

# 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.**