



BAO BUNS WITH SPICY CHICKEN 'SLOPPY JOES' AND PICKLES

Prep + cook time: 1hr **Serves:** 4 – 6

Ingredients

FOR THE PICKLED VEGETABLES

250 ml distilled vinegar
2 tbsp caster sugar
1/2 tsp salt
2 large carrots
2 spring onions
10 g | 1/3 cup coriander leaves

FOR THE SAUCE

150 g | 1/2 cup cornflour
60 ml water
3 tbsp dark soy sauce
2 tbsp rice wine vinegar
1 tsp sesame oil
120 g | 1/2 cup caster sugar
1 tbsp cornflour
1 small orange, zest only, finely
grated

FOR THE BUNS

70 g | 1/2 cup cornflour
30 g | 1/4 cup plain flour
1 large egg
1 large egg white
1 l sunflower oil, plus 1 tbsp extra
4 large boneless skinless chicken
thighs, trimmed and cut into
bite-sized pieces
1 tbsp ginger root, peeled and
minced
2 cloves garlic, minced
6 bao buns
freshly ground black pepper

1. For the pickled vegetables: Combine the vinegar, sugar, and salt in a saucepan. Bring to a boil and cook until the sugar and salt have dissolved.
2. Meanwhile, peel, trim, and cut the carrots into thin matchsticks; you can also julienne them using a mandoline or julienne peeler. Finely slice the spring onions; place the carrots, spring onions, and coriander leaves in a bowl.
3. Pour over the hot pickling vinegar, stirring to combine. Cover and set aside.
4. For the sauce: In a mixing bowl, thoroughly whisk together everything for the sauce. Set aside until needed.
5. For the buns: Whisk together the cornflour, flour, 1/2 tsp salt, and 1/4 tsp black pepper in a large mixing bowl. Set aside.
6. In a separate large mixing bowl, whisk together the egg, egg white, 1 tbsp oil, 1/4 tsp salt, and 1/4 tsp black pepper.
7. Heat the oil in a large wok or heavy-based casserole dish to about 190°C | 375F, using an instant-read thermometer for accuracy.
8. Just before the oil is ready, add the chicken to the egg mixture, turning to coat. Remove from the egg mixture, letting the excess drip off, and then add to the cornflour mixture, tossing to coat.
9. Working in batches if necessary, add the chicken to the oil, frying until golden brown and crisp, 3-4 minutes. Remove to a plate lined with kitchen paper to drain.
10. Repeat for the remaining chicken, transferring to the plate to drain.
11. Pour the prepared sauce from step 4 into a large saucepan; bring to a boil over high heat, whisking frequently.
12. Meanwhile, finely chop the cooked chicken. When the sauce is boiling, add the chicken to the sauce, stirring to combine; cook over moderate heat until the chicken is warmed through, 1-2 minutes.
13. Reheat the bao buns in a microwave or in a steaming basket over a saucepan of simmering water.
14. Fill the buns with the chicken; top with the pickled vegetables and serve straight away for best results.