Bau Dough

dough DIALED

basis all purpose flour = 354 g

	Ingredient	Grams	Baker's	Total	Method
1	all purpose flour[1] baking powder sugar instant dry yeast water, lukewarm canola oil	354 8.5 27.0 6.0 177 30.0	100.0% 2.4% 7.6% 1.7% 50.0% 8.5%	58.8% 1.4% 4.5% 1.00% 29.4% 5.0%	Mix all ingredients in food processor for ***30 seconds***. Will form a smooth, but stiff dough.
2					Let dough proof for ***45 minutes*** in a covered lightly oiled container.
3					Divide dough into 15 pieces (40 grams each) (the buns should be in the range of 30-60 grams each. Where 60 are very large buns)
4					Fill pieces. Place on parchment paper and let rise for ***25-30 minutes***.
5					Steam buns for ***12-15 minutes***. Let rest for ***5 minutes*** in steamer with the heat off and the lid just barely cracked.
	Total	**603**	170.2%	100.0%	

[1]Use unbleached. Bleached flour only for cakes.