



## **KFC (Katsu Fried Chicken) Bao Steamed Bun Recipe**

**Anaya Sushi & Ramen**

**Chef and Owner Soraya Kaoroptham**

### **Recipe Ingredients:**

To make this easier, the buns could be purchased at an Asian grocery store; just ask for the buns used for making Pecking duck or they could be made from scratch using the recipe ingredients and instructions below.

- 1 lb. flour; set some extra aside for dusting
- 1 tbsp sugar
- 1/2 tsp salt
- 1 tsp instant yeast
- 1 cup liquid non-dairy creamer
- 1 tbsp vegetable oil, plus extra for brushing
- 1 tsp baking powder
- 1 lb. skinless and boneless chicken breast
- 2 cups Japanese panko bread flour
- 3 beaten whole eggs
- 1 cup all-purpose flour
- 2 cups oil to fry the breaded chicken
- 2 cups seaweed salad
- 1 large carrot, cut into spirals with spiral machine
- 1 cup mayo
- 1 tbsp sriracha chili sauce

### **Recipe Instructions:**

1. Mix together the flour, sugar and ½ tsp of salt in a large bowl. Dissolve the yeast and a pinch of sugar in 1 tbsp of warm water. Then add it to the flour with the liquid non-dairy creamer, vegetable oil, and 200 ml (about 6 1/2 – 7 ounces) of water. Mix into a dough, adding a little extra water if needed.
2. Tip the dough onto a lightly floured work surface and knead for 10-15 minutes, or until smooth. Put in a lightly oiled bowl, cover with a damp cloth and leave to rise for 2 hours, or until doubled in size.
3. Tip the dough out onto a lightly floured clean work surface and punch it down. Flatten the dough with your hands, then sprinkle over the baking powder and knead for 5 minutes.

4. Roll out the dough into a long sausage shape, about 3 cm thick (about 1 ½ inches), then cut into pieces that are about 3 cm (about 1 ½ inches) wide – you should have 18. In the palm of your hand, roll each piece of dough into a ball and leave to rest for 2-3 minutes.
5. Use a rolling pin to roll out each ball, one by one, into an oval shape about 3-4 mm (about 1/8 – 1/4 inches) thick. Rub the surface of the dough ovals with oil and brush a little oil over a chopstick. Place the oiled chopstick in the center of each oval. Fold the dough over the chopstick, then slowly pull out the chopstick.
6. Cut 18 squares of baking parchment and put a bun on each. Transfer to a baking tray, cover with a clean tea towel and leave to rise in a warm place for 1 hour and 30 minutes, or until doubled in size.
7. Heat a large steamer over a medium-high heat. Steam the buns for 8 minutes until puffed up (you'll need to do this in batches). Now you have perfectly steamed buns!
8. Cut the chicken breast in half lengthwise, coat lightly with flour, and dip it in beaten egg and coat evenly, then coated evenly in Japanese panko crumbs. Fry the chicken until nicely golden brown. Once done, absorb the oil with paper towel and cut chicken into desired size for the filling of the bao bun.
9. Mix 1 cup of mayo and 1 tablespoon of sriracha sauce in a blender. Blend it for few seconds.
10. Take 1 piece of warm steamed bun, spread the spicy mayo sauce to top and bottom of bun, place the fried chicken and spread more spicy mayo on top of chicken, add seaweed salad and top with spiral carrot. Close the bun with bamboo stick or toothpick. Now you are ready to enjoy the KFC Bao!

**\*Note: If you have any questions about the recipe, email Dave McCoart at [mccoartd@gmail.com](mailto:mccoartd@gmail.com).**