KIKKOMAN

Mushroom and veggie-filled bao buns

Total time **100 mins** **20 mins** preparation time **20 mins** cooking time **60 mins** resting time

Nutritional facts (per portion):
1,624 kJ / 388 kcal

Fat: **10.7 g** Protein: **13.1 g**
Carbohydrates: **61 g**

INGREDIENTS

2 portion(s)

150 g	flour
1.5 tsp	instant yeast
1 tsp	sugar
100 ml	warm water
20 g	dried shiitake mushrooms
100 g	pak choi
1	carrot
1	yellow pepper
1	clove of garlic
2 tbsp	Kikkoman Toasted Sesame Oil
4 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	oil
250 ml	water
1 tbsp	Kikkoman Spicy Chili Sauce for Kimchi
1 tbsp	sesame seeds
1	spring onion

PREPARATION

Step 1

150 g flour - **1.5 tsp** instant yeast - **1 tsp** sugar - **100 ml** warm water
Place the flour, instant yeast and sugar in a bowl. Mix well and add warm water. Stir and knead the dough. Cover and leave to rise in a warm place.

Step 2

20 g dried shiitake mushrooms - **100 g** pak choi cabbage - **1** carrot - **1** yellow pepper - **1** clove of garlic - **2 tbsp** Kikkoman Toasted Sesame Oil **1 tbsp** Kikkoman Naturally Brewed Soy Sauce
Soak the mushrooms in hot water and leave to stand for 15 minutes. Chop the pak choi. Shred the carrot with a large grater and finely chop the pepper and garlic. Sauté the vegetables in Kikkoman Sesame Oil, then add the chopped mushrooms and Kikkoman Soy Sauce. Fry for a few minutes, stirring constantly, until the vegetables are soft. Set aside to cool.

Step 3

Divide the dough from step 1 into 6 equal parts and shape each into a ball. Roll out into a flat disc. Place the filling from step 2 on each disc and seal the edges to form a pouch.

Step 4

2 tbsp oil - **250 ml** water
Heat the oil in a pan, lightly fry the buns on both sides, then steam in a steaming dish for 5-7 minutes.

Step 5

3 tbsp Kikkoman Naturally Brewed Soy Sauce - **1 tbsp** Kikkoman Spicy Chili Sauce for Kimchi - **1 tbsp** sesame seeds - **1** spring onion

Cut the spring onion into thin slices. Mix the Kikkoman Soy Sauce with the Kikkoman Kimchi Chili Sauce and serve the buns with the sauce. Sprinkle with the sesame seeds and garnish with the chopped spring onion.