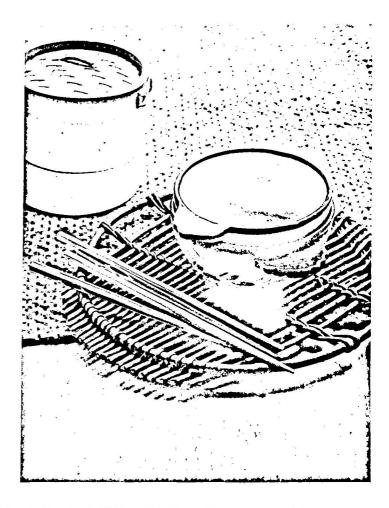


BAGAOO ASIAN-STYLE BUNS, DUMPLINGS & MORE FROM YOUR BAMBOO STEAMER



with recipes by

with photography by CLARE WINFIELD



CONTENTS

Introduction to Steaming 7 Basic Dough Recipes 8 Bao & Steamed Buns 12 Dim Sum & Filled Dumplings 42 Meat & Poultry Dishes 66 Fish & Seafood Dishes 86 Vegetable, Rice & Tofu Dishes 110 Sweets & Treats 138 Index 158 Credits 160

地

解化難生恩

INDEX

Å

adzuki red bean filling, mochi with 147 asparagus: steamed flat rice noodle rolls 131

B

bacon: dumplings with pepper soy 44 rice parcels 136 banana leaves: rice parcels 136 sticky rice in banana leaves with chicken skewers 68 bananas: tropical chilli fruit in paper packets 140 hao see clamshell bao barbecue pork stearned buns 17 basil: Asian pesto 88 beancurd see tofu heef: seared beef 14 two-rice pearl balls 123 black beans: mussels with egg noodles & black bean sauce 91 steamed pumpkin with garlic black bean sauce 128 black rice with red fruits 143 blue swimmer crabs with chilli, lime & ginger 99 bok choy rolls with spicy chicken 71 bread dough 8 fluffy bread dough 11 broccoli: stuffed fresh tofu with broccoli & vegetable sauce 116 brown sugar sponge cake 152 buns: barbecue pork steamed buns 17 char siu steamed buns 30 fried shrimp & scallop steamed buns 29 little Szechuan chicken steamed buns 22 molten egg custard bun 37 red curry chicken & lentil steamed buns 41 steamed buns with chicken & garlic chives 38 steamed buns filled with spicy mala lamb & mint 34 butter: lemon soy butter 119 star anise butter 120

cabbage 120 Korean cabbage slaw 14 pork & cabbage shumai 55 steamed cabbage leaf spring rolls 132 see also Chinese cabbage cakes: brown sugar sponge cake 152 matcha mochi with sweet potato & pumpkin filling 151 mochi with adzuki red bean filling 147 steam pandan & coconut layer cake 148 steamed cassava cake 144 cashew nuts: Asian pesto 88 cassava cake, steamed 144 char siu steamed buns 30 chestnuts: steamed Japanese vegetarian rice 124 chicken: bok choy rolls with spicy chicken 71 chicken & potato cream stew dumplings 63 clamshell bao with chicken terivaki 33 curried rice with steamed chicken 80 dumplings with makrut lime & lemongrass 51 dumplings with pepper soy 44 little Szechuan chicken steamed buns 22 red curry chicken & lentil steamed buns 41 steamed buns with chicken & garlic chives 38 steamed Japanese custard 84 sticky rice in banana leaves with chicken skewers 68 chillies/chiles: chilli dipping sauce 95 chilli jam 96 fresh pickle 80 Malaysian fish parcels 100 spicy hot mussels 95 Chinese barbecue pork 30 Chinese cabbage 120 clamshell bao with Chinese vegetables 26 Chinese greens with star anise butter 120 Chinese steamed fish 104

cilantro see coriander clamshell bao: with chicken teriyaki 33 with Chinese vegetables 26 with cucumber & mint slaw 18 with Korean cabbage slaw 14 with miso salmon 25 with roast duck 21 coconut: steamed cassava cake 144 coconut cream: coconut ginger syrup 143 spicy salmon pots 107 coconut milk: steam pandan & coconut layer cake 148 sticky rice with mango 155 coriander/cilantro: Asian pesto 88 ginger duck salad 75 crab: blue swimmer crabs with chilli, lime & ginger 99 crab dumplings 52 scallop & crab dumplings 64 crystal skin dough 10 cucumber: cucumber & mint slaw 18 fresh pickle 80 curry: baby peppers with spicy peanuts 127 curried rice with steamed chicken 80 red curry chicken & lentil steamed buns 41 custard: molten egg custard bun 37 steamed Japanese custard 84 n dashi mixture 84 dashi sauce 108 dim sum: bok choy rolls 71 little Szechuan chicken steamed buns 22 steamed flat rice noodle

rolls 131

dough 8

two-rice pearl balls 123

see also dumplings

dipping sauce 48, 55, 64

crystal skin dough 10

fluffy bread dough 11

rice flour dough 11

egg dough 10

duck: clamshell bao with roast duck 21 coriander ginger duck salad Peking-style duck pancake wraps 72 spicy duck with sticky rice 82 duck eggs: steamed eggs with silken tofu 115 dumplings: chicken & potato cream stew dumplings 63 crab dumplings 52 dumplings with makrut lime & lemongrass 51 dumplings with pepper soy 44 lotus leaf rice dumplings 47 pea shoot & prawn dumplings 60 pork & cabbage shumai 55 prawn dumplings 48 pulled pork & olive dumplings 59 salmon & mushroom dumplings 56 scallop & crab dump -> 64

