

# Ethnic flours & speciality breads

## Dampfnudel

This time last year, many people outside Germany had never heard the word dampfnudel, let alone knew it was a bread roll/dumpling. That all changed when it featured in a Paul Hollywood challenge on *The Great British Bake Off*.

These steamed dampfnudel rolls (right) can be eaten as dinner rolls with a meal, or sliced in half to be used as buns for sandwiches, including deli/sliced meats, veggie burgers and hamburgers.

### INGREDIENTS:

**Makes: 6 rolls**

- **Warm water (27-37°C)**, 360ml
- **Active dry yeast**, 10ml
- **All-purpose flour**, 720ml
- **Sugar**, 15ml
- **Salt**, 5ml
- **Vegetable oil**, 15ml
- **One egg**, whisked
- **Solid vegetable shortening**, 30ml

### METHOD

1. In a bowl, add 240ml water and yeast, then stir to combine well. Set aside for 5 minutes.
2. Add remaining flour, sugar, salt, oil, and egg, then stir well.
3. Knead for 5 minutes, until smooth and pliable, then cut dough into 6 pieces.
4. Shape each piece of dough into a smooth round ball. Lightly coat tops of balls with non-stick cooking vegetable oil spray. Wait

5. Melt 15ml shortening in a pot or frying pan with a lid, on one dial setting less than medium heat.
6. Transfer 1 dough ball on to a slotted spoon, gently place the ball into the melted shortening, and allow it to slide off the spoon.
7. Repeat step 6 until 3 dough balls are in the pot/pan together.
8. Pour 60ml warm water into the pot/pan, then immediately put the lid on.
9. Cook for 6 minutes, without removing the lid to peek
10. Remove lid and, using a slotted spoon, turn over the dough rolls, and cook for 1 more minute until golden-brown on top.

11. With a slotted spoon, transfer the rolls, one at a time, onto a serving plate.
  12. Repeat steps 6 to Step 13, until all 6 rolls are on a serving plate.
  13. Wait 5 minutes, then serve.
- Source:** *Bread: A Beginner's Guide*, written by James Shipley

### BACKGROUND TO THE RECIPE

The recipe was brought to the US by Peter, great uncle of Lisa Vaughn, editor of James Shipley's book *Bread: A Beginner's Guide*. In 1923, he and six family members immigrated by boat from Leimen, Germany, through Ellis Island in New York.

Peter first worked in the US in a German-style bakery, while he and the other family members

learned English and became US citizens. He joined the US military in 1941 and was stationed on a battleship as a gunner. One day, he could not report to duty, as he was ill. That same day, the ship came under attack and every gunner on duty was killed. Saddened by the loss of his friends, Peter asked the man in charge of the ship's kitchen if he could bake something for "comfort food".

The smell of Peter's baking drew the attention of an officer on the ship, and inquiry was made as to who the baker was. When Peter was identified, he was reassigned to the kitchen permanently, to bake and cook every day for the ship's officers.

wholesaler Wing Yip. "Steamed buns are certainly having a moment and we've seen an increase in the number of steamed buns and related ingredients entering the market," he says. The business now stocks around 75 different product lines, and carries ingredients to make them, including medium gluten flour and plain wheat flour.

"Over the past 12 months hirata bun sales have increased in particular and, in the foodservice side, we've noticed a rise in more quick-service style and food truck outlets selling the product."

Yip adds that steamed buns are no longer bought only by Taiwanese or Chinese customers, as they appeal to a wide range of consumers. "The types of filling have also moved on from the standard char

siu, chicken, and pork & vegetable, with customers now using them as a host for Korean fillings, such as red pepper paste and kimchi," he says. "Our range has increased as customers seek a much wider variety of fillings, both sweet and savoury.

"With the street food scene showing no signs of slowing down, we believe steamed buns will remain a prominent feature on the menus of eating-out establishments across the nation for some time yet."

Also predicting a healthy future for steamed buns in the UK is London Food Machinery, which represents Japanese equipment manufacturer Rheon Automatic Machinery. London Food Machinery director Ian Ort says there are already three businesses in the UK manufacturing filled

steamed buns. "A large number are for the Asian community and are supplied into stores like Wing Yip and restaurants," he adds. "Meanwhile, some are mainstream – you can buy mini twist-top steamed buns from Ocado and Waitrose."

Rheon says the local Japanese market largely comprises convenience stores such as 7-Eleven, Lawson and Family Mart, which are well known for food-to-go.

Filled steamed buns are one of the most popular items in Japanese c-stores, which use point-of-sale equipment that can keep the buns warm to prevent them degrading. As well as traditional sweet and savoury fillings, the stores offer newer variants such as curry- or pizza-filled.

Rheon says its stress-free dough