



Barbecued Pork Pastry

Appetiser, Serves 8

Oil Dough:

120 g./1 cup cake flour
34 g./1/4 cup bread flour
7 g./1/4 oz. powdered milk
90 g./6 tbsp. chilled unsalted butter
180 g./6 oz. chilled pork lard
Few drops vanilla extract

Water Dough:

90 g./3/4 cup cake flour
30 g./3 1/2 tbsp. bread flour
22 g./1 1/2 tbsp. unsalted butter
70 ml./5 tbsp. water

Barbecued Pork Filling:

75 g./5 tbsp. sugar
17 ml./ 3 1/2 tsp. dark soy sauce
12 ml./ 2 1/2 tsp. light soy sauce
12 ml./ 2 1/2 tsp. oyster sauce
10 ml./2 tsp. sesame oil
300 ml./ 1 1/4 cups of water
17 g./ 4 tsp. cornstarch
30 g./ 2 1/2 tbsp. potato starch
300 g./ 11oz. barbecued pork, diced
(purchased from a Chinese
supermarket either fresh or frozen)
Ground white pepper to taste

To Assemble:

2 egg yolks, beaten, for brushing pastry
Sesame seeds

For the Oil Dough:

• Sift together the flours and powdered milk; then cut in the butter and lard. Stir in the vanilla. Refrigerate until chilled.

For the Water Dough:

• Sift together the flours. Cut in the butter; then mix in the water. Refrigerate until chilled.
• Roll out both the chilled oil dough and chilled water dough. Place the oil dough in the centre of the water dough, and fold over to encase. Refrigerate until semi-firm. Remove the dough from the refrigerator, roll it out flat into a rectangle, fold up like a letter (making 3 layers), and place it in the refrigerator again until semi-firm. Repeat this three times and keep it in the refrigerator until ready to use.

For the Barbecued Pork Filling:

• Place the sugar, dark soy sauce, light soy sauce, oyster sauce, ground white pepper, sesame oil and water in a saucepan and bring to a boil. Whisk in the cornstarch and potato starch; heat until the sauce thickens. Add the diced pork and mix well. Place in the refrigerator and chill until needed.

To Assemble:

• Preheat the oven to 200 degrees C/400 degrees F.
• Remove the dough from the refrigerator and roll the pastry out thinly. Cut into desired shapes, top with barbecued pork filling, and enclose the filling. Brush the outsides with egg yolk, and sprinkle with sesame seeds. Place the pastries on a baking sheet, place in the oven and bake until browned and crisped and the filling is heated through, about 15 minutes depending on size.

Egg Tart with Bird's Nest

Appetiser, Serves 8

Oil Dough:

120 g./1 cup cake flour
28 g./3 tbsp. bread flour
7 g./1/4 oz. powdered milk
110 g./8 tbsp. (1 stick) chilled butter
180 g./6 oz. chilled pork lard
Few drops vanilla extract

Water Dough:

90 g./3/4 cup cake flour
30 g./3 1/2 tbsp. bread flour
22 g./1 1/2 tbsp. unsalted butter
82 ml./1/3 cup water

Filling:

60 ml./1/4 cup syrup
120 ml./1/2 cup whole eggs
12 ml./2 1/2 tsp. cream
2 g. prepared bird's nest to garnish

For the Oil Dough:

• Sift together the flours and powdered milk; then cut in the butter and lard. Stir in the vanilla. Refrigerate until chilled.

For the Water Dough:

• Sift together the flours. Cut in the butter; then mix in the water. Refrigerate until chilled.
• Roll out both the chilled oil dough and chilled water dough. Place the oil dough in the centre of the water dough, and fold over to encase. Refrigerate until semi-firm. Remove the dough from the refrigerator, roll it out flat into a rectangle, fold up like a letter (making 3 layers), and place it in the refrigerator again until semi-firm. Repeat this three times and keep it in the refrigerator until ready to use.

For the Filling:

• Mix together the syrup, eggs and cream.

To Assemble:

• Preheat the oven to 180 degrees C/350 degrees F.
• Roll out the dough until very thin and use a pastry cutter or the rim of a drinking glass to cut out circles of dough large enough to line tartlet moulds. Fill the tarts with the custard filling, place the moulds on a baking sheet and bake until the filling is set and the pastry is very lightly browned, about 15 minutes, depending on size. Garnish with bird's nest and serve at room temperature.




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