

# Nutritious Steam Bun

## **Ingredient:**

plain flour (1000 g)

brown Sugar ( about 2 and half cups)

dry yeast (1 tea spoon)

walnut ( 1 table spoon)

sesame ( 2 table spoons)

LSA --Ground Linseed Almond and Sunflower seeds (3 table spoon)

Oil (a little bit)

Water ( about 2 and a half cups, also can use milk or soymilk)

## **How to do it:**

- 1) Swift the flour, ground walnut & sesame seeds into powder. Mix all dry ingredients together, add oil;
  - 2) Slowly add water into the well-mixed mixture & knead into dough till smooth;
  - 3) Cover & rest the dough for around 1 hour and the dough should be double in size;
  - 4) Knead the dough into stick shape & cut into size you prefer & put into steam pot, with baking paper beneath the smaller dough;
  - 5) Cover & rest the small dough for another 30 min, the bun should become bigger;
  - 6) Then you can steam the bun, this will require around 15 min.
- It is better to ground the walnut & sesame seeds yourself;
  - When covering the dough, you can use cling wrap or paper.
  - Different brand/batch of flour may need different amount of water.