



Fried bun 水煎包

Origin

Fried bun is also named fried steamed bread or fried vegetable bun. Fried bun is one sort of the popular local snacks of Shaanxi province because of its low price and its shape easily to carry.

In the period of Three Kingdoms (Sanguo) in China, Zhuge Liang once led the army on a southern expedition. When crossing the River Lu in Yuannan, he saw aboriginal beheading men in honor of a deity. Therefore he recommended to use the heads of pigs and lambs in place of men's. This event became the source of "steamed head." Before the Ming Dynasty, people called the food containing stuffed rice, flour, and food grains "steamed head." Steamed head has various kinds of cookery (steaming,, frying, broiling, or deep-frying) and flavors (meat diet, vegetarian diet, sweet, sour or salty).

Ingredients

1. Pastry: active dry yeast, flour, water
2. Fillings:
 - *cored and finely chopped cabbage
 - *spring onions and ginger
 - *dry shrimp meat
 - *minced steak
 - *salt
 - *granulated sugar
3. Seasonings: soy sauce, sesame oil

Recipe

1. Dissolve the yeast and sugar in water. Sift the flour into the yeast mixing and mix to a smooth and firm dough. Leave the dough in a warm place until the dough has doubled in bulk.
2. Mix together minced steak, dry shrimp meat, scallions, soy sauce and sesame oil. Mix together cabbage with the salt, and slightly granulated sugar, and then squeeze dry, discarding the salty water. Add the cabbage to the pork and mix well.
3. Knead the dough and slice the roll into thick rounds. Flatten each roll and place the filling into the center of each round.
4. Gather the sides over the filling to meet at the top and twist the top to close tightly.
5. Place the dumplings on the bottom of a steamer and fry them until the bottoms of each dumpling become golden.

Feature: Local snacks are characteristic of dietetic culture in Taiwan. Fried bun is a kind of common snacks. Fried bun is well-known for its rich nutrition (containing meat and vegetable), savory flavor, golden color and low price. You must have a try to taste it and you won't regret.