

# Chicken Bao

Rezept für 4 Personen



**Nährwert / Portionen** 595 kcal

# Zubereitung

## Zutaten Crispy Chicken Bao

- 4 skinless chicken thigh steaks (approx. 400 g)
- 2 tbsp Swiss canola oil
- 1/2 cucumber
- Some coriander, roughly chopped
- 4 bao buns ([recipe here](#))
- Sesame seeds white, black

### Marinade

- 200 ml buttermilk
- ca. 2 cm ginger
- 1 garlic clove

### Breading

- 150 g white flour
- chilli flakes
- 1 tbsp baking powder
- 2 sprigs thyme
- salt, pepper, paprika

## Zutaten Gochujang Sauce

- 2 EL Gochujang-Paste
- 2 EL Reisessig
- 3 EL Honig
- 6 EL BIO-Sojasauce
- 1 Zehe Knoblauch
- ca. 2 cm Ingwer
- 1 EL Sesamöl

## Zubereitung Crispy Chicken Bao

Peel the garlic and ginger for the crispy chicken and the sauce and press through a garlic press. Add half of it to the buttermilk. Season with salt and pepper and marinate the chicken in the buttermilk for at least 4 hours (preferably overnight).

Mix the ingredients for the breading. Take the chicken out of the marinade, turn in the breading and deep-fry in canola oil for a few minutes. Then cook the chicken thigh steaks in the oven for approx. 10 minutes at 180 degrees fan.

Steam the buns in a steamer or steam basket for a few minutes.

Peel the cucumber into thin, long strips using a peeler. Toast the sesame seeds very briefly in a pan without oil. Just before serving, coat the chicken in the gochujang sauce and stuff into the buns together with the coriander and cucumber. Sprinkle with sesame seeds and serve with the cabbage salad.

## Zubereitung Gochujang Sauce

Heat the sesame oil for the sauce. Sauté the rest of the garlic and ginger mixture very briefly, remove from the heat, add the remaining ingredients and mix well.

### **Zutaten Colourful Chinese Cabbage Salad**

- 1/4 Chinese cabbage, red cabbage
- 1 carrot
- 1 spring onion
- 1 small ginger piece
- 2 tbsp rice vinegar
- 1 tbsp organic agave syrup
- 1 tbsp sesame oil

### **Zubereitung Colourful Chinese Cabbage Salad**

Finely slice the vegetables for the salad and slice the spring onions into rings. Peel the ginger and puree (or pass through a garlic press). Mix all the ingredients for the salad.