

STEAMED PORK BUNS



August 22

National Bao Day

INGREDIENTS

- 1 Pound Ground Pork
- 3 Green Onions (chopped)
- 4 Tablespoons Ginger Paste
- 2 Tablespoons Soy Sauce
- ¾ Teaspoon Chinese 5 Spice Powder
- 2 Tablespoons Dry Sherry
- 2 Tablespoons Honey
- 4 Tablespoons Hoisin Sauce
- 1 – 8 Count Can Buttermilk Biscuits (enriched or whole grain rich)

DIRECTIONS

1. Put the ground pork in a pan on medium heat with the soy sauce, white parts of the onion and ginger paste. Let it cook for 5 minutes
2. Add the rest of the ingredients and let it simmer on medium heat for 10 minutes.
3. Open your biscuits and lay them out on a flat surface. Flatten each biscuit to a 4 – 5 inch round.
4. Place 1½ – 2 tablespoons of the ground pork mixture to the center of each biscuit and then wrap the biscuit around the filling. Pinch the ends of the biscuit together to seal it, and then place the bun sealed side down on a parchment paper square.
5. Add water to the bottom of a pan, and place a bamboo steamer (or metal steamer) on top. Steam the buns on medium low for 20 minutes.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

8 Buns

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Bun	1 Bun	1 Bun	2 Buns