



## • Chicken and vegetables “Gua Bao” •

- **Kitchenware**
  - A steamer (bamboo steamer if possible).
  - A pan.
  - A cutting board.
  - A knife.
  - A vegetable mincer (or vegetables previously minced).
  - A scale.
  - 2 sheets of vegetable/oven paper.

## **DESCRIPTION**

### **Ingredients**

- For the dough (8 gua baos):
  - 250 g. of all-purpose flour.
  - 100 g. of whole milk.
  - 50 g. of water.
  - 15 g. of white sugar.
  - 2 g. of dry yeast (baker’s yeast).
  - ½ teaspoon of baking powder.
  - 2 g. of salt.
  - 6 g. of olive oil.
- For the filling:
  - 2 chicken breast filets.
  - 1 onion.
  - 1 carrot.
  - Soy sauce.
  - Chopped coriander.
  - Roasted peanuts.
  - Salt and pepper.

### Directions:

- First, prepare the dough to let it rest a bit:
  - Sieve the flour and add it to a mixing bowl with the salt, yeast, baking powder and the sugar.
  - Next, pour the water, milk and oil over the dry ingredients and mix well until the dough is a bit sticky but pliable.
  - Then, cover the dough with a kitchen towel and let it rest for 30 - 45 minutes while preparing the filling.
- Next, prepare the filling:
  - First, peel and slice the vegetables. Also season the chicken with salt and pepper and cut it in strips.
  - Then, roast the peanuts if necessary and mash them.
  - Next, stir fry the vegetables in a pan with a tablespoon of oil. When the vegetables are soft add the chicken strips and some soy sauce.
  - Then, set aside and add the roasted peanuts and chopped coriander.
- Then, take the dough. Form balls with your hands (about an orange of size) and knead them over a floured surface. Roll out until are thin (approximately 0.5 - 1 cm) and let them rest for 10 minutes.
- Next, place them on an oven paper sheet and place them in the (bamboo) steamer. Steam them for 10 minutes.
- Finally, fill the “buns” and fold them.

## SUGGESTIONS

**PLEASE MAKE AN EFFORT TO KEEP MATERIALS AND WORKING AREAS TIDY AND LEAVE EVERYTHING CLEAN**