



## CURRY BEEF BUNS

### MISE EN PLACE

- The night before your class take 4 tbsp butter out of the fridge to soften (for the milk bread).

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### CURRY BEEF BUNS *(makes approx. 12)*

Recipe by Mai Nguyen

*Milk Bread (recipe below)*

*Curry Beef Filling (recipe below)*

*1 large egg*

*2 tbsp milk*

*½ tsp sugar*

*2 tbsp toasted sesame seeds (optional)*

- Preheat your oven to 375 F.
- Roll out each ball of dough until smooth and round. Roll out the dough into a round disk, 1 cm thick. Roll out the edges of the disk so it is thinner than the centre.
- Place a heaping tablespoon of filling into the center of your dough disk and pull the edges of the dough to the center over the filling and pinch until the dough is sealed. Shape your bun so it is circular in shape and place the pinched side facing down.
- Repeat with the remaining dough.
- Cover the formed buns with a kitchen towel until they complete their second proof and are 1.5-2x their size. **Note:** the buns can be over proofed so if you aren't steaming them right away place them in the fridge to slow the proofing process.
- Mix together the milk, egg, and sugar until well combined.
- Place your buns at least 1.5 inches apart on your baking tray lined with parchment paper.

- Brush the top of your buns evenly with the egg wash and sprinkle with sesame seeds.
- Place in the oven and bake for 15-25 minutes or until the buns are a dark golden brown.

## MILK BREAD

*100 ml milk*

*20 g bread flour (approx. 2 tbsp)*

*2 tsp dry active yeast*

*140ml warm milk, 32-37 C*

*3 tbsp sugar*

*340g bread flour (approx. 2 2/3 cups)*

*1 tsp salt*

*1 large egg*

*4 tbsp unsalted butter, room temperature*

*2 tbsp neutral oil*

- Make the *tangzhong* by combining 20g of bread flour with 100 ml milk in a small pot. Whisk together until all the flour ‘dissolves’ into the milk. Heat over medium-low heat and cook, stirring often, until thickened but still pourable, about 4-5 minutes. Set aside to cool to room temperature.
- In a bowl, mix together 140 ml warm milk, 2 tsp yeast, and 3 tbsp sugar. Let it sit and allow the yeast to activate and get foamy. This step ensures your yeast is healthy and active prior to proceeding to the next step.
- In the bowl of your stand mixer (fitted with a dough hook), combine the 340 g of bread flour with salt and the egg. Add in your *tangzhong* and milk until a shaggy dough forms. Next add the softened butter one tablespoon at a time, mixing until fully incorporated before adding the next. Increase the speed of your mixer, until the dough is tacky and slightly sticky, 8 to 9 minutes. Transfer the dough to a lightly floured work surface. Wet your hands to prevent the dough from sticking, and knead your dough to form a smooth ball.
- Coat the inside of a large bowl with oil and place your ball of the dough in the center. Cover with plastic wrap and allow it to proof for 45 minutes in a warm place (or until the dough doubles in size).
- After the dough has finished proofing, turn it out onto a clean surface lightly dusted with flour. Knead it to get rid of any air pockets. Divide the dough into 12 equal pieces. Keep the dough covered when not actively working with it.

## **CURRY BEEF FILLING**

*1 lb ground beef*  
*1 cup yellow onion, finely diced*  
*2-3 cloves garlic, finely minced*  
*2-3 tbsp yellow curry powder*  
*1 tbsp sugar*  
*1 tbsp soy sauce*  
*1/2 cup beef stock*  
*1 tbsp corn starch*  
*Salt and pepper to taste*  
*2 tbsp vegetable oil*

- Heat up oil in a large pan over medium-low heat. Add the onions and cook until softened. Once the onions are translucent add the minced garlic and cook until fragrant. Add the ground beef, ensuring you break it up into individual pieces so it browns evenly.
- When the beef starts to brown, add the curry powder and mix it into the beef.
- Mix the beef stock together with the corn starch to create a slurry.
- Once all the beef is fully browned, add the sugar, soy sauce and beef stock. Simmer until the liquid has thickened and the beef is no longer sitting in a pool of liquid.
- Allow the beef mixture to cool completely before assembling the buns.

## **EQUIPMENT**

Stand mixer with dough hook  
Cutting board and knives  
Mixing bowls  
Kitchen scale  
Pan  
Rolling pin  
Parchment paper  
Pastry brush