



# SLOW ROASTED MUSHROOMS WITH STEAMED BUNS

## INGREDIENTS

- 1 cucumber
- 3 tablespoons of honey
- 50 ml of vinegar
- 1 glove of garlic
- 2 tablespoons of honey
- 1 tablespoon of Chinese five spice powder
- 1 teaspoon dried chili flakes
- 500 grams of chestnut mushrooms
- 10 grams of coriander
- 300 grams of self-raising flour
- 1 teaspoon of baking powder
- 1 tablespoon of honey
- 200 ml of soy milk
- 2 tablespoons of sunflower oil

SNACK

12 PIECES

TIJD: 4 HOURS AND 30 MINUTE

ZIE MEER OP:

## DIRECTIONS

Slice the cucumber in slivers. Mix the honey with the vinegar and stir the slivers of cucumber through it.

Slice the mushrooms in four.

Squeeze/slice the garlic. Mix the garlic, honey, five spice powder and chili and marinate the mushrooms for 2 hours.

Mix in a bowl the self-raising flour, baking powder, honey and the milk till a coherent dough.

Put the dough in a greased bowl and leave it covered for 1 hour to rise.

Put some oil in a frying pan and add the mushrooms. Fry the mushrooms.

Put 12 pieces of baking paper of 10 x 10 cm. Make 12 balls of the bread dough and roll these out on a with flour dusted bench till ovals. Smear the dough light with oil and fold the oval buns in two till crescents.

Put each ball on a piece of baking paper and leave them covered for another 30 minutes to rise.

Fill a pan for 1/3 with water and bring to the boil. Put some buns in a steam basket and steam the buns cooked in 15 minutes. Repeat till all buns are steamed.

Serve the mushrooms on a steamed bun and sprinkle with the coriander and slivers of sweet sour cucumber.

LA COMIDA  
Deliciosa

