

London Cookery School

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CHAR SUI BAO (Roast Pork Buns)

Those irresistible fluffy buns full of steaming hot sweet moreish Char Sui. Its a 3 stage process. First Char Sui is made. Then the dough is prepared and allowed to rise. Then the Char Sui is combined with a sweet onion sauce and allowed to cool. Finally the buns are filled and steamed!

MAKING YOUR OWN BUNS

EQUIPMENT

steamer
small diameter rolling pin
Baking Parchment (for base)

LETS GET MAKING!

MAKE CHAR SUI

Ingredients for Marinade:

Pork Neck/Shoulder	500g
Sugar	5 Tbs
Cold Water	5 Tbs
Chu Hou Paste	2 Tbs
Rice Wine	2 Tbs
Dark Soy	1 Tbs
Corn Flour	2 tsp
Vegetable Oil	2 tsp
Salt	1 tsp
Dried Garlic Powder	1 tsp
Star Anise	1 piece
Baking Soda	1/2 tsp
MSG (optional)	1 tsp
Orange / Red Food Colour (optional)	1/4 tsp

Method:

Marinate the Pork

Slice into 3cm x 6cm strips, add ingredients, mix, marinate in fridge for 24hr. Mix and turn every 2-3 hours.

Cook the Char Sui

Put a little oil in a pan, low heat, cook for 5-6 minutes, turning occasionally till cooked. Then immediately brush on 2t maltose or honey.

MAKE THE DOUGH

Yeast Dough

A.	Cornflour	10g
	White Plain Flour	170g
	Baking Powder	2 tsp
	Caster Sugar	50g
	Fast acting Yeast	1 tsp
	Warm Water	80g
	Vegetable Oil	1 tsp

Method:

Mix the plain flour, cornflour, and baking powder together for 1 min.
Then add all the other ingredients in and mix to form a dough.
Knead the dough till smooth (approx 15-20 mins) Proof in a warm room for at least 1 hour.

Then Combine Char Sui with Onion Sauce

1. Use approx 60g of Roast Pork, finely chopped.
2. In a wok, add 2tsp of oil, roast pork, 2tsp light soy, 2tsp dark soy, 2t dried (fried) onions or fresh onions, and pinch of red food colouring (optional), a pinch of MSG (optional).
3. Stir well using low heat until combined well.
4. Mix 4tsp of Cornflour with 40g of cold water.
5. Pour into the wok a little at a time and stir until a thick sauce is formed. **(You don't need to use all the cornflour mixture)**
6. Allow to cool before using.

Then Make the Char Sui Buns

1. Divide the Dough into 8 equal portions approx 30-35g each.
2. Roll out a ball of dough to about 5 inch diameter, with a thicker centre and thinner edges. This will form the bun case.
3. Put fillings into the bun casing (approx 1 heaped tsp for each bun)
4. Wrap fillings into the Bun casing by forming tall pleats around the edges and then finally pinching the top together with a slight twist.
5. Leave the buns to relax for about 15 mins (keep covered)
6. Steam for about 12 - 15 minutes.

EMERALD DUMPLINGS

Ingredients:

Dough

A.	Plain flour	50 gram
	Water	25 gram
	Green food colouring	5 drops

Filling

A.	Minced Pork (20% fat if available)	50 gram
	Baking powder (CAFEFUL!)	1/4 tsp max
B.	Chinese Chives (finely chopped)	1 heaped Tablespoon
	Chinese Mushroom (finely chopped)	1 tsp
	Light Soy	1 tsp
	Sugar	1 tsp
	Salt	0.5 tsp
	Ginger (finely chopped/ grated)	0.5 tsp
	White Pepper (CAREFUL!)	a pinch

Method:

First Make Dough

1. Add 5 drops of food colouring to the 20g water. Mix it and then add to the 50g flour and combine with your fingers.
2. Turn it out onto a board and knead until it forms a smooth dough. This could take 6-8 minutes.
3. Divide the dough into 6 equal portions.
4. Flatten each dough into a circle about 3 inches diameter, add a teaspoon of filling, and shape into a triangle.
5. Bring the sides up and squeeze edges of dough together until you reach a third of the way round.
6. Push the open end down towards the centre to form a triangular shape and squeeze edges to seal the triangle.
7. **Steam for 10 minutes.**