

KATSU CHICKEN BAO RECIPE

INGREDIENTS	QUANTITY
Bao	2 pc
Katsu chicken	200gm
Spicy mayo	50gm
Iceberg	50gm
Cucumber julienne	100gm
Micro greens	10gm

Method:

Assemble all the ingredients in a plate. Steam the baos and fry the chicken and make it crispy. Take the bao, put the cucumber, lettuce inside and then crispy chicken, spread the mayonnaise on top and Garnish with micro greens. Serve hot.

BAO RECIPE

PREP TIME:	40mins
COOK TIME:	25 mins
YIELD:	8 to 10 pcs

Flour	250gm
Sugar	10gm
Dried yeast	3gm
Salt	3gm
Milk	25ml
Oil	10ml
Baking powder	2gm

Method:

1. Mix together the flour, caster sugar and salt in a large bowl. Dissolve the yeast and a pinch of sugar in 15ml warm water, then add it to the flour with the milk, sunflower oil and 100ml water. Mix into a dough, adding a little extra water if needed.
2. Tip the dough onto a lightly floured work surface and knead for 10-15 mins, or until smooth. Put in a lightly oiled bowl, cover with a damp cloth and leave to rise for 2 hrs. Or until doubled in size.
3. Tip the dough out onto a clean work surface and punch it down. Flatten the dough with your hands, then sprinkle over the baking powder and knead for 5 mins.
4. Roll out the dough into a long sausage shape, about 3cm thick, then cut into pieces that are about 3cm wide – you should have 8. In the palm of your hand, roll each piece of dough into a ball and leave to rest for 2-3 mins.
5. Use a rolling pin to roll out each ball, one by one, into an oval shape about 3-4mm thick. Rub the surface of the dough ovals with oil and brush a little oil over a chopstick. Place the oiled chopstick in the center of each oval. Fold the dough over the chopstick, then slowly pull out the chopstick.

6. Cut 18 squares of baking parchment and put a bun on each. Transfer to a baking tray, cover with a clean tea towel and leave to prove in a warm place for 1 hr 30 mins, or until doubled in size.
7. Heat a large steamer over a medium-high heat. Steam the buns for 8 mins until puffed up.

KATSU CHICKEN

PREP TIME: 15 mins
COOK TIME: 5mins
YIELD: 4pax

Chicken leg boneless strips	500gm
Eggs	2 no
Oil	for frying
Flour	200gm
Salt	5gm
Light soy sauce	10ml
Pepper	5gm
Corn flour	15gm
Sriracha sauce	20gm
5 spice powder	3gm

Method:

Combine the marinade ingredients (light soy sauce, sriracha, 5 spice powder, salt, pepper) in a bowl, add the chicken and stir to coat. Cover the bowl with plastic wrap and refrigerate for at least 2 hours or overnight.

Meanwhile, combine the beaten eggs and 125 ml water in a bowl. Place the seasoned flour in a shallow bowl. Dip the chicken pieces in the egg wash, then the flour, shaking off the excess.

Heat oil in a deep-fryer or wok to 180°C or until a piece of bread browns in 10 seconds, and deep-fry the chicken in batches until golden and crisp. Remove with a slotted spoon and drain on paper towel.

SPICY MAYO RECIPE

Mayonnaise	100gm
Chili oil	70ml
Lemon juice	20ml

Method:

Mix all ingredients together and keep aside.