

Eat The View

Recipes and Tips

Steamed BBC Pork Dumplings

Dough

470 g plain flours
100 g corn flour
2 tsp baking power
2 tsp instant active yeast
100 g sugar
270 ml water
2 tbsp vegetable oil

Filling

450 g cooked pork
2 tbsp oyster sauce
1 tbsp light soy sauce
1 tbsp dark soy sauce
4 tsp sugar
1/8 tsp five spice
2 clove minced garlic
2 tsp sesame oil
1 tsp corn flour
4 tbsp water

Put corn flour, baking powder, flour, sugar and instant active yeast in a bowl; slowly add the water and vegetable oil. Mix until the dough is released from the sides and is smooth – a mixer with a dough hook helps.

Shape the dough into a ball. Lightly grease the inside of the bowl with teaspoon of oil and place the dough back in. Cover with a damp towel and leave to rise for at least 2 hours.

Chop the pork into small pieces.

In a saucepan add the oyster sauce, light and dark soy sauce, sugar, five spice, garlic and sesame oil and mix thoroughly. Put on medium-high heat.

Mix the corn flour and water in a separate bowl and add to the saucepan. When the mixture reaches a boil, lower to medium heat and continue cooking for another 2 minutes or until the consistency is similar to treacle. Add the pork and cook for another minutes.

When your dough has doubled in size. Shape the dough into a log and use a knife to cut into 16 pieces. Take one piece and use a rolling pin to roll it out into a three inch circle. Then use your rolling pin to thin out the edges of the circle while keeping the middle section the same thickness. The circle will now be between 3.5 and 4 inches.

Add 2 tablespoons of the filling. Begin to fold the edges around the meat; this should look like a pleat. Continue to pleat in a circle until you close off the entire top with a pinch.

Before steaming, cover the dumpling with a damp cloth and let rise for 10 to 15 minutes. Line your steamer with parchment paper or lettuce. Preheat your steamer. Add your dumplings, leaving space between them. Steam for about 10 minutes and do not remove the lid during this time. Serve immediately.