

Taiwanese Bao Buns



5 from 4 votes

Prep Time

30 mins

Cook Time

15 mins

Proofing time

50 mins

Total Time

1 hr 35 mins

Course: Bread and bun, Taiwanese

Cuisine: Taiwanese

Calories: 184kcal

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Equipment

- Steamer

Ingredients

Dough

- 170 g whole milk (see note) 2/3 cup + 1 tablespoon
- 20 g sugar 1 tablespoon + 2 teaspoon
- 1 teaspoon instant yeast
- 2 teaspoon vegetable oil
- 300 g all purpose flour 2 1/4 cup

Brushing

- 1 tablespoon vegetable oil

Instructions

Making dough

1. Mix milk, sugar, yeast and oil in a mixing bowl, add half of the flour in and stir with a spatula until well combined.
2. Add in the rest of the flour, mix and knead until there's no dry flour and a rough ball can be formed. If the dough is too dry, add 1 to 2 tbsp. of water. Cover and let it rest for 15 minutes.
3. Knead the dough again until the surface of the dough is smooth, about 2 minutes. The dough should be very easy to knead after resting.

Form the bun

1. Divide the dough into 8 -10 portions, cover with greased plastic wrap and let it rest for 5 minutes.
2. Form each portion into balls by tucking the edge to the center, and place the seam side down (see the gif in the post), cover and rest for another 5 minutes.

3. Take one portion out, roll the dough out with a rolling pin into a long oval.
4. Flip it over to the back side, roll it several times to form an oval with a length to width ratio of about 2:1. Use your hand to gently shape it at the edges if needed.
5. Brush the surface with a layer of oil before folding into half and place it on a piece of parchment paper.
6. Repeat for the remaining portion and place the buns in a steamer. Remember to leave at least half an inch of space between the buns as they will grow bigger after cooking. Whatever can't fit into the steamer should be left at room temperature, covered with a greased plastic wrap.
7. Cover the steamer with its lid and place a damp kitchen towel on top of it. Let it proof in a warm place until it's slightly puffy and springs back to the touch, about 50 minutes.

Cooking

1. Place the steamer on top of a pot with 1/2" to 1" of water and turn the heat to medium. Once the water is boiling, reduce the heat to medium low and cook for 12 minutes.
2. Remove the steamer from the pot right away and let it sit for 3 minutes before removing the lid. Refill the pot with water before cooking the remaining buns.

Storing

1. If you are not eating the buns right away, reheat them before enjoying for the best taste.
2. Leftover buns can be stored in a freezer for up to one month.

Notes

I usually just use cold milk straight from the fridge, but if your home is cool and you're afraid it will take too long for the dough to rise, use room temperature milk.

If you want to replace milk with water, add 160 g (2/3 cup) instead.

The resting time helps the dough to relax and become a lot easier to work with. However, you don't want to let it rest too long. If the dough begins rising, you will need to knead a lot longer to eliminate the air bubbles in order to make buns with a smooth surface.

Nutrition

Serving: 1g | Calories: 184kcal | Carbohydrates: 32g | Protein: 5g | Fat: 4g | Saturated Fat: 3g | Cholesterol: 2mg | Sodium: 10mg | Potassium: 73mg | Fiber: 1g | Sugar: 4g | Vitamin A: 34IU | Calcium: 30mg | Iron: 2mg