



Amanda Roe
since 1916



Ingredients • 10 persons

Hirata buns:

250 g strong flour
14 g yeast dried
2 g baking powder
2 g bicarbonate of soda
5 g caster sugar
2 g salt
20 g milk whole
120 g water

Korean BBQ roe mix:

800 g roe cut into batons
100 g soy sauce korean
8 g chili flakes
100 g brown sugar
80 g rice wine vinegar
20 g garlic chopped
20 g ginger chopped
100 g apple juice
100 g plain flour or cornstarch

Kimchi slaw:

40 g kimchi drained
100 g red cabbage
100 g carrot
40 g spring onion
120 g Japanese mayo
40 g spinach

Korean BBQ roe in hirata buns with kimchi slaw

How to prepare and cooking

Preparation time: 50 minutes • Cook time: 10 minutes

Hirata buns: In a bowl combine the milk, water and yeast. This needs to be blood temperature 38°C. Combine the dry ingredients together then add the wet to the dry and knead until a dough is formed. Place in a bowl and then cover leave to prove for 1 hour. Now mould into 30 g size pieces and then roll into an oval flat shape then brush oil on one half and fold. Allow to proof for 40 mins. Steam the buns for 8-10 mins until doubled in size and cooked through.

Korean BBQ roe mix: Place all the ingredients except the roe into a pan and bring to a simmer. Reduce until the sauce is thickened and syrup like. Coat the roe in the flour then remove excess and then fry the roe until golden brown and crisp in a fryer at 180°C. Then remove drain and cool then coat in flour again. Fry a second time till crisp. Now coat the roe in the sauce before serving.

Kimchi slaw: In a food processor blend the kimchi and Japanese mayo to form a smooth spicy mayo. Shred the vegetables into thin strips then bind in the mayo and allow to marinade for 20 mins.

Serving: To serve you will need to have the buns steamed and then warm the roe mix place the roe mix into the open bun, sprinkle over some spring onions and place into a serving steamer basket, serve the slaw separately. Then to eat place some slaw onto of a bun.



Recipes by Steve Walpole



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