



Manapua

Char Siu ingredients

1-1/2 T of low-sodium soy sauce
4 T of water
4 T of honey
1 t of hoisin sauce
1 t of oyster flavored sauce
1 t sesame oil
1/8 t of five spice powder

Meat Filling

1 lb. ground chicken (or pork)
1 scallion finely chopped
2 garlic cloves, minced
1 t fresh ginger, minced
2 T of water chestnuts, minced
1/2 T of cornstarch
1 T cold water

Bread Rolls

1 package of frozen bread roll dough (Rhodes brand works well), recipe uses 16 rolls
1 egg
1 T of water

Grease a baking dish and line it with 16 dough balls. Allow 3-5 hours for the dough to rise.

Preheat oven to 350F. In a small bowl mix together the Char Siu ingredients. Whisk and set aside. In a large skillet, brown the meat over medium-high heat. Reduce the heat to medium and add the scallion, garlic, ginger and water chestnuts and cook for one minute. Next stir in the Char Siu and bring the heat to a simmer. In a small cup dissolve the cornstarch in the cold water. Then add to the skillet, stirring constantly for several minutes, until thickened. Remove from heat and allow the filling to cool for 10 minutes.

Next separate the bread rolls and flatten onto a foil-lined, greased baking sheet. Add 1 T of the filling to the center of each roll. Next fold up the sides and pinch to close. Place pinch-side down on the baking sheet. Whisk the egg and water together and brush it over the top of each of the stuffed rolls. Bake for 15-20 minutes and serve warm.