

Thai grilled chicken Satay bao



Butterfly Bao Buns Recipe Ideations

The basic assembly procedures: 3- 4 buns per serving (Steam for 10 minutes or Deep fried at 375F for 2 -3 minutes or until golden brown)

Per Bun:

3/4th oz-1 oz protein depending on cost

1/2 oz of vegetable/ salad type component

1/8 oz of condiment / sauce type spread on bun

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- Amoy folded bao bun
- Grilled chicken (Satay marinade - peanut butter Amoy stir-fry sauce red pepper flakes)
- Fresh bell pepper slaw (red & green peppers with onion , ginger and lemon grass, rice wine vinegar)
- Red curry mayo