

Jasmine Custard Buns

Makes 12 buns

Hands-on Time 30 minutes

Proving Time +1 hour

Cooking Time 10 minutes

Ingredients

- 380ml full-fat milk
- 1 sachet or 2½ tsp fast-action yeast
- 260g plain flour (plus extra for dusting)
- 50g rice flour
- 95g caster sugar
- Couple of pinches of salt
- 1½ tsp baking powder
- 2 tbsp oil plus extra for greasing (flavourless, e.g., sunflower or vegetable)
- ½ tbsp loose leaf jasmine tea
- 2 medium eggs
- 10g cornflour
- 1/8 tsp yellow food colouring (optional, liquid gel recommended)

Equipment

- Measuring jug
- Fork
- 2 mixing bowls
- Spatula
- Clingfilm
- Saucepan with lid
- Small sieve
- Whisk
- Rolling pin
- Baking parchment
- Scissors
- Steaming basket

Method

1. Make the dough

- Warm 180ml milk slightly and mix in the yeast.
- In a mixing bowl, combine 250g plain flour, rice flour, 50g sugar, a pinch of salt, and baking powder.
- Add the yeast mixture and 2 tbsp oil. Mix with a spatula until a dough forms.
- Knead on a clean surface for 10 minutes until smooth. Place in a lightly oiled bowl, cover with clingfilm, and let it prove for 1 hour or until doubled in size.

2. Make the custard filling

- Heat 200ml milk with jasmine tea until boiling. Remove from heat, cover, and steep for 15 minutes. Strain to get 170ml jasmine milk.
- Whisk eggs with 45g sugar until pale. Add 10g plain flour, cornflour, and a pinch of salt. Whisk until smooth.
- Heat the jasmine milk until steaming. Gradually whisk into the egg mixture.
- Return to the saucepan and cook over medium heat, stirring constantly, until thick. Optional: Sieve for a smoother custard or add food colouring for a vibrant yellow.
- Cover with clingfilm (touching the surface) and let cool.

3. Shape the buns

- Cut 12 squares of baking parchment (5cm x 5cm).

- Divide the dough into 12 equal pieces (ping pong ball-sized). Roll each into a 12cm circle.
- Place a teaspoon of custard in the centre of each circle. Fold the edges up to seal, pinching and twisting to ensure no leaks.
- Place each bun on a parchment square and snip a cross into the top.

4. Steam the buns

- Bring water to a boil in a saucepan, then reduce to a simmer.
- Arrange buns in a steaming basket (3 per basket if using bamboo). Steam for 10 minutes with the lid on.
- Transfer steamed buns to a serving plate and repeat with remaining buns.

Enjoy!