



Mantou (Chinese White Bread – Steamed and Fried)

INGREDIENTS

Stage 1

- 125g plain flour
- 1 tbsp sugar
- 160 ml warm (tepid) water
- 2 tsp instant dry yeast

Stage 2

- 150g butter
- 250 ml milk
- 500g plain flour
- 50g caster sugar
- 8g salt



Serves: 27 pieces



Prep Time: 1 ½ hr



Cooking Time: 6 min

METHOD

Stage 1

1. Combine all the ingredients and place in a bowl. Cover with cling film and place in a warm place to ferment. This will take about 25-30 minutes.

Stage 2

2. Place milk and butter in a saucepan and bring up to heat until butter has melted, set aside.
3. Place dry ingredients from stage 2 into the bowl of a mixer equipped with a dough hook. Add in fermented stage 1 (should be double in size and very bubbly), and begin to knead slowly at first.
4. Once you have an even consistency, slowly add the milk and butter mixture, and continue to knead until the dough slowly starts coming off the side of the mixing bowl. This will take around 4-5 minutes. (This stage can also be done by hand- just allow more time).
5. Place into a larger bowl and allow to prove until doubled in size. Knock back (knead to remove air).
6. Repeat step 5 one more time.
7. Once the dough has been knocked back, portion into 35g balls, roll balls to tighten and prove in ball shapes until doubled in size.
8. Place in a steamer on greaseproof paper and cook for 5-6 minutes. Enjoy from here or continue on to step 9.
9. Set aside to come to room temp and deep fry at 180 degrees until crispy golden brown.



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