

# Chinese Meat Filled Buns (Baozi)

Yield: 16 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/baozi-recipe-chinese>

## Ingredients:

- 2/3 pound ground pork or chicken
- 2 spring onions finely chopped
- 3 shiitake mushrooms chopped
- 1 teaspoon fresh ginger chopped
- 3 cloves garlic chopped
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce or fish sauce
- 1 tablespoon rice wine or dry sherry
- 1 teaspoon sugar
- 1/2 teaspoon sesame oil
- 3 tablespoons pork lard melted
- 3/4 cup warm water
- 3 1/4 cups flour
- 1 1/2 teaspoons baking powder
- 2 teaspoons yeast dried
- 3 tablespoons sugar
- 1 teaspoon salt
- 3 3/8 tablespoons cold water

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 15 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 6 grams
7. SaturatedFat: 2.5 grams

8. Sodium: 350 milligrams

9. Sugar: 3 grams

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