



Sheng Jian Bao

Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins.

All recipes used in class will be an attachment in your confirmation email. Please scroll past the equipment list for the recipes.

If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

INGREDIENTS (total amount needed for the class)

- Unbleached All-Purpose Flour: 240g (2 cups)
- Sugar: 55g ($\frac{1}{4}$ cup + $1\frac{1}{2}$ teaspoons)
- Salt: $\frac{1}{2}$ teaspoon + more for seasoning
- Pepper: seasoning
- Instant or active dry yeast: $\frac{1}{2}$ + $\frac{1}{8}$ teaspoon
- Baking powder: $\frac{1}{4}$ + $\frac{1}{8}$ teaspoon
- Canola oil or any neutral oil: 40g (3 tablespoons + 1 teaspoon)
- Sesame oil: $1\frac{1}{2}$ teaspoons
- Soy sauce: 92g (6 tablespoons)
- Milk: 157g ($\frac{2}{3}$ cup)
- Ground pork: 230g ($\frac{1}{2}$ pound)
- Green onions: 1 bunch (6-10, depending on size), plus additional for garnish (optional)
- Onion, yellow or white: 1 small
- Shiitake Mushrooms or any mushroom of your choice: 93g (3 $\frac{1}{2}$ ounces)
- Garlic: 1-1 $\frac{1}{2}$ cloves
- Fresh ginger: about a 1 $\frac{1}{2}$ " piece
- Sambal or chili sauce of your choice (optional): $1\frac{1}{4}$ + $\frac{1}{8}$ teaspoons
- Sesame seeds: optional garnish

EQUIPMENT

- Scale (preferred) or measuring cup set
- Measuring spoons
- Liquid measuring cup
- Mixing bowls, assorted sizes
- Bowl scraper
- Bench scraper
- Cutting board
- Sharp knife
- Baking sheet
- Plastic wrap
- Spatula or tongs
- Large saute pan with lid or foil to use as a lid
- Rolling pin or small dowel
- Parchment paper

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YIELD: 10 BUNS

INGREDIENTS

DOUGH

- 240g (2 cups) King Arthur Unbleached All-Purpose Flour
- 49g (¼ cup) sugar
- ¼ + ⅛ teaspoon salt
- ¼ + ⅛ teaspoon baking powder
- ½ + ⅛ teaspoon yeast
- 157g (⅔ cup) milk, warm
- 8g (2 teaspoons) canola oil, or other neutral oil

SAUCE FOR FILLING AND DIPPING

- 92g (6 tablespoons) soy sauce
- 1 ½ teaspoons sugar
- 1 ½ teaspoons sesame oil
- 1 ¼ + ⅛ teaspoons sambal or any chili sauce of your choice (optional)
- green onions, thinly sliced

FILLING

- 1 small onion, finely chopped
- Pinch of salt
- 93g (3 ½ ounces) shiitake mushrooms, finely chopped
- ½ cloves garlic, peeled and finely chopped or pressed
- 1 ½" piece fresh ginger, peeled and finely chopped
- 230g (½ pound) ground pork
- Pepper, to taste
- ¼ cup canola oil, or other neutral oil for frying
- Sesame seeds, toasted and thinly sliced green onions (optional garnish)

DIRECTIONS

DOUGH

1. Combine the flour, sugar, salt, baking powder, and yeast in a medium bowl.
2. Pour the milk and oil into the flour mixture, then mix to blend into a cohesive mass.
3. Lightly flour your work surface, then turn the dough out of the bowl.
4. Knead the dough by folding the far edge of the dough in half toward you. Press the dough with the palms of your hands and push lightly, down and away. Rotate the dough 90°.
5. Continue this process (fold, push, turn) until the dough is smooth and springy, about 5 minutes. Handle the dough very gently at first, then as the dough increases in strength, increase the pressure. If the dough sticks, scrape your work surface clean with your bench knife, then sprinkle the kneading surface lightly with flour before continuing to knead.
6. Divide the dough into 10 pieces and form each piece into a ball. Place dough balls onto a sheet pan lined with parchment and dusted with flour. Cover with plastic. Let dough balls rise for about 45 minutes at room temperature.

SAUCE FOR FILLING AND DIPPING

1. In a small bowl mix the soy sauce, sugar, sesame oil, and sambal.

FILLING

1. Heat a sauté pan over medium heat.
2. Once the pan is hot, add enough vegetable oil to lightly coat the bottom of the pan.
3. Add onion and a pinch of salt. Cook until translucent.
4. Add shiitake mushrooms and cook until soft. Add garlic and ginger and cook for about 1 minute, stirring constantly until fragrant.
5. Add the ground pork. Cook until browned, and no pink is visible.

ASSEMBLY and COOKING

1. Working with one ball at a time, place it onto a lightly floured surface and flatten gently with the palm of your hand. Then use a rolling pin to roll into a disk about 4" to 5" in diameter, making sure the edges are slightly thinner than the middle. To achieve thin edges, hold the dough in your non-dominant hand, rotating it gradually as you roll out the edges of the circle using a pin in your dominant hand. (A wooden dowel or a small rolling pin is the best tool here.)
2. Place the dough circle in your palm and put about 2 tablespoons of the filling in the center. Be careful not to overfill the bun, or it will become difficult to handle. Pleat the edges together, then twist to secure. Place pleated bun back onto the parchment lined sheet pan and cover with plastic as you continue to shape the remaining buns. Pleating dumplings takes practice. Until you become proficient in the pleating method, gathering and sealing the dough on top like a pouch will be easier to seal the dumpling. If you're having problems with the pleating, watching videos online can be a good way to learn and get more practice.
3. Heat a saute pan over medium high heat. When the pan is hot, reduce the heat to medium-low and add enough oil to coat the bottom of the pan.
4. Place the first batch of buns into the pan, spacing a few inches apart (they will expand during cooking).
5. Add about 1/4 cup of water and immediately cover the pan with a lid.

2. Add most of the green onions (save some for the garnish, if desired).
6. Once the pork is cooked, add about half of the sauce for filling and dipping to the pan, mixing to combine thoroughly. (Save the other half of the sauce for dipping the finished bao).
7. Continue cooking, stirring occasionally, until all the liquid has evaporated.
8. Taste and season appropriately. Set aside and allow to cool.
9. Filling can be made in advance and stored in the fridge for 2 days.

6. Cook for about 8-10 minutes. The buns will have puffed and expanded. About halfway through the cooking, lift the lid to make sure all the water hasn't evaporated. If the water has evaporated add a little more water, cover, and continue cooking.
7. If there is still water in the skillet after 8-10 minutes, continue cooking until all the water has evaporated and the center of the bun is completely cooked.
8. Once all the water has evaporated, remove the lid and continue to cook for an additional 2-3 minutes, or until the bottom of the buns are toasty brown and crispy. Using a spatula, gently lift them out of the pan. If the buns are still stuck to the pan, continue to cook, they will release when they are ready to be removed.
9. If the pan seems too hot, reduce the heat. Repeat the cooking process with the rest of the buns.
10. Garnish with thinly sliced green onions and sesame seeds, and serve with dipping sauce.
11. These buns are best eaten immediately. Cooked buns can be stored in an airtight container in the fridge for up to 4 days or in the freezer for up to 3 months. To reheat, add the buns to a pan with a small amount of oil, add a little bit of water, cover, and steam until buns are warmed through.