



Colourful beef buns with sesame seeds and mandarin mayo



Preparation dough

Dissolve the yeast in the water, add all of the other ingredients and knead into a smooth dough. Cover and leave to rise at room temperature for 1 hr.

Preparation filling

To make the filling, heat the sesame oil in a pan. Sauté the shallots and garlic for approx. 2 mins. Add the curry paste and lime zest, cook briefly, then transfer everything to a large bowl. Stir in the yoghurt, bread and dates, leave to infuse for 10 mins. Add the minced meat and sesame seeds to the mixture, season with salt and pepper to taste.

Preparation mandarin mayo

To make the mayonnaise, whisk together all the ingredients until smooth.

Rezept für 4

Ingredients dough

500 g flour
70 g sugar
5 g salt
20 g fresh yeast
25 g sunflower oil
200 ml warm water
5 g baking powder
To colour (if desired):
1 tbsp turmeric
1 tbsp spinach powder
100 ml beetroot juice (only use 100 ml water)

Ingredients filling

1 tbsp sesame oil
1½ shallots, finely diced
1½ garlic cloves, finely diced
½ tbsp red curry paste
½ unwaxed lime, grated zest
125 g yoghurt
1½ slices of toast bread, cut into cubes
3 dates, pitted, finely diced
500 g minced beef
3 tbsp sesame seeds, toasted
Salt and freshly ground pepper



Anrichten

Break off apricot-sized pieces from the dough and roll out into circles (approx. 80 mm in diameter). Place an apricot-sized ball of mince on top of each circle and seal well. Transfer to an oiled baking tray and steam for approx. 20 mins. in an oven preheated to 100 °C. Serve with the mandarin mayo and toasted black sesame seeds.

Ingredients mandarin mayo

100 g mayonnaise,
homemade or bought
1 unwaxed mandarin,
grated zest and juice
½ tsp sesame oil
½ tsp ginger, grated
1 tsp soy sauce