

Maitake (Hen of the Woods) and Collard Green Steamed Buns

Ingredients

For the Dough

- 300g. all-purpose flour
- 40g. sugar
- 1½ tsp. yeast
- ¾ cup warm (but not hot) vegan milk
- Pinch of salt

For the Filling

- Oil, for cooking
- ½ small onion, diced
- 1 clove garlic, minced
- ½ pound fresh maitake mushrooms, cleaned and torn into pieces
- ¼ pound collard green (or kale), chopped
- 1 tsp. soy sauce
- Salt and pepper, to taste
- 1 tsp. nutritional yeast

Steps

1. In an electronic mixer with a dough hook, or a large bowl, combine all the ingredients for the dough and knead for 5-10 minutes. Place in a bowl in a warm place and cover, for about an hour, until the dough has doubled in size.
2. While the dough rises, you can make the filling. Heat some oil in a large skillet, and start by sautéing the onion and garlic for a minute, before adding the maitake. Cook for around 10 minutes, allowing the mushrooms to release most of their liquid. Add the collard greens and soy sauce, and continue to cook down. Once it is well reduced, put the mixture in a food processor, along with the nutritional yeast and some salt and pepper. Pulse very briefly, 10-15 times, to give yourself a rough chop, but not so much that the filling is pureed. Set aside.
3. Once the dough has risen, knead a few times to remove air bubbles, then divide into 8 even pieces. One at a time, shape the buns. Take the dough and roll into a



ball, before pushing down into a disc. Use the palm of your hand to flatten the disc, by going along the circumference of the dough and pushing from the inside out, until the circle is about 4 inches across. Place a heaping tablespoon of the filling in the center. Close the bun by crimping along the edges, before pinching the crimped edges together and gently rolling smooth once closed. Place on a silicone sheet or wax paper and repeat with the other 7 pieces of dough.

4. Let the completed buns prove again, for about 10-20 minutes before cooking. Place the buns (you may have to do this in batches- expect that the buns might double in size) in a steamer lined with wax paper or another liner. Bring the water underneath to a boil, and cook for 20 minutes before removing from the heat. Enjoy!