



Traditionally these would have both Wheat Flour and Milk as part of the ingredients list. So making them both Gluten and Lactose free sounded like a challenge. Sue was really impressed with the result. The ingredients quantities are a bit vague, but if you've made a bread dough before you'll know by the feel of the mix and can adjust the quantities as required.

Ingredients:-

100g of Cornflour
100g of Rice Flour
Yeast
2 Tbsp of Castor Sugar
½ Tsp of Salt
½ Tsp of Xanthan Gum
Lactose free Milk (Maybe Soya Milk?)
Oil

Method:-

- (1) Add the Yeast to a little warm Water and mix in a little Castor Sugar, to activate the yeast.
- (2) In a bowl mix the Cornflour, Rice Flour, Sugar, Xanthan Gum, Oil and Salt.
- (3) Add enough Milk to form a dough.
- (4) Add the Yeast once it has started bubbling.
- (5) Knead the dough into a ball, adding more Cornflour if the dough seems too moist.
- (6) Cover and set aside to prove for an hour, or until the dough ball has doubled in size.
- (7) On a floured board roll the dough out into a sausage shape.

- (8) Cut into slices about 2 ½ cm thick and roll these out individually to for discs.
- (9) Add your filling of choice. We had loads of Hoisin Beef Rib meat from the previous evening in the fridge.
- (10) Pinch fold in the outside of the disc and then work your way around pinching as you go and adding a touch of water.
- (11) When the top of each bun is sealed add water to steamer.
- (12) Sit each bun on a pad of greaseproof paper in the steamer.
- (13) When the water is boiling steam the buns for 15 to 20 minutes.

As they are steamed they do look a bit pale so we drizzled a bit of DIY Hoisin sauce over them. They were remarkably good, if perhaps a bit on the filling side. This was the second meal from the Meaty bones gig and we still had 4 to freeze for portable snacks or work pack-ups. We served ours of a bed of salad, with [Tokneneng](#) and a bowl of DIY Hoisin sauce to dip.