Ε

edamame beans: stat Japanese vegeth . 124 eggs: egg dough 10 molten egg custare steamed eggs with the tofu 115

F

fish: Chinese stearned fish 104 Malaysian fish parcels 100 see also salmon fluffy bread dough 11 fruit: black rice with red fruits 143

G

garlic: steamed pumpkin with garlic black bean sauce 128 ginger: coconut ginger syrup 143 lime & ginger dressing 99 mirin & ginger sauce 92 pear & ginger puddings 156 green vegetables with lemon soy butter 119 J

Japanese steamed fish on noodles 208 Japanese-style oysters 92

K

kombu seaweed: Japanese steamed fish on noodles 108 Korean cabbage slaw 14

L

lamb: steamed buns filled with spicy mala lamb & mint 34 lemon soy butter 119 lemongrass, dumplings with makrut lime & 51 lentils: red curry chicken & lentil steamed buns 41 lime: lime & ginger dressing 99 sugar lime sauce 140 lime leaves: dumplings with makrut lime & lemongrass 51 steamed stuffed baby squid 103 little Szechuan chicken steamed buns 22 totus leaf rice dumplings 47

М

Malaysian fish parcels 100 mangoes: sticky rice with mango 155 tropical chilli fruit in paper packets 140 matcha mochi with sweet potato & pumpkin filling 151 mirin & ginger sauce 92 mochi: matcha mochi with sweet potato & pumpkin filling 151 mochi with adzuki red bean filling 147 molten egg custard bun 37 moneybags, wonton pork 76 mushrooms: salmon & mushroom dumplings 56 stearned cabbage leaf spring rolls 132 steamed tofu skin with wild mushroom filling 112 two-rice pearl balls 123 mussels: mussels with egg noodles & black bean sauce 91 spicy hot mussels 95

N

noodles: baby peppers with spicy peanuts 127 Chinese steamed fish 104 Japanese steamed fish on noodles 108 mussels with egg noodles & black bean sauce 91 steamed cabbage leaf spring rolls 132 steamed flat rice noodle rolls 131 steamed stuffed baby squid 103

0

olives: pulled pork & olive dumplings 59 oysters, Japanese-style 92

pancake wraps, Peking-style 72 pancetta: quails stuffed with lime & ginger 79 pandan leaves: spicy salmon pots 107 steam pandan & coconut layer cake 148 steamed cassava cake 144 papaya: tropical chilli fruit in paper packets 140 pea shoot & prawn dumplings 60 peanuts: baby peppers with spicy peanuts 127 pear & ginger puddings 156 pearl balls, two-rice 123 Peking-style duck pancake wraps 72 peppers (bell): baby peppers with spicy peanuts 127 sticky rice in banana leaves with chicken skewers 68 pesto, Asian 88 pickle, fresh 80 pork: barbecue pork steamed buns 17 char siu steamed buns 30 Chinese barbecue pork 30 pork & cabbage shumai 55 pulled pork & olive dumplings 59 wonton pork moneybags 76 potatoes: chicken & potato cream stew dumplings 63 prawns/shrimp: dumplings with pepper soy 44

fried shrimp & scallop steamed buns 29 pea shoot & prawn dumplings 60 pork & cabbage shumai 55 prawn dumplings 48 prawns stuffed with chilli jam 96 steamed Japanese custard 84 wonton pork moneybags 76 pumpkin: matcha mochi with sweet potato & pumpkin filling 151 steamed pumpkin with garlic black bean sauce 128

Q

quails stuffed with lime & ginger 79

R

red curry chicken & lentil steamed buns 41 rice: black rice with red fruits 143 bok choy rolls with spicy chicken 71 curried rice with steamed chicken 80 lotus leaf rice dumplings 47 rice parcels 136 spicy duck with sticky rice 83 steamed black rice 135 steamed Japanese vegetarian rice 124 steamed rice 135 steamed sticky rice 135 sticky rice in banana leaves with chicken skewers 68 sticky rice with mango 155 two-rice pearl balls 123 rice flour: matcha mochi with sweet potato & pumpkin filling 151 mochi with adzuki red bean filling 147 rice flour dough 11 rice paper wrappers: salmon & Asian pesto parcels 88

S

salad, coriander ginger duck 75 salmon: clamshell bao with miso salmon 25 Japanese steamed fish on noodles 108

salmon & Asian pesto parcels 88 salmon & mushroom dumplings 56 spicy salmon pots 107 scallops: fried shrimp & scallop steamed buns 29 scallop & crab dumplings 64 shrimp see prawns skewers, chicken 68 slaw: cucumber & mint slaw 18 Korean cabbage slaw 14 soy sauce, sweet 131 spring rolls, steamed cabbage leaf 132 squid: steamed stuffed baby squid 103 star anise butter 120 steamers 7 sugar lime sauce 140 sweet potatoes: matcha mochi with sweet potato & pumpkin filling 151

1

T

tofu/beancurd: crispy tofu 18 steamed eggs with silken tofu 115 stuffed fresh tofu with broccoli & vegetable sauce 116 tofu/beancurd skin: steamed tofu skin with wild mushroom filling 112 tropical chilli fruit in paper packets 140 trout: steamed Japanese custard 84 tung ho leaves: steamed cabbage leaf spring rolls 132 two-rice pearl balls 123

W

water chestnuts: bok choy rolls with spicy chicken 71 wonton wrappers: crab dumplings 52 dumplings with makrut lime & lemongrass 51 wonton pork moneybags 76