

# Char Siu Bao (BBQ BAKED Pork Buns)

Yield: 10 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-barbecue-pork-char-siew-recipe>

## Ingredients:

- 1 pork loin about 1½ lbs
- 4 cloves garlic crushed
- 1 teaspoon ginger grated
- 1 tablespoon peanut oil
- 1 1/2 tablespoons maltose \*, You can substitute honey, if you can't find maltose, so 3 tablespoons honey total
- 1 1/2 tablespoons honey
- 2 tablespoons hoisin sauce
- 1 tablespoon light soy sauce
- 1 tablespoon dark soy sauce
- 1 teaspoon oyster sauce
- 1 tablespoon Shaoxing cooking wine
- 1/2 teaspoon ground white pepper
- 1 pinch salt
- 1/2 teaspoon five spice powder
- 1/2 teaspoon sesame oil
- 1/2 teaspoon red food coloring
- 12 ounces char siu pork finely diced, about 1½ cups, recipe above
- 2 green onions /scallions finely sliced
- 1 tablespoon hoisin sauce
- 1 tablespoon dark soy sauce
- 1 teaspoon sesame oil
- 1/4 cup chicken stock
- 1 teaspoon cornstarch
- 1/2 tablespoon vegetable oil
- 1 envelope dried yeast
- 1/4 cup sugar
- 1/2 cup warm water
- 2 cups all purpose flour
- 1 egg slightly beaten
- 3 tablespoons oil

- 1/2 teaspoon salt
- 1 egg beaten with a dash of water

## **Nutrition:**

1. Calories: 310 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 70 milligrams
4. Fat: 14 grams
5. Fiber: 1 grams
6. Protein: 14 grams
7. SaturatedFat: 3 grams
8. Sodium: 560 milligrams
9. Sugar: 9 grams

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