

Pan-Fried Beef Buns with Chive

Have you ever tried these crispy juicy buns? They come packed with flavors and surprisingly soupy...



The ground beef that I used in this recipe was provided by ButcherBox. The company offered me to try their products,

therefore I received a generous box containing a variety of beef and chicken products and a package of uncured hickory smoked bacon. Before I continue, I just want to clarify that I did not receive any compensation for this post and all the content and opinion in this post are solely mine. The box came to my door in dry ice and went straight to my freezer. The packages are very convenient as they are packed in small portion under vacuum. If you like to learn more about ButcherBox, please check it [HERE](#).

My son when little used to called these “Chinese hamburger” maybe because the filling resemble hamburger (ground beef), not to insult hamburger’s lover, but these beef filling of ground beef are much tastier than hamburger patties, they are loaded with chives, green onion, ginger and a hint of soy sauce and sesame oil. I still picture my son’s face when eating these buns, he would have his spoon ready to collect the “soup” and drink it with such gratification.

These buns are crispy on the outside and slightly chewy...but I must advise you that there is a trick when eating the buns...you must first take a small bite making a small hole on the skin of the bun. Carefully suck the juice (meat broth) from the bun and then eat as you would normally eat a bun. If you do not extract the “soup” first, you will not only make a mess as the “juice” will come out as you bite and splash all over you, not to mention that you will lose one of the best part of these buns.

This recipe was inspired by my mom’s experience in the kitchen...

Ingredients:

Dough

- 400 g bread flour or all-purpose flour
- 130 g boiling hot water
- 120 g cold water

- Pinch salt

Beef Filling

- 1 lb 85% lean ground beef
- 1 small bunch garlic chives, finely chopped
- $\frac{1}{2}$ bunch green onion or scallion, finely chopped
- $\frac{1}{2}$ tablespoons finely grated ginger
- 1 $\frac{1}{2}$ teaspoon salt
- 1 tablespoon cooking wine
- $\frac{1}{2}$ tablespoon sesame oil
- $\frac{1}{2}$ tablespoon soy sauce
- 100 ml water

Method:



Dough

In the mixing bowl or bread machine bowl, place the flour and salt.

Add the boiling water to the flour and mix. The flour mixture will be lumpy.

Place the bowl in the mixer or bread machine or mixer and then add cold water. Mix until the dough is smooth, approximately 10 minutes.

Remove the dough and place in a container with lid and let rest for 1 to 1 $\frac{1}{2}$ hour.



Beef Filling

Mix the ground beef, chives, scallions, gingers and all the other seasonings together. Add water gradually to the beef mixture, and stir in the same direction until all the water had been absorbed in the meat mixture.



Assembly

Remove the dough from the bowl and weigh approximately 30g of dough (approximately 21 balls). If the dough is very stick, sprinkle a little bit of flour on the working surface.

Roll the pieces into circles of approximately 4in (10cm) in diameter. Wrap approximately 1 to 1 $\frac{1}{2}$ tablespoon of meat mixture) and seal it the same way as you are going to fold Chinese bun. Place the fold side down and gently patch slightly flat.

When ready to pan fry, heat $\frac{1}{2}$ tablespoon of oil in a pan under medium-low. Place the buns first fold side down and cover. Flip the buns until both side are golden brown. Approximately 5 minutes each side.

Serve hot.







If you enjoy this very traditional dish you might want to take a look at this Brazilian inspired Esfiha – Baked Meat Pie.



Did you know that onion and garlic chive belong to the same family? Garlic chive is widely used in Asian cuisine such as Chinese, Japanese, Korean, Thai and Vietnamese. Garlic chive is garlicky and juicy, often added in dumplings filling.



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