

# Create Soulful Butaman, steamed pork (veggie) buns!! From Osaka, Japan



## Make the dough

### Wrapper Dough (8 pieces)

270g	All-purpose flour (protein content of 8 to 10% ) ✂Mix half of the cake flour and half of the bread flour can be substituted instead of all-purpose flour.
27g(3Tbsp)	Sugar
1 tsp	Yeast
1 tsp	Baking powder
140g	Warm water
2 tsp	Vegetable oil

Starch (needed when you mold the dough)

Bowl, Rubber spatula, Measuring cup, Teaspoon, Scale, wax paper, Steamer

**✂Be sure to weigh each ingredient individually. Using a scale is recommended if possible.**

1. Put flour, sugar, yeast, and baking powder in a bowl, and mix.
2. Warm water up to body temperature.
3. Add warm water in a bowl little by little, and mix by rubber spatula until the dough becomes combined.
4. Add oil and mix more.
5. Knead the dough well until the dough becomes combined, and doesn't stick to hands as well as becomes a glossy surface, and make it a round shape.
6. Wrap them with plastic wrap and leave for 30 minutes at 45 degrees Celsius temperature until the amount of dough becomes double.
7. Sprinkle starch on the board, divide the dough into 8 portions (about 53g each), make it a sphere, leave it on the board, and cover the wet towel not to let them dry.



# Make the fillings

Fillings	Pork	Veggie
Ground pork	200g	
Onion	200g	
Dried shiitake mushrooms		30g
Thin deep fried tofu		12g

If veggie buns making,

✂️ Presoak dried shiitake mushrooms in a bowl of water until they become soft, and cut finely, then squeeze them.

Chop thin deep fried tofu finely.

1. Chop the onion, fry it lightly, and cool down.
2. Add all ingredients and seasonings in a bowl and mix them well.
3. Cover the bowl with plastic wrap and leave it 15 minutes and more in the refrigerator.

Seasoning	Pork	Veggie
Salt	2 pinches	
White wine	1 Tbsp	
Dark soy sauce	1 Tbsp	
Oyster sauce	1Tbsp	
Miso paste		2 tsp
Sugar		1 tsp
Sesame oil	1 Tbsp	
Vegetable oil	3/4 Tbsp	1.5 Tbsp
Starch	2 Tbsp	4 Tbsp
White pappepr powder	1 dash	

<Kitchen Tools>

Bowl, Tablespoon, Teaspoon, Scale

# Finish Butaman

1. Cut wax paper into 7 to 8 cm (3 inches) squares of 8 pieces.
2. Divide the fillings into 8 portions.
3. Make the dough 10 cm(4 inches) round shape with your hands.
4. Place the dough on your left palm, put the filling in the center.
5. Place the dough in a circle shape made by your right thumb and your right index finger.
6. Push the filling in the dough with your left thumb.
7. Replace it on your left palm, make 13 folds with your right thumb and index finger, and close it.
8. Place it on wax paper.
9. Repeat the work from No.4 to No.8.
10. Cover the wet towel not let them dry.
11. Preheat the steamer.
12. Transfer them to the steamer, and steam over high heat for 15 minutes.



**Tomoko & Yuji**  
Experiences in Osaka  
<https://hajimeya.biz>



Please follow our instagram!  
<https://www.instagram.com/tomokoxiosaka/>