

Golden Sweet Steamed Buns with Raisins and Pecans

Ingredients

For the Dough:

- 1-2 sweet potatoes (about 250g. total)
- 4 cups (480g) all-purpose flour
- ¼ cup (50g) granulated sugar
- ¾ cup soymilk (or other plant-based milk)
- 2 ¼ tsp. instant yeast
- Pinch of salt

For the Filling:

- 1 cup raisins
- 2/3 cup raw pecans
- 2 tbsp. chia seeds
- 2 tbsp. maple syrup
- ½ tsp. cinnamon

Steps

1. Cook your sweet potato- you may boil or roast it if you wish, but I simply cooked mine in the microwave by piercing it with a fork several times, and microwaving on high heat for 5 minutes, or until the potato was soft and cooked through. Remove the sweet potato skin, measure out 250 grams, and place in the bowl of your stand mixer. Use a potato masher to mash it smooth.

2. Add the plant-based milk to the potato and stir. Once well combined, add all the other ingredients for the dough and mix with a spoon to create a smooth and slightly sticky dough. Use a dough hook to kneed for 5-8 minutes, until the dough is smooth. Place the dough in a lightly oiled bowl in a warm place, and allow to rise for about an hour until the dough has doubled in size.

3. While the dough rises, prepare your filling. Place all the filling ingredients in a food processor or blender, and pulse until you have achieved a sticky, mince-like filling. Set aside.

4. Once the dough has risen, punch it down. Prepare a baking sheet with a silicone mat or wax paper, and divide the dough into 12 even balls. Take a ball, and use



your
flatten it

Recipe from Very Vegan Val (<https://veryveganval.com/>)

hands to
into a



disc, about 3-4 inches across. Place a tablespoon of the filling in the center of the disc, and bring the edges up, pinching them together at

the top to close the bun. Lightly roll the bun to seal it, and place on the prepared baking sheet. Repeat with the remaining dough. Once all the buns are formed, let them sit on the baking sheet to proof for another 10-15 minutes.

5. In the meantime, set up your steamer. Line the bottom of your steamer with cheesecloth or a mat, and bring your water to a boil. Once ready, place your buns inside, cooking them in batches and leaving plenty of room between them for them to grow. Cover the steamer, and let the buns steam for 20 minutes. Remove from the cheesecloth quickly to avoid sticking, and repeat until all the buns are cooked. Enjoy fresh.