

ShaoBing - Chinese Breakfast Flatbread



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5 from 3 votes

Ingredients

FOR MAKING THE DOUGH:

- 300 g of plain flour
- 165 ml of water
- 1/2 tsp of salt

MAKE THE FILLING:

- 250 g of ground beef
- 1 tbsp of Chinese cooking wine
- 1 tbsp of soy sauce
- 2 tsp of sesame oil
- 1 tsp of five spice
- 1 tsp of chicken powder
- 1/4 tsp of salt or to taste
- 1/3 cup of chopped onion
- 1/4 cup of chopped coriander
- 1/4 cup of spring onion
- 2 tsp of ground ginger

FOR MAKING THE GLAZE:

- 1/3 cup of oil
- 2 tbsp of spring onion
- 1 and half tbsp of flour
- 2 tsp of Sichuan peppercorn powder
- 2 tsp of white pepper

OTHERS:

- Have some sesame seeds ready
- 3 tbsp vegetable oil to fry the bread

Instructions

MAKE THE DOUGH:

1. Mix the flour and the salt
2. Add in the water
3. Mix it and knead it until all the flour come together became a dough.

4. Cover it and let it sit for 30 minutes.

MAKE THE FILLING:

1. Marinate the ground beef with 1 tbsp of Chinese cooking wine, 1 tbsp of soy sauce, 2 tsp of sesame oil, 1 tsp of five spice, 1 tsp of chicken powder, and some salt.
2. Mix them until the beef absorbs the liquid and you can feel the texture is smooth.
3. Combine it with the vegetables. Which are 1/3 cup of chopped onion, 1/4 cup of cilantro, 1/4 cup of scallion and 2 tsp of ground ginger.
4. Set it aside for 30 minutes.

MAKE THE GLAZE:

1. You will need 2 tbsp of diced spring onion, 1 and a half tbsp of flour, 2 tsp of Sichuan peppercorn powder and 2 tsp of white pepper.
2. We are going to heat up some oil, the hottest possible.
3. Pour the oil into the bowl immediately.
4. Give it a mix and set it aside. We are going to use this later.

MAKE THE SHAO BING:

1. Roll the dough it into a long even strip. Cut it into 12 pieces. Each one should be about 35 grams.
2. Brush some glaze onto the small dough.
3. Take one dough. Roll it a little bit. Then flatten it by your hand. Using rolling pin roll it until you have a long thin piece. It is about 25 cm long and 13 cm wide.
4. Now brush the glaze again on one side of the piece.
5. Put some filling on it. Do not put it all the way full. because it is a really thin. It will have a higher chance of breaking if you fill it up all the way.
6. Fold the edge of it. Roll it from one side and then wrap the end of it to finish it.
7. Then press it down gently. It should be about half inch thick and 10 cm long across.
8. Coat one side with sesame seeds.
9. Finish the rest and we can fry the shao bing.
10. FRY THE SHAO BING: Put enough vegetable oil to cover the bottom of the pan. Place your Shao bing in. sesame side up and fry them on low heat for 5 minutes.
11. Flip them over. Fry the other side for 3 minutes or until both sides turn golden brown. And you are done.