

Mushroom Filling and Bao Bun Recipe

Chef Paul Ruzat

Mushroom Filling

- 1/3 cup - Soy Sauce
- 2 Tablespoons - Rice Vinegar
- 2 Tablespoons - Maple Syrup or Agave Syrup
- 2 teaspoons - Sriracha Sauce or Sambal Oelek
- 2 teaspoons - Sesame Oil
- 2 Tablespoons - Oil
- 1 LB - Shiitake Mushrooms stemmed and sliced into strips

In a bowl, stir together the soy, vinegar, sweetener, hot sauce and sesame oil.

Heat oil in a pan and add the mushrooms. Cook until evenly browned. Add the sauce and stir to coat the mushrooms. Continue cooking until the sauce is thick and sticky.

Vegetarian Oyster Sauce

- 2 cups - Dried Mushrooms
- 2 Tablespoons - Oil
- 2 teaspoons - Minced Garlic
- 1 teaspoons - Minced Ginger
- 2 Tablespoons - Soy Sauce
- 2 teaspoons - Miso Paste (optional)
- 1 teaspoon - Sugar
- 1/4 teaspoon - 5 Spice Powder
- 2 teaspoons - Toasted Sesame Oil

Rinse mushrooms in a bowl - drain and cover mushrooms with hot water allow to soak until mushrooms are soft. Remove from water and reserve water. Slice mushrooms into thin strips.

Heat oil in a large sauté pan and add mushrooms. Stir until browned and then add garlic and ginger. Cook for another minute and transfer to a food processor. Add 1 cup of the reserved soaking water and puree until smooth. Return mixture to sauté pan.

Mix together the soy, miso, sugar and 5 spice in a bowl. Stir until sugar and miso dissolve. Add to sauté pan and cook over low heat until thick. Add some mushroom water if it turns too dry. Remove from heat, add sesame oil and allow to cool.

Shiitake Bao Buns

1 packet - Active Dry Yeast

1 cup - Warm Water

3 cups - Flour

1 ½ Tablespoons - Sugar

1 teaspoon - Salt

2 Tablespoons - Oil (Canola or coconut - divided)

Whisk together the water and yeast and let sit until yeast blooms - about 5 minutes. Mix the flour, sugar and salt together in a large bowl. Stir 1 Tablespoon of the oil into the water & yeast mixture then add to the bowl with dry ingredients. Stir to form a soft dough.

Transfer the dough to a work surface that had been lightly floured and knead it until smooth and elastic (about 6-7 minutes). Oil another bowl, roll the dough into a ball. Place in bowl and cover. Allow to double in size.

Once doubled, divide the dough ball in half. Remove one half from bowl and divide into 5 even pieces.

Roll each piece into a ball and flatten with your hand. Use a dowel or rolling pin to shape into a 4-5 inch round. Brush the top with oil and fold in half. Place on a piece of parchment in a steamer. Repeat the process for all the dough to make 10 rounds. Let rest for 10 minutes and then place steamer over boiling water and steam for 8 minutes.

Slather the inside of the bun with sauce, stuff with mushrooms, pickled veggies and cilantro to serve.

Pickled Veggies

¼ cup - Water

¼ cup - Rice Vinegar

1 Tablespoon - Sugar

½ teaspoon - Salt

2 cups of julienne cut vegetables

In a bowl, mix together all the ingredients except the vegetables and stir until the sugar dissolves. Add the vegetables and allow to sit for 10-15 minutes, up to an hour.