



Gua Bao



Gua Bao - fluffy Bao buns stuffed with tender sticky pork belly. I'll show you how to make it from scratch, in my step-by-step recipe.

Course Dinner, Main Course **Cuisine** Asian

Keyword better than takeout, Fakeaway, Street Food

Prep Time 30 minutes **Cook Time** 3 hours **Proving time** 2 hours 30 minutes

Servings 10 bao buns

Author [Nicky Corbishley](#)

Ingredients

Steamed buns:

- 450 g (3 ¾ cups) plain (all-purpose) flour
- 2 tbsp caster sugar
- ½ tsp salt
- 2 tsp (equivalent to one packet or 7g) instant dried yeast
- 3 tbsp whole milk
- 210 ml (¾ cups + 2 tbsp) warm water
- 3 tbsp unsalted butter very soft
- 1 tbsp olive oil

Sticky Pork Belly:

Slow Cooked Pork Belly:

- 1 kg (2.2 lbs) rindless pork belly slices chopped in half (each piece being approx. the length of your index finger)
- 1 litre (4 ¼ cups) hot chicken/veg stock
- 1 tbsp minced ginger
- 3 cloves garlic peeled and chopped in half
- 1 tbsp rice wine
- 1 tbsp caster sugar

Pork Belly Glaze:

- 2 tbsp vegetable oil
- pinch salt and pepper
- 1 tbsp minced ginger

- 1 red chilli finely chopped
- 2 tbsp [honey](#)
- 2 tbsp brown sugar
- 3 tbsp [dark soy sauce](#)
- 1 tsp [lemon grass paste](#)

Gua Bao Toppings:

- 1 small bunch coriander (cilantro) roughly torn
- 2 red chillies sliced into thin strips
- 4 spring onions (scallions) sliced into thin strips
- 1 tbsp sesame seeds
- 2 tbsp toasted cashew nuts chopped

Instructions

1. Start by making the bao buns.
2. Place the flour, sugar, salt, and yeast in a bowl and mix together.
450 g (3 ¾ cups) plain (all-purpose) flour, 2 tbsp caster sugar, ½ tsp salt,
2 tsp (equivalent to one packet or 7g) instant dried yeast
3. Add the milk, warm water and butter to a jug and stir together until the butter melts. Stir the liquid mixture into the flour mixture at first with a spoon, and then with your hands. Turn out onto a floured surface and knead for 10 minutes. Alternatively, you can do this in a mixer fitted with a dough hook.
3 tbsp whole milk, 210 ml (¾ cups + 2 tbsp) warm water, 3 tbsp unsalted butter
4. Place the dough in an oiled bowl. Cover (with clingfilm or a damp tea towel and leave to prove until doubled in size - about 90 minutes - 2 hours).
1 tbsp olive oil
5. Meanwhile, start on the pork belly. Add all the slow-cooked pork belly ingredients to a pan (not the glaze ingredients use a cast iron casserole pan. Bring to the boil, then place a lid on, turn down the heat and simmer for 2 hours. Then turn off the heat and drain the pork. You can reserve the liquid if you like (Perfect for a Thai or Chinese noodle soup).
1 kg (2.2 lbs) rindless pork belly slices chopped in half,
1 litre (4 ¼ cups) hot chicken/veg stock, 1 tbsp minced ginger, 3 cloves garlic,
1 tbsp rice wine, 1 tbsp caster sugar
6. After the dough has proved, tip it out of the bowl onto a floured surface. Knead the dough again and split it into 10 balls. Place a piece of baking parchment on your work surface and roll each ball into an oval on top of the parchment, using a rolling pin – approx. 12cm x 8cm.
7. Brush the ovals with the olive oil and fold each oval over, using a chopstick in the middle to fold over to leave a little space in the fold (so the oil is on the inside of the fold). Remove the

chopstick.

8. Prepare two oven trays by lining each with a piece of baking parchment. Place the buns on the trays - still on the baking parchment - as this will help you to move them later. Cover each tray with clingfilm or a carrier bag* (see note 1) and leave to prove for a further hour, until puffed up.
9. Put a large steamer pan on to boil. Working in batches, place the buns in the steamer (you can keep them on the baking parchment and steam for 15 minutes. I use this pan - placing two buns in each layer.
10. Whilst the bao buns are steaming, you can continue to cook the pork belly. Chop the pork into bite-sized chunks. Add 1 tbsp. of the oil to a frying pan, and then mix the remaining glaze ingredients in a small bowl.
2 tbsp vegetable oil, 1 tbsp minced ginger, 1 red chilli, 2 tbsp honey, 2 tbsp brown sugar, 3 tbsp dark soy sauce, 1 tsp lemon grass paste
11. Heat the oil and add in the pork, salt and pepper, frying on a high heat until the pork starts to turn golden. Now pour the glaze over the pork and continue to cook until the pork looks dark and sticky - about 6-7 minutes. Turn off the heat and transfer to a warm bowl until you're ready to assemble the gua bao.
pinch salt and pepper
12. Once the buns are cooked, open them up and stuff them with sticky pork belly, coriander (cilantro), slices of red chillies, and strips of spring onions. Sprinkle on sesame seeds and chopped cashews.
1 small bunch coriander (cilantro), 2 red chillies, 4 spring onions (scallions),
1 tbsp sesame seeds, 2 tbsp toasted cashew nuts

Notes

Can I make the pork belly ahead?

Yes, you can make the pork belly up to the end of step 5 (where the pork is slow cooked and then drained). Then quickly cool, cover and refrigerate (for up to two days) or freeze. Defrost in the refrigerator overnight before slicing and frying the meat as per step 11.

You can also mix the sauce ahead, then cover and refrigerate it up to a day ahead.

Can I make the Bao buns ahead?

Yes, make the buns, then quickly cool, cover and refrigerate (for up to 2 days). Allow to come to room temperature before reheating. You can reheat (keep them covered) in the microwave for 20-30 seconds each bun. Or you can steam them for 5 minutes to reheat.

Can I freeze the Bao Buns?

Yes, make the buns, then quickly cool, cover and freeze. Defrost overnight in the refrigerator and allow to come to room temperature before reheating.

You can reheat (keep them covered) in the microwave for 20-30 seconds each bun. Or you can steam them for 5 minutes to reheat.

You can also reheat the bao buns from frozen, by placing them in the steamer for 10 minutes, until hot throughout.

Nutritional Information is approximate and is per filled large Gua Bao.

Nutritional Information

Calories: 667kcal | Carbohydrates: 49g | Protein: 34g | Fat: 37g | Saturated Fat: 15g | Cholesterol: 82mg | Sodium: 900mg | Potassium: 343mg | Fiber: 2g | Sugar: 11g | Vitamin A: 355IU | Vitamin C: 21.1mg | Calcium: 41mg | Iron: 3.3mg



Tried this recipe?

Mention [@KitchenSanctuary](https://www.kitchensanctuary.com/gua-bao/) or tag [#kitchensanctuary](https://www.kitchensanctuary.com/gua-bao/) on Instagram!

Gua Bao <https://www.kitchensanctuary.com/gua-bao/>