

I?m ashamed to say that I had very little input in the creation of this dish. I was working, sorry Sue. It took Sue most of the day as some of the ingredients are not available without Gluten. So she made them from scratch.

Ingredients - Gluten free Japanese Cake Flour mix:-

35g of Rice Flour
35g of Tapioca Flour
70g of Potato Starch
200g of Brown Rice Flour
1 Tsp of Xanthan Gum

Bun Ingredients:-

150g of Gluten free Bread Flour
75g of Gluten free Japanese Cake Flour (See above)
18g (2 Tbsp) of Sugar
2/3 Tsp of Salt
2/3 Tsp of Yeast
110g of lukewarm Milk
1 Egg, beaten
15g of Margarine

Filling Ingredients:-

300g of minced Beef or Pork

1 Onion, finely chopping
1 Red Chilli, sliced and de-seeded
½ Tsp of Cumin Seeds
1 Tbsp of Corn Flour
Oil to fry

Curry Sauce Ingredients:-

2 Tbsp of Curry Powder
1 Tsp of Garam Masala
2 Tbsp of Tomato Sauce
2 Tbsp of Worcestershire Sauce
2 Clove of Garlic, minced
1 Thumb of Ginger, minced
1 Chicken Stock Cube
300ml of Water
½ Tsp of Salt
Oil
Gluten free Breadcrumbs - for the coating

Filling Method:-

(1) Combine all the Curry sauce ingredients in a bowl and set aside.
(2) Heat a little Oil in a frying pan and fry the Cumin seeds and Chilli until fragrant.
(3) Add the Onion and fry over a low heat until softened.
(4) Remove from the pan and set aside.
(5) Add the Mince meat and fry whilst stirring until browned.
(6) Add back the fried Onions and also the Curry sauce mix.
(7) Cook on a medium heat for 5 minutes while stirring.
(8) Turn down the heat and add the Corn Flour mixed with a little water and stir in.
(9) Cook over a low heat for a further 5 minutes until the sauce thickens.

(10) Remove from the heat and allow to cool.

Building your Buns:-

(1) In a large bowl mix the Plain Bread Flour, Cake Flour, Salt and Sugar.
(2) Add the Yeast and pour in the warm Milk.
(3) Combine until you have a rough dough ball.
(4) Add the Margarine and knead until everything is combined.
(5) Place on a floured surface and knead until the dough is smooth in texture.
(6) Return to the bowl and cover with cling film.
(7) Leave in a warm place to prove, until it has doubled in size.
(8) Knead the dough again on a floured surface and then divide into 8 even pieces.
(9) Roll each portion into a ball in your hands.
(10) Allow to rest for 10 minutes.
(11) On a floured surface roll each ball out to about 6mm thick.
(12) Line a tray with Parchment.
(13) Fill each Bun with the cooled filling and seal well so the filling can?t escape.
(14) Form into thick sausage shapes.
(15) Heat a fryer to 160c.
(16) Dip each Bun in the beaten Egg and then roll in the Breadcrumbs until evenly coated.
(17) Fry each Bun individually for 2 to 4 minutes until golden brown and drain on kitchen paper.

Serve with a little stir fry and some dipping sauces of your choice. It?s a very long recipe, but they were really good.