

Pumpkin Veggie Steamed Buns Recipe

Ingredients A for Wrapper dough: Makes 10 buns

250g local bread flour
1 teaspoon double-strength baking powder
(sifted together with bread flour)
100g pumpkin
(steamed until done, mashed into paste)

Ingredients B:

1¼ teaspoons yeast
½ teaspoon castor sugar
1½ tablespoons warm water

Ingredients C (mixed well):

40g castor sugar
140g cold water
2 tablespoons Cool Whip

Ingredients for Filling (cut into 1" strips):

50g five-spice dried beancurd
250g cabbage
60g carrot
20g mungbean vermicelli
(soaked in water until soft)
3 dried black mushrooms (soaked)
1½ tablespoons oil

Seasoning for Filling (mixed well):

1 tablespoon oil
1 tablespoon soy sauce
2 teaspoons oyster sauce
½ teaspoon salt
sugar
1 teaspoon sesame oil
3½ teaspoons cornflour
½ cup water

Method:

To make Wrapper Dough: Mix Ingredients B and leave it for 10 minutes to froth. Then put into dry ingredients A first. Knead and add the mashed pumpkin. Do not press too hard in the kneading process as it will reduce the proving action of the yeasts. You may reduce the water used if the pumpkin is very moist. Add ingredients C. Knead to make dough. Put Cool Whip in and knead until smooth. Divide the dough into 10 portions. Leave the dough to prove for 10 minutes. To prepare filling: Cook cabbage and carrot in boiling water briefly. Drain and rinse in cold water. Squeeze out the water. Cook Seasoning for Filling until it thickens. Let cool and then mix it with the filling ingredients. Refrigerate for 30 minutes. To assemble: Roll each wrapper dough portion out with a rolling pin. Put some filling on the dough and then fold to seal the bun. Leave them for 15-20 minutes to rise. Steam over high heat for 15 minutes. Serve.