

# Banh Bao, Asian rolls, shredded duck thigh confit glazed with maple syrup and soy, shiitake, grated carrots --copy

Recipe for 4

## Description

Traditionally named The Baozi, from North China.

We reinvent it adding a duck stuffing. This bread is special because it is steamed in bamboo baskets.

## Note

Be careful when making your bao balls, it is important to always keep it in contact with the parchment paper squares, even during the cooking process, or else it will stick to the basket or to the counter and it will tear the dough. Enjoy !

## Ingredients

### Bao dough

- 560 Gr Wheat flour
- 11 Gr Dry yeast
- 0.50 Tsp Salt
- 1 Tbsp Baking powder
- 30 Gr Sugar
- 320 Ml Warm milk
- 30 Ml Vegetable oil

### The stuffing

- 300 Gr Confit duck leg
- 90 Gr Shiitake mushroom
- 1 Unit(s) French shallot
- 3 Clove(s) Garlic
- 0.50 Tbsp Soy sauce
- 0.50 Tbsp Maple syrup
- 2 Tsp Roasted sesame oil
- 3 Tsp Cornstarch
- 1 Unit(s) Yellow oignon
- 1 Unit(s) Green onion
- 3 Unit(s) Carrot
- 1 Tsp Mix of 6 spices

## Preparation

- Preparation time **240.00 mins**
- Preheat your **Steam** at **212.00 F°**
- Resting time **90.00 mins**

### Prep

Cut squares of parchment paper 8cm on each side. (Depending on the size of your baskets).

Heat up the duck confit by placing them still in their bags in a cooking pot in simmering water for about 10 minutes, just to heat them up. (They are already fully cooked). Then remove the ducks from the bags and with a fork or your fingers, remove the flesh around the bone.

Remove the stem from the shiitake mushrooms. Mince it's head.

Peel the shallot and the onion and finely chisel them. Peel the garlic and chop it finely. Cut the green

onions vertically, nice and thin.

Peel the carrots, then grate them with a cheese grater, keep some for the salad.

### Bao dough

Place all your ingredients in your mixing bowl, then using the hook from your electric mixer, mix slowly. Once the batter starts to form, turn up the speed and mix for 6 minutes. Your mixing bowl needs to be clean on its sides.

Take the dough out of the bowl, form a ball and place it in a oiled bowl and cover with a cloth or rag for 1h at room temperature.

Place your dough on your counter and start gently rolling it to form a thick roll. Cut pieces of about 50g. Roll in your hands to form a ball, place on your parchment paper squares. Let rest for 10 minutes.

Flatten the balls with the palm of your hands to form a disk, put the stuffing in the middle of that disk. With your other hand, fold with your fingers the edge of the disk closing it around the stuffing.

### The Duck stuffing

Sauté the pulled duck with the mushrooms in a pan, add pepper, maple syrup and soya sauce. Cook for 3-4 minutes.

in a bowl, mix in all your other ingredients, taste and rectify seasoning.

### Steam cook

Place the bamboo basket on a cooking pot with simmering water, make sure the basket fully covers the pot. The basket needs to not touch the water.

Then gently put your stuffed baos on the parchment paper squares inside the basket, close the basket with the bamboo cover.

Cook for 8-10 minutes, delicately take them out, be careful steam is very hot.

**Bon appétit!**