

SESAME BAO BUN FILLED WITH
PANKO CAMEMBERT & CHILLI HONEY DRESSING

Gary Parsons, *H&B Executive Chef*

HARVEY & BROCKLESS
the fine food co

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

SESAME BAO BUN FILLED WITH PANKO CAMEMBERT & CHILLI HONEY DRESSING

Chef Gary Parsons

Ingredients

SERVES 12 PORTIONS

Sesame bao dough

HS373 Harvey & Brockless Kitchen Thai sesame dressing	15g
IN019 Cornish Sea Salt	10g
Dried yeast	10g
Water	175ml
Strong flour	300g
Skimmed milk powder	15g
Bircarbonate of soda	2g
Baking powder	2g
Neutral oil	15ml
Black sesame seeds	10g

Fried petit camembert

EC740 Cricket St Thomas Camembert	220g
Panko bread crumbs	100g
Flour	100g
Egg	2 eggs
Salt	2g
Pepper	2g

To finish

HS726 Harvey & Brockless Kitchen Chilli Honey Dressing	100g
HS373 Harvey & Brockless Kitchen Thai sesame dressing	80g
Mayonnaise	30g
Sesame bao buns	12 buns
Gem lettuce leaves	2 leaves
Red onion	10g



SESAME BAO BUN

*filled with panko camembert and Harvey and Brockless Kitchen
chilli honey dressing*

Method for Sesame bao dough

1. In a small bowl, mix together the dried yeast and 175ml of warm water. Let it sit for 5-10 minutes until the yeast is activated and the mixture becomes frothy.
2. In a large mixing bowl, sift together the strong flour, sugar, skimmed milk powder, salt, bicarbonate of soda and baking powder. Add the activated yeast mixture, neutral oil, Thai sesame dressing and black sesame seeds to the dry ingredients. Mix until a dough forms.
3. Turn the dough onto a lightly floured surface and knead for 8-10 minutes until smooth and elastic. Place the dough in a clean bowl, cover with a damp cloth and leave in a warm place to rise for 1 hour or until doubled in size.
4. Once the dough has risen, push it down and knead again for a few minutes. Divide dough into 12 equal pieces and shape each piece into a ball. Place the dough balls onto baking paper and leave to rest for a further 10-15 minutes.
5. Bring water to the boil in a pan, steam the balls until they are light and fluffy. Cut in half neatly, leave to cool.

Method for fried petit camembert

Cut the camembert into 12 equal wedges. Place the flour, beaten eggs and panko breadcrumbs in 3 separate bowls. Coat each camembert wedge in flour, then dip into beaten egg and finally coat it in the breadcrumbs. Heat a frying pan with oil on a medium heat. Fry the wedges for 2-3 minutes on each side until golden.

To finish

To finish, get the sliced bao buns, place a gem lettuce leaf on the bottom half of each bun, followed by a fried camembert wedge. Drizzle with chilli honey dressing and mayonnaise and Thai sesame dressing. Garnish with the sliced red onion.

Cricket St Thomas Camembert

A rich and creamy Camembert with a soft, edible rind. A British alternative to the famous French classic, with a notable flavour difference which is the result of its local milk and production process.

Cornish Sea Salt

A pebble's throw from the Atlantic Ocean, the salt house that produces Cornish Sea Salt uses pure sea water from a protected marine zone, which is high in trace elements. It's this purity that gives the salt its fresh flavour and makes it so popular with chefs. Add a sprinkle to chocolate brownies to elevate them to new levels.

Harvey and Brockless Kitchen Chilli Honey Dressing

Silky and spicy, sweetened with honey, this bright dressing is simply made, with an impactful flavour.

Harvey and Brockless Kitchen Thai Sesame Dressing

Our mirin based dressing, made with roasted sesame seeds, giving it a glossy brown sheen that adds a rich lustre to Asian salads. Roasted, nutty tahini and salty tamarind notes gives an umami kick.