

Difficulty Level



BAO MASTER Competition

Every month we will announce a winner for the best looking BAO posted on Instagram. Start perfecting your BAO making skills and follow the tips from the BAO Master.

To Submit
Post the picture of your carefully crafted BAO and @bao_london and #BAOMaster. This can be on stories too.

The prize is a £50 voucher to use in your choice of BAO restaurants once we reopen.

Tips from a BAO Master



Use a spoon to sprinkle a fine dusting of peanut powder so it resembles the picture. Make sure there is around 5mm 'border' around the pork so you can see the white of the BAO.

Storage

Please use the ingredients on the day of arrival or the following day. If you would like to keep it for another day you can freeze the Gua Bao and Pork Braise for up to 3 months. Use within 1 day of defrost

In the Kit

6 x Gua Baos
12hr Slow Braised Pork
Peanut Powder
Fermented Mustard
Greens & Doubanjiang
Coriander
Greaseproof Paper

Allergens & Ingredients

ALLERGENS:
Cereals Containing Gluten
Milk
Mustard
Peanuts
Soya
Sulphites

INGREDIENTS:
Pork, shaoxing wine, soy sauce, spring onion, star anise, sugar, baking powder, milk powder, flour, salt, sugar, yeast, milk, rapeseed oil, chilli, cinnamon, garlic, ginger, mustard green, salt, peanuts, sugar

Instructions

1 Heating the BAOs

Bring a pan of water to boil, just an inch of water will do. In a bamboo steamer, place one greaseproof paper under each BAO. Making sure you give some breathing space around them. Close the lid and steam on a high heat for ten minutes. The BAOs are ready when they are bouncy to the touch.

Be careful when you open as the steam is extremely hot.

2 No bamboo steamer?

You will need a sieve or a colander, as long as it sits comfortably on a saucepan and a lid can sit over the top with enough space for the BAOs. Follow the same steps as step 1. If you aren't able to steam; see microwave instructions on step 5.

3 Reheating the Braised Pork

Whilst the BAOs are steaming, in a small saucepan reheat the braised pork on a medium to high heat for 10-12 minutes until piping hot and the sauce has reduced and become slightly sticky and not too runny.

4 Frying the Ferments

Heat a small frying pan on a medium heat with a little oil. Fry the ferments and Doubanjiang (chilli bean paste) for 3 minutes. Keep warm until you need to use it.

5 Heating the BAOs w/Microwave

If you don't have a steamer, you can microwave the BAOs. Place the BAOs on a microwave friendly plate (Greaseproof paper is not required here). Sprinkle a bit of water on the BAOs to help them hydrate. Microwave for 15 seconds at 700W or until they are bouncy to the touch

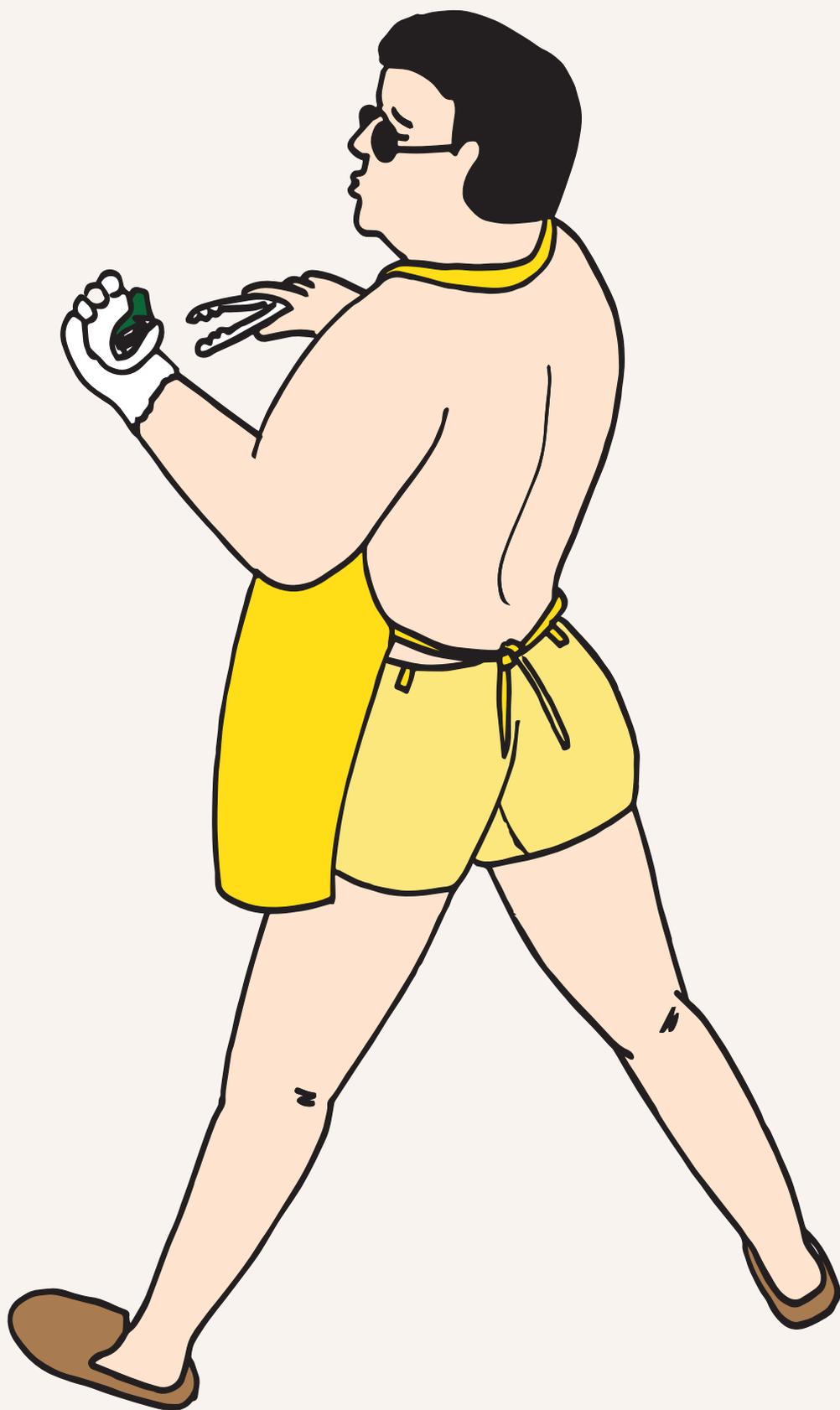
Tip: Only heat the BAOs when you are ready to eat. Microwaving causes the BAOs to harden if you leave them out.

6 Assembling

Assemble the BAO in the following order

- 1 Braised Pork (Tong)
- 2 Fermented Mustard Greens (Tong)
- 3 Coriander (Fingers)
- 4 Peanut Powder (Spoon)





Made-by-you^{KIT}