



COCKTAIL Buns



A Delightful Treat from Hong Kong

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COCKTAIL BUNS



A Treat for Any Time of the Day

Cocktail buns, born in Hong Kong, quickly spread in popularity throughout Asia. Travelers tasting them for the first time couldn't help but fall in love. As people moved around the world, they took with them the love for these buns, and soon, local bakeries began making them.

Nowadays, you don't need to go to Hong Kong to taste an authentic cocktail bun. From the US to the UK, and from Australia to Canada, many bakeries, especially those with Asian influences, offer these delightful treats.

A Bite into Culture

Every bite of a cocktail bun is not just a journey of flavours but also a little peek into Hong Kong's bustling culture and history. From its resourceful origins to its modern-day global popularity, the cocktail bun is a testament to how food can evolve and bring people together.

Hong Kong is a mix of the old and new, the traditional and modern. And in many ways, the cocktail bun encapsulates this spirit. It's rooted in tradition yet continues to evolve and adapt to cater to modern tastes.

Coconut Filling

Ingredients	Grams
Unsalted Butter	180g
Icing Sugar	120g
Egg	50g
Almond Flour	80g
Desiccated Coconut	120g
Milk	50g
All Purpose Flour	60g
Salt	4g

Coconut Filling:

1. Mix 180g unsalted butter and 120g icing sugar until well combined.
2. Incorporate 50g egg (1 egg) into the mixture.
3. Gradually add 80g almond flour and mix thoroughly.
4. Stir in 120g desiccated coconut until evenly distributed.
5. Blend in 50g milk until smooth.
6. Finally, incorporate 60g all-purpose flour and 4g salt into the mixture.
7. Once prepared, transfer the filling into a piping bag and set aside.

While it might feel tedious to mix one ingredient at a time, trust me, the outcome is worth the effort.



Toppings

Ingredients	Grams
Unsalted Butter	50g
All Purpose Flour	40g
Icing Sugar	10g
Black Sesame Seeds	

Topping:

1. Soften 50g unsalted butter in the microwave for a few seconds (ensure it's soft, not melted).
2. Blend in 40g all-purpose flour and 10g icing sugar until the mixture achieves a paste-like consistency.
3. Transfer the topping into a piping bag and set aside.

Bread Dough

Ingredients	Grams
All Purpose Flour	500g
Instant Yeast	7g
Sugar	30g
Salt	6g
Egg	50g
Milk	250g
Vegetable Oil	30g

Bread Dough:

1. Combine 500g all-purpose flour, 7g instant yeast, 60g sugar, 6g salt, 50g egg (1 egg), 250g milk, and 30g vegetable oil in a mixing bowl. Use a stand mixer on the lowest speed to mix for 2 minutes.
2. After 2 minutes, increase the mixer speed and continue for another 10-12 minutes, or until the dough is thoroughly mixed.
3. To ensure the dough's readiness, you can perform the windowpane test.
4. Divide the dough into 8 equal portions.
5. Shape them into round balls. Cover and allow them to rest for 20 minutes.



Assembling:



1. After resting, roll each dough ball to a thickness of 6mm (refer to the image above).



2. Fill the centre with the coconut filling, then fold the dough over the filling from one end and roll to the opposite end (see the images above).



3. Arrange the filled dough in a 23cm x 23cm pan. Cover and let them rise until doubled in size.



4. Once the dough has risen, gently brush the tops with some milk.



5. Pipe the prepared topping onto the buns and sprinkle with black sesame seeds (as shown in the images above).
6. Bake in a preheated oven at 180°C for 25 minutes.

Bringing it All Together

When all these elements come together, you get the cocktail bun. Each component, from the filling to the bread to the topping, plays a vital role. It's like a perfectly harmonised song where every instrument, every voice, and every beat has its place.

If you've ever tried a cocktail bun, you know the joy of biting into the soft bread and discovering the sweet, rich coconut filling inside. And if you haven't, well, you're in for a treat. There's a reason why it's such a beloved pastry in Hong Kong and has won fans worldwide.

For many, making a cocktail bun might seem like a culinary challenge. But it's more about understanding each ingredient and what it brings to the table. Once you get that, making them becomes a breeze.

