



## Dim Sum

VIRTUAL COOKING CLASS

### Menu:

- Chicken Bao (Chicken-Filled Buns)
- Five Spice Spare Ribs with Hoisin Glaze

### Skills Covered in Class Include:

- Preparing yeast dough
- Steaming dumplings
- Working with dried mushrooms
- Selecting ground meat and pork
- Roasting pork
- Making Asian sauces

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## Chicken Bao (Chicken-Filled Buns)



**Yield: 16 buns**



**Active time: 55 minutes**

**Start to finish: 2 hours, 45 minutes**

For the dough:

- 1 teaspoon active dry yeast
- 1 1/4 cups warm water, 110° to 115°
- 2 tablespoons granulated sugar
- 3 3/4 cups cake flour
- 1 teaspoon baking powder
- 1/4 teaspoon fine sea salt
- 2 tablespoons shortening, cut into pieces

For the filling:

- 2 tablespoons grapeseed oil
- 1/2 pound ground chicken
- 3 teaspoons ginger, freshly grated
- 6 dried shiitake mushrooms covered with hot water until soft, and then finely chopped
- 2 tablespoons canned bamboo shoots, rough chopped
- 4 scallions, thinly sliced on the bias
- 1 tablespoon oyster sauce
- 1 teaspoon soy sauce
- 1 teaspoon sesame oil
- 1/4 teaspoon fine sea salt
- 2 teaspoons cornstarch mixed with 2 tablespoons chicken stock or water

Sixteen 2-inch squares of parchment paper

Hoisin sauce, for dipping

1. To prepare the dough, mix together the yeast, warm water and sugar in a large bowl. Allow to sit for 5 minutes until the yeast begins to foam up, to ensure that it's alive.
2. Add the flour, baking powder and shortening and mix with a wooden spoon until well combined.
3. Turn the dough out onto a floured surface and knead until it is smooth and elastic, 5 to 6 minutes.
4. Transfer the dough to a bowl and cover with plastic wrap. Allow to rise until doubled in size, about 1 1/2 hours.
5. While the dough is rising, prepare the filling. Heat a sauté pan over medium heat and add the grapeseed oil. Add the ground chicken and sauté, breaking it up with a spoon until cooked through. Add the ginger and cook until aromatic, about 1 minute.

6. Stir in the chopped mushrooms, bamboo shoots, scallions, oyster sauce, soy sauce, sesame oil, salt and cornstarch mixture. Bring to a boil, and stir until the sauce thickens. Transfer the filling to a bowl and allow to cool.
7. Once the dough has risen, remove it from the bowl and divide into sixteen equal-size pieces. Roll each piece into a ball. Cover with a damp kitchen towel.
8. To assemble the bao, place a ball of dough in the palm of one hand. With the thumb of your other hand make a well in the center. Fill the well with about 1 tablespoon of the filling. Seal by gathering the edges together and twisting them closed.
9. Place the buns, seam side down, on the squares of parchment. Use scissors or a sharp paring knife to make a 1/2-inch-deep X-shape incision in the top of each bun. Keep the finished buns covered with a damp towel.
10. Fill a wok or medium-size pot of water with 3 to 4 inches of water and bring to a boil. Set a bamboo steamer over the pot, ensuring that it's not touching the water. Working in batches, arrange the buns on their parchment squares in the steamer and cover.
11. Steam the buns until they are puffed, 12 to 15 minutes. Add more hot water to the pot as necessary.
12. Place the buns on a platter, and serve warm or room temperature with hoisin sauce. ■

### Equipment list:

- ☐ Mixing bowl
- ☐ Measuring cups and spoons
- ☐ Saucepot and steamer insert, or be creative with a roasting pan and a wire rack
- ☐ Plastic wrap
- ☐ Sauté pan
- ☐ Fine grater for the ginger
- ☐ Scissors or sharp paring knife

## Five-Spice Spare Ribs with Hoisin Glaze



**Yield: 4-6 servings as an appetizer**



**Active time: 30 minutes**

**Start to finish: 3 hours**

For the ribs:

1 slab pork spare ribs  
2 tablespoons grapeseed oil  
Chinese five-spice powder, as needed  
Salt to taste

