a hearty meal. It's delicious and can be eaten on the go.

Ingredients:

For the stuffing:

1 lb. ground beef
3 carrots, peeled and shredded
1 egg
1 1/2 tablespoons corn starch
3/4 teaspoon salt
1/4 teaspoon white pepper powder
(type)
1 1/2 tablespoons sesame oil
1 teaspoon sugar
3 tablespoon light soy sauce
3 green onions, thinly sliced
2 teaspoons ground ginger
3 tablespoons water

For the wrap:

4 cups all-purpose flour
3 teaspoons baking powder
1 1/4 cups warm water
1 packet dry yeast
1 tablespoon sugar
2 tablespoons cooking oil (any

Instructions:

For the wrap:

In a large mixing bowl combine flour and baking powder. Mix well. Set aside.

Heat water in microwave for 40 seconds to just warm (but not hot, if the water is too hot it will kill the yeast). Add packet of dry yeast and sugar. Mix well. Let stand for 10 minutes.

Add yeast mixture to the flour and mix well, knead well, forming a smooth dough.

Add cooking oil to the surface of the dough and cover with a wet towel. Let stand in a warm place (in winter, try to use the oven with the light on) for at least 1 hour.

This recipe is makes 24 baozi (buns).

For the stuffing:

Combine ground beef, carrots, egg, corn starch, salt, white pepper powder, sesame oil, sugar, light soy sauce, green onions, ground ginger, and water. Mix well.

Cut the dough into 24 pieces, roll into round shapes using a rolling pin.

Add the stuffing to the center of the rolled dough and wrap following the instruction on the video.

Steam for at least 20 minutes. Serve them hot.

Tips:

Let the buns sit for 5 minutes off the stove before opening the lid so the buns don't become flat. Also in winter, the flour rises better in the oven with oven light on since, the gentle heat from the light promotes the rise of the yeast.