



The Best Vegan Gua Bao

Description

Soft, pillowy steamed buns filled with savory, flavorful plant-based goodness, these Vegan Gua Bao are a true delight! With perfectly marinated tofu, crisp vegetables, and a rich hoisin-based sauce, this dish brings a taste of Taiwanese street food straight to your kitchen.

Ingredients:

For the Steamed Buns:

- 2 cups all-purpose flour
- 1 teaspoon instant yeast
- 1 tablespoon sugar
- ½ teaspoon baking powder
- ½ cup warm water
- 1 tablespoon vegetable oil

For the Marinated Tofu:

- 1 block (14 oz) extra-firm tofu, pressed and sliced
- 3 tablespoons soy sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon maple syrup
- 1 teaspoon sesame oil
- 1 teaspoon rice vinegar
- ½ teaspoon garlic powder
- ½ teaspoon ginger powder

For the Toppings:

- ½ cup shredded carrots
- ½ cup cucumber slices
- ¼ cup chopped cilantro
- 2 tablespoons crushed peanuts
- 1 teaspoon sesame seeds
- Hoisin sauce for drizzling

Instructions:

1. Prepare the Dough

- In a mixing bowl, combine flour, yeast, sugar, and baking powder.
- Add warm water and vegetable oil, then mix until a soft dough forms.
- Knead for about 8 minutes until smooth and elastic.
- Cover and let rise for 1 hour or until doubled in size.

2. Shape & Steam the Buns

- Divide the dough into 6 equal pieces and roll each into an oval shape.
- Fold each oval in half and place on parchment paper.
- Let rest for 15 minutes.
- Steam over medium heat for 10-12 minutes until fluffy.

3. Marinate & Cook the Tofu

- In a shallow dish, whisk together soy sauce, hoisin sauce, maple syrup, sesame oil, rice vinegar, garlic powder, and ginger powder.
- Add tofu slices and marinate for at least 15 minutes.
- Heat a pan over medium heat and cook the tofu for 3-4 minutes on each side until caramelized.

4. Assemble the Gua Bao

- Open each steamed bun and spread a little hoisin sauce inside.
- Add a slice of marinated tofu, followed by shredded carrots, cucumber slices, and chopped cilantro.
- Sprinkle with crushed peanuts and sesame seeds.
- Serve immediately and enjoy!