LIGHT & SWEET

Steamed Pumpkin Buns

PREP	COOK	SERVES
1 h 40 min	15 min	8 buns

Vegetarian

Fluffy steamed buns with a golden pumpkin dough.

Ingredients

- 300 g plain flour, plus extra for dusting
- 100 g cooked pumpkin or butternut squash purée, cooled
- 100 ml warm milk
- 30 g sugar
- 4 g instant yeast (about 1¼ tsp)
- 3 g salt (½ tsp)
- 20 ml neutral oil

Method

1. Mix the flour, sugar, yeast and salt. Add the purée, warm milk and oil and stir until a shaggy dough forms.
2. Knead for 8 to 10 minutes until smooth and elastic. If it sticks, add a spoonful of flour; if it is dry, a splash of milk.
3. Cover and let it rise in a warm place for 60 minutes, until doubled.
4. Punch the dough down and divide into 8 pieces. Roll each into a smooth ball.
5. Place each ball on a square of baking paper in a steamer basket with space between them. Cover and rest for 20 minutes.
6. Set the steamer over boiling water, turn the heat to medium and steam for 15 minutes.
7. Turn off the heat and leave the lid on for 3 minutes before opening, so the buns do not collapse.

Cook's tip

Squeeze as much water as you can out of the pumpkin purée, or the dough will be too sticky. A tea towel wrapped around the lid stops drips from wrinkling the tops. The prep time includes about 80 minutes of waiting for the dough.