

Chicken Bao Buns

Makes 15-20 buns : ~2hrs : Bao Bun recipe by Joshua Weissman : Sesame Chicken recipe by Ronny Lvovski

***I always like to make the pickled onion a day ahead of time**

Ingredients:

Bao Bun:

- 4 cups (600g) all-purpose flour
- 2 tsp (7g) instant yeast
- 2 tsp (6g) baking powder
- ½ tsp (3g) salt
- 3 tbsp (40g) granulated sugar
- 1 ½ cups (360ml) whole milk

Sesame Chicken Filling

- ¼ cup avocado oil
- 2 lb boneless skinless chicken breast – cubed
- salt
- ¼ cup arrowroot starch
- 2 cloves garlic – minced
- 1 thumbnail-sized piece fresh ginger – peeled and thinly sliced into matchsticks
- ⅓ cup coconut aminos
- 1 tbsp rice wine vinegar
- 1 tbsp honey
- 3 tbsp sesame oil
- ¼ tsp freshly-cracked black pepper

- 1 tsp sesame seeds – for garnish
- fresh cilantro leaves for garnish

Quick Pickled Onion

- ½ cup apple cider vinegar
- 1 tbsp sugar
- 1½ tsp salt
- 1 small red onion, thinly sliced

Instructions:

Pickle the onions:

- You can prep this day of, but the best flavor comes from making it a day in advance.
- Whisk first 3 ingredients in a small bowl until sugar and salt dissolve.
- Place onion in a jar; pour vinegar mixture over.
- Let sit at room temperature for 1 hour then move to the fridge.

Prep Bao Bun:

- Mix instant yeast and granulated sugar with whole milk (that's around 95F). Let sit for 5 minutes.
- In a large bowl, mix all dry ingredients together.
- Add milk-yeast mixture to the dry ingredients and mix until a rough dough forms. Knead for 3 minutes.
- Cover with plastic wrap and let rest for 10 minutes. Remove from the plastic wrap and knead for another 1 minute or so.
- Gently roll into a ball and place in a greased bowl, cover with plastic wrap, and let it rise for 1 hour at room temperature.
- **Meanwhile:** Cut 20 pieces of parchment paper in the shape of a square (I did about 5inx5in pieces).

- Once the dough is nice and poofy, punch out all the air and cut it into 15-20 pieces (50-70g each).
- Form into balls and cover with a damp towel as you go.
- Shape on a lightly floured work surface by rolling out each piece into *2 ¼-inch x 4 ½-inch pieces at ¼-inch thick.
- Brush one side lightly with oil, fold over taco-style and place on a piece of parchment.
- Place on a baking sheet and cover with a piece of greased plastic wrap.
- Move baking sheet of buns to the fridge to rest while you cook the chicken.

Cook the chicken

- Preheat ¼ cup avocado oil in a cast-iron or non-stick skillet over medium-high heat until oil registers 375F on an instant read thermometer.
- Lightly season both sides of the chicken pieces with salt and add to a large bowl along with the arrowroot starch.
- Toss until completely coated.
- Working in batches so as not to overcrowd the pan, shake off excess starch and carefully add the chicken pieces to the hot oil.
- Fry until golden brown, around 3 minutes, then flip and fry until the second side is golden brown and the chicken is cooked through, another 3 minutes.
- Transfer chicken to a plate and set aside while you fry the remaining pieces.
- Once finished with the chicken, wipe out the pan and add the coconut aminos, rice wine vinegar and honey.
- Cook, stirring occasionally, until the liquid has reduced in volume by half.
- Add the sesame oil, black pepper and cooked chicken pieces.
- Carefully toss everything to coat.
- Pull from heat, add sesame seeds, and set aside until assembly.

Steam the buns:

- To steam, set a steam basket (**I use a [bamboo steamer](#)**) over a pot of gently simmering water and transfer the bao buns on the parchment paper into the steamer.
- Leave ample space between each bun so they don't stick while cooking.
- Cover and let steam for 10 minutes. After 10 minutes, cut the heat but leave the lid on and let sit in the steamer for 4 more minutes.
- Remove buns* from the steamer and place on a baking sheet or plate covered with plastic wrap to prevent drying.

Stuff the buns:

- Once you're finished cooking everything, stuff each bun with 2-3 pieces of cooked chicken and top with pickled onions and fresh cilantro.

recipe notes:

- In regards to the size of each bun, it helps to measure the first on your roll out, but once you get the idea of the size, just roll with it & do your thing!
- When removing the buns from the steamer, be aware that the steam can be very hot and potentially burn you. I suggest using oven mits.

what you learn:

- You learn how to make a fun pocket of steamed bread that you can fill with anything!