

# Bao

**Makes 8**

**Hands-on Time 20 minutes**

**Proving Time +1 hour**

**Steaming Time 10 minutes**

## Ingredients

- 250g plain flour
- 50g rice flour
- 1 sachet or 2½ tsp fast-action yeast
- 50g caster sugar
- Pinch of salt
- 1½ tsp baking powder
- 180ml full-fat milk
- 2 tbsp plus extra for greasing oil (flavourless, e.g., sunflower or vegetable)
- Kettle of water

## Equipment

- Mixing bowl
- Spatula
- Tea towel
- Baking parchment
- Scissors
- Knife
- Rolling pin
- Pastry brush
- Saucepan and steaming basket

## Method

### 1. Make the Dough

- In a mixing bowl, combine the plain flour, rice flour, yeast, sugar, salt, and baking powder.
- Add the milk and 2 tablespoons of oil. Mix with a spatula until a dough forms.
- Knead the dough on a clean surface for 10 minutes until smooth.
- Lightly grease the mixing bowl with oil. Return the dough to the bowl, cover with a tea towel, and let it prove for at least 1 hour, or until doubled in size.

### 2. Prepare the Steaming Liners

- Cut circles of baking parchment to fit the steaming baskets. Fold the circles into eighths and cut small triangles along the folds to create steam vents.
- Cut 8 rectangular strips of parchment (approx. 6cm wide).

### 3. Shape the Buns

- Divide the dough into 8 equal portions and roll each into a ball.
- Roll out each ball into an oval shape using a rolling pin. Brush the surface lightly with oil.
- Place a parchment rectangle on the bottom half of the dough and fold the top half over. Place the bun on a prepared steamer liner. Repeat with the remaining dough.
- Let the buns rest for at least 30 minutes.

### 4. Steam the Buns

- Boil a kettle of water. Pour the water into a saucepan and bring to a simmer over medium heat.

- Place the buns in the steaming basket, ensuring they are spaced apart. Cover and steam for 10 minutes.
- Carefully remove the buns from the steamer and let them cool on a clean piece of parchment.

Enjoy!