



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.