Dai Sau Birthday Longevity Buns / Shoutao

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Shaped like a peach and filled with lotus paste, Shoutau signifies long life, a symbol borrowed from the legend of the goddess Wang Mu, who threw grand heavenly parties in her peach garden.

- Sub Category Name
  Food
  Desserts
  Sweets
- Recipe Source Name
  Tea Inspired Festivities
- Festivities Name
  Momentous Family Celebrations

Used Teas

t-Series Pu-erh No. 1 Leaf Tea

Ingredients

Dai Sau Birthday Longevity Buns / Shoutao

- 170g pau (low-protein) flour / waterlily flour / Hong Kong flour
- 20g wheat flour
- 1 tsp double action baking powder
- 60g icing sugar
- 1 tsp instant yeast
- 100ml water (may be slightly more if dough is too dry)
- 20g shortening
- Pink colouring
- 225g lotus or red bean paste

Methods and Directions

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- In a bowl, combine pau- and wheat- flours, baking powder, icing sugar, yeast and water.
- Mix well.
- Add the shortening and knead the dough well, until it is smooth, soft and well integrated.
- Shape it into a ball and let it proof for 1 hour, until it has risen.
- Divide the lotus or red bean paste into 9 equal portions (about 25g each) and roll into balls.
- Divide the skin dough into 9 equal portions (about 30g each), roll into balls and flatten into discs.
- Place a piece of filling in each disc of dough skin, and wrap up neatly.
- Shape it into a teardrop, and use the edge of a spoon to make a curved line in the middle to look like a peach.
- Brush some pink colouring over the buns. Place each on a piece of greaseproof paper and leave it aside for 30 minutes to proof.
- Steam it over medium heat for 10-15 minutes.
- After, turn off the flame and allow to sit in the covered steamer for a further 5 minutes.
- Serve hot.

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