



KUMAR'S

酷玛泰国风味红咖喱鸡肉九层塔馅包子

RED CURRY CHICKEN BAO BUNS WITH THAI BASIL

原材料

包子面团：（可做16个小包子）

- 400克面粉
- 250毫升温水
- 1茶匙糖
- 1/2茶匙盐
- 2汤匙油
- 2茶匙酵母

不同馅料：

300克加工好的酷玛泰国风味红咖喱鸡肉

烹饪方法

- 将水、糖、盐、油和酵母混合，加入面粉，做成面团。放入大碗，盖上保鲜膜。将装有面团的碗放在温暖湿润的环境下20-25分钟。然后揉面团，直至表面有光泽。把揉好的面团放回碗中，再次盖上保鲜膜，存放20-25分钟。
- 取出后，继续揉面团至表面有光泽。然后将面团分成16份，做成每个直径约为8厘米的面皮。放入馅料，做成包子。
- 将包好的包子放入蒸锅，再醒20分钟。然后加水，烧开后，蒸18分钟。关火，让包子在蒸锅中等待5分钟后方可开锅。

小窍门：发酵好的面团应该可以发酵至原大小的两倍。把手指按进面团，如果面团不反弹，这个面团就算发酵好了。



INGREDIENTS

Bao dough: (makes 16 buns)

- 400g plain flour
- 250ml warm water
- 1 tsp sugar
- 1/2 tsp salt
- 2 tbsp oil
- 2 tsp yeast

Filling:

- 300g cooked Kumar's Red Curry Chicken with Thai basil

PREPARATION

- Mix the water, sugar, salt, oil and yeast.
- Add the flour and combine to create a dough.
- Place into a large bowl and cover with cling film.
- Leave the dough in a warm, moist environment and let it rest for 20-25 minutes.
- Knead to dough until the surface becomes shiny. Put back into the bowl and cover it again. Rest for a further 20-25 minutes.
- Divide the dough into 16pcs.
- Make each bun 8cm in diameter.
- Place the bao buns into the steamer. Let them rest for another 20 minutes.
- Bring the water to the boil and steam the bao buns for 18 minutes.
- Turn off the heat and let the buns rest for 5 minutes before serving.

Tips for good dough: A good dough must double in size. Push your finger into the dough, if the hole remains you are good to go.