



Chinese Cooking Classes

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Cooking workshop, making Kongfu Panda's favourite Bao Zi 包子 – Steamed Pork Buns



Ingredients of forming the dough

- 150 Strong Plain flour; plus, extra for dusting
- 1/2 TSP (Tea Spoon) baking powder;
- 5 gm sugar;
- 2 gm salt;
- 7 gm oil;
- ½ sachet yeast or 3.5 gm yeast;
- 85 ml lukewarm (approx. 37 degree C) water;
- A few drops of lemon juice.

Ingredients for the Bao Zi filling

- 1 big pack of spinach, approx. 500 – 600gm;
- 2 spring onion finely chopped;
- A small bunch of dry thin rice noodle, approx. 5 gm.
- 2 big slices of ginger to finely chopped, (approx 1 TBSP).
- 1 TBSP (Table Spoon) sesame seed oil;
- 1 TBSP light soy sauce;
- ½ Tea Spoon sugar
- ½ - 1 Tea Spoon salt adjust to suit your taste;

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