Homemade stemed bao buns with pulled pork



Consejo del chef

Garnish with black and white sesame seeds and coriander leaves.

Raciones para 8

- ❑ Salt
- ❑ **2 Tablespoons** Brown sugar
- ❑ **1 Tablespoon** Powdered garlic
- ❑ **½ Tablespoon** Black pepper
- ❑ **½ Tablespoon** Cinnamon
- ❑ **½ Tablespoon** Cumin
- ❑ **1000 gr** Upper pork shoulder
- ❑ **1** Onion
- ❑ **1** Red pepper
- ❑ Olive oil
- ❑ **250 ml** Meat stock
- ❑ **1** Laurel leaf
- ❑ **4 gr** Dry yeast
- ❑ **30 gr** Sugar
- ❑ **180 gr** Water
- ❑ **375 gr** Wheat flour
- ❑ **22 gr** Sunflower oil
- ❑ **10 gr** Salt
- ❑ Fresh coriander
- ❑ Black and white sesame seeds

1. Combine all the spices and coat the pork evenly. Place it in the fridge for a few hours (12 hours if possible).
2. Add a dash of olive oil in a pot suitable for the oven and seal the piece of meat on both sides. Remove the pot from the heat and add halved onion, yellow and red pepper. Cover with stock meat and add a laurel leaf. Put a lid on it and place it in the oven at 170° C for three hours. Flip the pork each hour and, if needed, add more stock.
3. Remove the pork from the oven when tender and shred it using a couple of forks for meat. Cut the vegetables into pieces and mix them with the pulled pork. For the bao buns, dissolve yeast and sugar in lukewarm water.
4. Combine with flour, sunflower oil, and salt. Knead until you have a smooth dough and set it aside to rest in a bowl, covering it with a kitchen towel or cling film until it doubles its size.
5. Shape the dough into a long sausage and divide it into 16 pieces. Use a rolling pin to stretch each piece into a round shape. Brush half of the dough with oil and fold. Place each bao bun on a piece of parchment paper and let it rise for about 45 more minutes.
6. Cook in the oven with steam function at 90° C for 10 minutes. Turn off the oven and let them inside for five more minutes.
7. Fill each bao bun with pulled pork.

Chef's Notes

https://cookinglovers.teka.com/en/receta/pan-bao-pulled-pork/