PARKLANDS FOOD FEST

STEAMED BAO WITH 5 SPICE ROAST PORK, CHICKPEA WATER AIOLI & BROCCOLI STEM SLAW

10 portions

TRAVIS HARVEY, OZHARVEST

INGREDIENTS

1 packet store bought bao buns

200g leftover pork, beef, lamb or chicken cut into slices

100g self-raising flour

2 tsp 5-spice flour

1 tsp salt

1/2 tsp fresh ground pepper

400ml vegetable oil

Broccoli stem slaw

2 broccoli stems, outers peeled off and julienned on a mandoline

1 bunch dill

1 tbsp toasted sesame seeds

1 eschallot, finely sliced

Juice of 1 lemon

Pinch of salt

Vegan aquafaba mayo

5g garlic, cloves minced

15ml juice lemon

10g dijon mustard

45ml of liquid from a can of chickpeas, plus 12 chickpeas

120ml vegetable oil

60ml extra virgin olive oil

METHOD

For the broccoli stem slaw

Combine and dress with aquafaba aioli

For the aquafaba aioli

Combine garlic, lemon juice, mustard, chickpea liquid, and chickpeas in a food processor. With the blender running, slowly drizzle in vegetable oil. A smooth, creamy emulsion should form.

Slowly drizzle in olive oil. Season to taste with salt and pepper. Mayonnaise will keep in a covered container in the fridge for up to 1 week.

Bring everything together

Mix the flour, salt and spices together and lightly coat the sliced beef or leftover meat of your choice. Heat the oil to around 190 degrees and quickly fry the meat until crispy (around 90 seconds, too long may dry it out). Cool on paper towel.

Steam the buns for 5 minutes until tender. Fill with the crispy meat, slaw, aioli and spice with your favourite chilli sauce.