

# Steamed Sugar Bun Recipe (糖包)

Today we are making sugar steamed buns. This is one of the easiest steam bun recipes but super delicious. Whenever my mom made this, my sisters and I just couldn't wait. We wanted to eat them as soon as it came out of the steamer. But they were so hot that we had to juggle them in between our hands. LOL!



No ratings yet

## Ingredients

### Ingredients for the filling

- 4 tsps. of roasted sesame seeds
- 70 grams of roasted peanuts
- 140 grams of white sugar
- 4 tsps. of all-purpose flour

### Ingredients for the wrapper (makes 10 steamed buns)

- 350 grams of all purpose flour
- 180 grams of water
- 3/4 tsp of instant yeast
- 1 tbsp of sugar
- 2 tsps. of vegetable oil

## Instructions

1. Dissolve 1 tbsp of sugar and 3/4 tsp of instant yeast into 180 grams of water.
2. Slowly pour the mixture into 350 grams of all-purpose flour and stir at the same time.
3. Use your hands to gather all the flour together until a rough dough forms. Add 2 tsps. of vegetable oil and knead it into the dough until smooth. This is important, the oil prevents the starch from retrograde, so the steamed bun will be soft and fluffy even if you let it sit for a while until it gets cold.
4. Cover it and let it proof for 1.5 hours or until doubled in size. While waiting, we can make the filling.
5. Blend the roasted sesame seeds and the roasted peanuts coarsely then combine with 140 grams of white sugar and 4 tsps. of all-purpose flour. The sugar will melt after steaming. The flour is going to prevent it from leaking out. Mix well and your filling is done.
6. Punch to deflate the dough. Then knead it for 6 minutes or until the dough is smooth again.

7. Divide the dough into 10 even pieces. Each one should be 50-55 grams. Cover with plastic wrap and let them rest for about 10 minutes. This relaxes the gluten and makes the dough easier to roll out later.
8. Take one ball and dust it with some flour to prevent stickiness. Use a rolling pin to roll it flat. Once you get it into 4 inches in diameter, lift the sheet and roll the edge to make it thinner. That way, you can have a wrapper with a thicker middle and a thinner edge. The size of the wrapper should be about 5 inches in diameter.
9. Curve the wrapper into a bowl on your hand. Put 2 tbsps. of the sugar nut filling. Fold pleats to close the bun. Repeat to finish all the buns.
10. Place the bun in the steamer with some space between each other. Use parchment paper to prevent stickiness. Cover the lid and let them proof for 30 minutes.
11. Fill the pot with some room-temperature water. Turn the heat to high and place the steamer on the top. When you see steam coming out. Switch the heat to medium-low and start counting the time. Let it steam for 10 more minutes.
12. Turn off the heat but do not open it immediately; let it sit there for at least 5 minutes, or else the skin will shrink when the cold air hits the hot buns and you will lose the fluffiness.