



UCOOK

Marvellous Mushroom Bao Buns

with pickled veg, coriander & hoisin
sauce

Bouncy steamed bao buns, brimming with popping soy and hoisin sauce infused mushrooms, and pickled veg. Sprinkled with spring onion, fresh coriander, and black sesame seeds. Looks gourmet, tastes gourmet, and right in your own kitchen!


Hands-On Time: 30 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Alex Levett

 Vegetarian

 Warwick Wine Estate | First Lady Sauvignon
Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Cucumber <i>sliced into half-moons</i>
300g	Julienne Carrot
90ml	Pickling Liquid <i>(60ml Rice Wine Vinegar & 30ml Honey)</i>
40g	Peanuts
125ml	Kewpie Mayo
500g	Button Mushrooms <i>wiped clean & roughly sliced</i>
4	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
60ml	Low Sodium Soy Sauce
170ml	Hoisin Sauce
15g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
12	Bao Buns
60g	Pickled Ginger <i>drained & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. IN A PICKLE In a bowl, place the cucumber half-moons, julienne carrot, pickling liquid, and 60ml of water. Toss until the veg is fully coated and set aside to pickle.

2. LET'S GET TOASTY Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting regularly. Remove from the pan on completion and set aside. Loosen the kewpie mayo with water in 5ml increments until drizzling consistency.

3. HOISIN MUSHROOMS Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms for 5-6 minutes until soft and golden, shifting as they colour. You may need to do this step in batches. Add the spring onion whites and fry for 2-3 minutes until soft. Mix through the soy sauce, hoisin, and some seasoning (be cautious, the soy sauce is salty!). Allow to caramelise for 3-5 minutes, shifting occasionally. Remove from the heat and stir through ½ of the chopped coriander. Cover and set aside.

4. BOUNCY BAO Boil the kettle. Place a pot over a medium-high heat with 3-4cm of boiling water covering the base. Once steaming, place the bao buns in a colander over the pot. Cover and allow to steam for 5-6 minutes until cooked through and soft. Alternatively, use a steamer if you have one. You may need to do this step in batches. Once cool enough to handle, use a knife to gently open each bun. Drain the pickling liquid from the cucumber and carrot – lose it or reuse it!

5. BAO DELIGHTFUL! Fill each bao bun with the pickled carrot and cucumber and the hoisin-soy mushrooms. Sprinkle over the pickled ginger, the toasted peanuts, spring onion greens, and the remaining chopped coriander. Drizzle over the kewpie mayo and serve with any remaining carrot and cucumber. Tuck in!



Chef's Tip

Any leftover pickling liquid? Store it in the fridge, and use it for a second time in another meal!

Nutritional Information

Per 100g

Energy	741kJ
Energy	177Kcal
Protein	4.6g
Carbs	24g
of which sugars	5.7g
Fibre	2.4g
Fat	2.2g
of which saturated	0.4g
Sodium	396mg

Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook
within 1
Day