

MOCHI BUNS (麻糬麵包)

(YIELD: ~18)



MOCHI INGREDIENTS

1. 1 cup Sticker rice flour (糯米粉)
2. 1 cup water (or milk)

MOCHI PREPARATION

1. Mix the two ingredients together, microwave for 3 minutes. Blend well, microwave it for another 3 minutes for a total of 6 minutes.
2. In a container, layer the bottom with plastic wrap. Freeze it for 30 minutes.

BUN INGREDIENTS

1. 800g Bread flour
2. 66g sugar
3. 6g salt
4. 4g yeast
5. 400 ml water
6. 1 oz butter

BUN PREPARATION

1. Put everything except butter into a stand-up kitchen-aid mixer. Mix well on a “2” for 3 minutes. Mix on “3” for 3 more minutes. Repeat this 3 times.
2. Add butter and blend for 3 more minutes.
3. Rest in a plastic bag for at least 3 hours (overnight is preferred)
4. Divide the buns into 60-gram portions. Rest for 10 minutes.
5. Prepare the 30-gram fillings (芝麻醬或紅豆泥) and make the buns. Rest 20 more minutes.
6. Finish the top with egg wash. Bake at 350 degree F for 12-15 minutes.