For the hoisin glaze:

2 tablespoons rice wine vinegar  
1/3 cup honey  
1/4 cup soy sauce  
2 cloves garlic, minced  
1 teaspoon ginger, freshly grated  
1/3 cup hoisin sauce  
1 tablespoon sambal

Sesame seeds for garnish

1. Preheat the oven to 425°.
2. Cut the slab into individual ribs, and place on a parchment-lined sheet tray.
3. Coat the ribs with the oil, season with salt, and a generous coating of five spice powder. Use your hands to ensure the ribs are evenly coated.
4. Place in the oven, and roast until the ribs are cooked through and caramelized on the surface, about 30 minutes.
5. While the ribs are roasting, prepare the hoisin glaze. In a saucepan, mix together the rice vinegar, honey, soy sauce, garlic, ginger, hoisin sauce and sambal. Bring to a boil and reduce the heat to a simmer. Cook, uncovered, until the sauce thickens to a coating consistency.
6. Once the ribs are cooked through and crispy, generously brush them with the hoisin glaze and continue to cook until the glaze is golden brown and bubbly.
7. Place the ribs on a platter, sprinkle with sesame seeds and serve. ■

### Equipment list:

- |  |   |
|--|---|
| <input type="checkbox"/> Sheet tray                | <input type="checkbox"/> Saucepan                   |
| <input type="checkbox"/> Parchment paper           | <input type="checkbox"/> Fine grater for the ginger |
| <input type="checkbox"/> Measuring cups and spoons | <input type="checkbox"/> Tongs                      |
| <input type="checkbox"/> Basting brush             |   |

## Cook Along Class Flow: Dim Sum

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### Please Prep the Following Items Before Class Starts

- Have all ingredients measured for the class and organized by recipe; no need to chop any vegetables as we will do this in class
- Have cookware and tools at the ready
- Cut the squares of parchment for the bao
- Soak the shiitake mushrooms in hot water, and finely chop when ready
- Rough chop the bamboo shoots
- Have ready a steamer set up on your stove with just enough water in the bottom so it's not touching the steamer insert
- Cut the slab of ribs between the bones for individual ribs
- Preheat the oven to 425°
- Have ready the hoisin sauce in a small bowl for serving with the bao

**Note:** *Feel free to prep more items in advance for a more leisurely experience, if preferred*

### Equipment Needed

- Chef's knife
- Cutting board
- Measuring cups and spoons
- Bench scraper
- Spatula
- Wooden spoon
- Mixing bowls
- Basting brush
- Fine grater for the ginger
- Parchment paper
- Plastic wrap
- Saucepan for the rib sauce
- Saucepot and steamer insert, or be creative with a roasting pan and a wire rack
- Sauté pan for the chicken filling
- Scissors or sharp paring knife
- Sheet tray
- Tongs

### Ingredients Needed

- See recipes for quantities needed
- Any ground meat can be used in place of the chicken

### **Class Flow**

- Moderator welcome
- Chef greeting and overview of class
- Confirm students have everything needed for the class
- Mix together the yeast, water and sugar and allow to activate for 5 minutes
- While the yeast is activating, coat the ribs with the oil, salt and five spice powder and place in the oven
- Finish making the bao dough, place in a bowl and allow to rise in a warm place
- *QUESTION BREAK*
- While the dough is rising, prepare the chicken filling- we'll grate the ginger for both recipes here
- While the chicken is cooking, cut the scallions
- Finish the chicken filling, spread out on a plate and allow to cool
- *QUESTION BREAK*
- Prepare the rib glaze and simmer
- Bring the water in your steamer to a low boil
- Divide the bao dough into 16 pieces and roll into balls; cover with a damp kitchen towel
- Begin assembling enough bao that will fit into your steamer, cut the tops and steam when ready- we'll continue to make more once the first batch is in
- *QUESTION BREAK*
- Brush the ribs with the sauce, and continue to cook for an additional couple of minutes; platter when ready and top with sesame seeds
- Check on the steamed bao, and platter when ready
- *FINAL QUESTIONS*
- Enjoy the dishes