

ABOMINABLE



STEAMED PORK BAO

DRY INGREDIENTS

- 1200g Flour
- 10g Baking soda
- 100g Corn starch
- 100g Sugar
- 20g Yeast
- 40g Salt

WET INGREDIENTS

- 700g Water
- 1 Egg
- 75g Coconut oil

FILLING INGREDIENTS

- 2500g Pork shoulder, ground
- 450g Soy sauce
- 125g Shaoxing wine
- 200g Vegan oyster sauce
- 50g Sesame oil
- 6 Eggs
- 350g Ginger
- 1000g Scallions
- 300g Lard or Canola oil



- Combine all the dry ingredients into a free-standing mixer and mix for 1 minute.
- Add the wet ingredients and mix the dough.
- Once the dough is well-kneaded, cover and let it rest in a greased bowl.
- Set the bowl in a warm place for at least an hour, or until it has doubled in size.
- To wrap the bao, take pieces of fluffy dough and make them into little rounds.
- Roll out the little rounds on the edges to make thin round discs.
- Scoop a spoonful of filling into the center of the flattened rounds.
- Hold the filled rounds in the palm of your left hand.
- Use your right hand to start pinching the edges of the rounds.
- Gather the pinched edges and bring them together towards the center of the round to seal up the bao.
- Steam for 15 minutes and your bao are ready to eat!

ABOWINABLE

 PEARL

CHRISTMAS HAM BAO



BAO DOUGH

- 700g Water, slight warm
- 75g Coconut oil, melted
- 20g Yeast
- 1 Egg
- 1200g All purpose flour
- 100g Corn starch
- 100g Sugar
- 40g Salt
- 10g Baking powder
- Mix together water and yeast. Set aside to let proof for 10 mins. Then add egg and coconut oil. Mix together thoroughly.
- In hobart add flour, corn starch, sugar, salt, and baking powder. With dough hook attached, add liquids and mix on low speed for 6 mins.
- Once all mixed together and the dough is smooth, take dough out of mixer and place in a greased plastic container. Wrap cambro with plastic wrap and set in a warm place to proof for at least one hour or until doubled in size.
- Portion dough according to desired finished product.

BROWN SUGAR PINEAPPLE GLAZED HAM FILLING

- 500g Cooked ham
- 200g Canned pineapple
- 50g Brown sugar
- 10g Ground Cinnamon
- 5g Ground clove
- 5g Ground black pepper
- 10g Kosher salt
- 30g Unsalted butter
- Dice ham into ½ inch by ½ inch small dice, and set aside.
- Mince chop pineapple into small pieces. Heat up a large sauté pan over high heat, add butter to the pan when it is hot, creating the brown butter.
- Add minced pineapple immediately, toss and add all the spices, brown sugar, and salt. When you can smell the spices in the air, add diced ham into the sauté pan.
- Cook for 2 mins, set aside to cool. When they are completely cooled, the filling is ready to use.

TO FOLD AND STEAM BAOS

- Portion dough into 60g balls and roll them flat with a rolling pin to make wrappers.
- Scoop about 2 tsbp of filling onto the middle of the wrapper and fold baos.
- Set your steamer on high heat with water on the bottom. When the water comes to a boil, put folded baos on the steamer level (making sure to keep them 2 inches apart).
- Steam over high heat for 9 mins, and they are ready to serve!

ABOWMINABLE



CHOCOLATE & CANDY CANE BAO



BAO DOUGH

- 700g Water, slight warm
- 75g Coconut oil, melted
- 20g Yeast
- 1 Egg
- 1200g All purpose flour
- 100g Corn starch
- 100g Sugar
- 40g Salt
- 10g Baking powder
- Mix together water and yeast. Set aside to let proof for 10 mins. Then add egg and coconut oil. Mix together thoroughly.
- In hobart add flour, corn starch, sugar, salt, and baking powder. With dough hook attached, add liquids and mix on low speed for 6 mins.
- Once all mixed together and the dough is smooth, take dough out of mixer and place in a greased plastic container. Wrap cambro with plastic wrap and set in a warm place to proof for at least one hour or until doubled in size.
- Portion dough according to desired finished product.

CHOCOLATE PEPPERMINT FILLING

- 1oz Silicone mold
- 375g Heavy cream
- 75g Butter
- 15g Vanilla extract
- 7g Kosher salt
- 30g Cocoa powder
- 450g Dark chocolate
- 75g Crushed peppermint sugar cane
- Use a pot to cook over medium heat and bring cream, butter, vanilla, and salt to a boil.
- Stir cocoa powder into this hot cream, then put dark chocolate into a big mixing bowl. When the cocoa powder is fully whisked in and melted into hot cream, pour this hot cocoa cream over dark chocolate.
- Let the hot cream sit with the chocolate for a few minutes to melt, then whisk everything together. When the chocolate is nice and shiny, pour them into 1oz silicone molds to make chocolate ganache filling.
- Sprinkle 1 tsp crushed candy cane per chocolate ganache.

TO FOLD AND STEAM BAOS

- Portion dough into 60g balls and roll them flat with a rolling pin to make wrappers.
- Place 1 chocolate ganache in the middle of wrapper, fold and close all edges to make bao.
- Set your steamer on high heat with water on the bottom. When the water comes to a boil, put folded baos on the steamer level (making sure to keep them 2 inches apart).
- Steam over high heat for 9 mins, and they are ready to serve!