

# Chinese Style Chicken Buns

This week's recipe comes to us from Marc Friederich, an international chef and Thermomix Team Leader in Cape Town. These tasty buns, filled with chicken and flavoured with ginger and soy sauce are perfect for picnics or light meals with a crispy green salad.

Join us at our Open Day, Saturday the 20th of May at the Kelvin Grove Club in Cape Town to meet Marc and learn some fun and exciting cooking tips!

NB: Suitable for both TM5 and TM31

Preparation Time: 10 min

Cooking Time: 30min

Makes: 8 portions

## Ingredients

### Dough

140 g milk  
1 tsp dry yeast  
1/2 tsp brown sugar  
225 g flour  
1/2 tsp salt

### Filling

2 tbsp oil  
5 cm of fresh ginger  
2 tbsp of soy sauce  
1 tbsp of honey  
225 g chicken breast skinless, cut into strips  
3 spring onions  
1 tbsp of fresh coriander  
Salt and freshly ground black pepper

### Topping

1 egg yolk  
1 tbsp water  
1 tbsp of sesame seeds



## Method

### Dough

1. Pour milk, yeast and sugar into your TM mixing bowl.
2. Mix for **1 min/37°C/Speed 2**.
3. Add the flour and salt.
4. Knead dough for **2 min/knead**.
5. Divide into 8 balls.
6. Roll-out each piece of dough to 13-15 cm round.

### Buns

1. Preheat the oven to 180 °C.
2. Chop the ginger, coriander and spring onion for **1 sec/turbo**, then scrape down the sides of bowl with the spatula.
3. Add the oil, soy sauce and honey and cook for **2 Min/60°C/Speed 2**.
4. Add the chicken strips, salt and pepper and cook for a further **4 min/90°C/Reverse**.
5. Leave to cool down for a bit before filling the buns.
6. Divide the chicken filling among the 8 rounds of dough, placing the filling in the centre of each.
7. Beat the egg yolk and water for the topping in a small bowl. Brush a little of the mixture around the edge of each dough round.
8. Bring the side of the dough to cover the filling and pinch the edges together to seal. Place the buns seam side down on the baking sheet/tray.
9. Cover the buns with oiled clear film and leave to rise in a warm place for 30 min or until doubled in size.
10. Brush the top of the buns with the remaining egg yolk mix and sprinkle with the sesame seeds. Bake for 20 min or until golden brown.
11. Turn out onto a wire rack to cool slightly. If you like, serve immediately while the buns are hot.