

# BARBEQUE BAO BUNS

MISE EN PLACE - HIGH SCHOOL

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TEAM: CVU CHEFHAWKS

CHAMPLAIN VALLEY UNION HIGH SCHOOL

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## *ingredients*

### Buns:

2.5 tsp yeast

2 Tbsp sugar

$\frac{2}{3}$  cup warm water (about 105 degrees)

~4 cups all purpose flour

4 Tbsp cornstarch

1 t salt

$\frac{2}{3}$  cup plus  $\frac{1}{4}$  cup warm milk (about 105 degrees)

45g oil (scant 4 Tbsp)

additional oil for brushing on the dough before proofing

### Hoisin Dipping Sauce:

2 tablespoon oil

2 clove garlic, finely chopped

2 teaspoon ginger, finely chopped

$\frac{3}{4}$  cup hoisin sauce

2 tablespoon dark soy sauce

4 tablespoons water

$\frac{1}{2}$  teaspoon salt

8 drops sesame oil

2  $\frac{1}{2}$  teaspoons chile paste, or to taste

## *ingredients*

### Cauliflower:

- 2 Cauliflower Heads
- 2 Green Bell Pepper
- 4 tbsp Olive oil
- 2/3 tsp Kosher Salt
- 1.5 tbsp Ketchup
- 1 tbsp Honey
- 1.5 tbsp Soy sauce
- 2 tbsp Sweet chili sauce
- 4 tsp Ginger
- 2 tsp Red Thai curry paste

### Pickled Red Onion:

- 1 large red onion, peeled and very thinly sliced
- 1 cup apple cider vinegar
- 1/2 cup water
- 1 teaspoon fine sea salt
- 1–2 tablespoons honey or maple syrup
- 3 Jalapeño, thinly sliced and deseeded

### Other Ingredients:

- Green Onion
- Carrots
- Cucumber

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## *preparation instructions*

Buns:

Steps:

combine the yeast, sugar, and warm water in a small bowl. Allow to bloom for about 5 minutes. The yeast should look “bubbly”.

Dough Mixing and First Rise

Whisk together 3 cups of flour, cornstarch and salt in the bowl of a stand mixer.

Add the wet ingredients (including the yeast mixture) to the bowl and mix thoroughly. When the dough comes together, turn off the mixer and touch it. If it's very sticky add another ½-1 cup of flour. Mix until the dough comes together again. Check to be sure the dough is not sticky.

Continue running the mixer on medium-low speed for about 5 minutes.

Cover and let the dough rise about 20-30 minutes.

Dividing, Shaping, and Final Proof

Prep 16 small pieces of parchment paper, about 4x4 inches.

Divide the dough into 16-32 pieces (depending on the size of the rolls) and gently roll the pieces into balls.

Pat each ball of dough into a 3" x 5" oval.

Brush a thin layer of oil on the top and fold in half, oil-side in.

Place the folded dough on parchment paper and continue until all the dough balls are shaped.

Cover and let proof for about 15 minutes.

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## *preparation instructions*

### Steaming

Bring the water in the bottom of the steamer to a boil.

Place the Buns in the steamer.

Cover with the towel-wrapped lid. Lower the heat until you hear a rattle of a simmer and not a loud rumble-boil.

Steam the buns for 8 minutes.

When the steaming is complete, don't remove the lid. Shut off the heat and let the buns sit for 8-10 minutes more.

### Cauliflower

#### Steps:

Preheat the oven to 350 °F and line a rimmed baking sheet with foil for easy clean-up.

Toss chopped cauliflower and chopped green bell pepper in olive oil and salt until well coated and spread out on the prepared baking sheet.

Roast for 15 to 20 minutes, stirring once halfway through, until golden and charred in spots.

Meanwhile, in a small bowl, whisk together 4 tablespoons ketchup, 4 tablespoons honey, 2 tablespoon soy sauce, 2 tablespoon sweet red chili sauce, 2 teaspoon freshly grated ginger, and 2 teaspoon red Thai curry paste.

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## *preparation instructions*

Drizzle half of the prepared BBQ Sauce over the roasted cauliflower and toss to coat well. Place the cauliflower back in the oven and roast until deeply caramelized, tossing every few minutes, 8 to 10 minutes more. Make sure the veggies have some bite to them; they should be just under knife tender.

Pickled Red Onion:

Steps:

Heat the vinegar mixture. In a small saucepan, stir together the vinegar, water, salt, and your desired amount of sweetener. Cook over medium-high heat until the mixture reaches a simmer. (Or alternately, you can heat the mixture in the microwave.)

Combine in a jar. Place the thinly-sliced onions and jalapeño in separate mason jars. Pour the hot vinegar mixture over the onions and jalapeño, screw on the lids, and shake the jars briefly until they are evenly coated with the vinegar mixture.

Marinate. Let the onions and jalapeño marinate for 30 minutes. (You may need to press the onions or jalapeño down with a spoon so that they are all submerged under the vinegar mixture.)

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## *preparation instructions*

Hoisin Dipping Sauce:

Steps:

Heat the oil in a wok over medium-high to high heat.

Add the garlic and ginger to the wok.

Stir-fry briefly until aromatic.

Turn the heat down to medium and stir in the other ingredients.

Heat through and remove from the stove. Cool.

Add oil or water to dilute as needed

Plating:

Place Bao Bun on the plate

Spoon on Hoisin sauce

Place roasted veggies in the bun

Top with pickled red onions, carrots, and cucumber

Top Thinly Sliced Green Onions