



AUTHENTIC CHINESE CRISPY BEEF WITH STEAMED BUNS

INGREDIENTS

Steamed buns

115g of milk (warm)
45g of butter (melted)
7g of yeast
360g of Bread flour
35g Sugar
5g of salt
2g of bicarbonate if soda
2g of baking powder

Crispy beef and glaze

600g of beef steak (any cut)
100g of corn flour
100ml of soy sauce
100g of brown sugar
2 oranges zested then juiced
2 table spoons of white vinegar
2 garlic cloves crushed
Nob of ginger crushed
2 table spoons of Sesame seeds
1 chopped fresh red chilli

METHOD – STEAMED BUNS

Step 1.

Start by adding all the dried ingredients to a mixing bowl with the dough hook attachment and mix slowly.

Step 2.

Add the milk and melted butter and increase the speed to medium. Leave to mix for 10 minutes.

Step 3.

After 10 minutes, put the dough in a warm place covered with cling film. Leave to prove for 1 hour until it has doubled in size.

Step 4.

When it's doubled, roll out the dough using a rolling pin to no more than 1cm thick.

Use your circular cutter and make your flattened buns.

Fold the circles into half and put on a lined tray (we recommend grease proof paper)

Leave in a warm place for 30 minutes

Steam for 5 to 10 minutes

METHOD – CRISPY BEEF

Step 1.

Start by making your glaze for the beef.

Add the soy, ginger, garlic, vinegar, sugar, five spice and orange juice to a pan.

Simmer for 10 minutes.

Step 2.

Slice your beef nice and thin.

Toss in the cornflour, orange zest, sesame seeds and salt & pepper, then shallow fry in oil until golden and crispy

It should take 2 to 3 minutes.

Step 3.

Drain the beef onto a clean towel, then put the beef into the glaze on a high heat and coat the beef generously.

Step 4.

Gently open the steamed buns and add your crispy beef.