

Aiden's Multi-Purpose Bread Dough

If you are wondering who Aiden is, well I am proud to say, he is one of my sons, but also my sous chef, and my kitchen 1st mate!

This is his recipe his alone, I have been nothing more than a soundboard and tester in its conception and I couldn't be prouder. This recipe is so simple, quick, yet so multi-purpose, its brilliant!!!

As I have said already this dough is VERY simple... But what is so amazing is how multi-purposed is it. This dough can be steamed, fried (even in the air frier.) or baked. We use this same recipe to make Chinese steamed dumplings, chicken & dumpling, Chinese biscuits, fried garlic knot bread, Pizza dough, calzones, cinnamon rolls and we still have so many different ways we still want to test out ourselves. So by all means if you try a this dough and put your own twist on it, please let us know!

Ingredients

2 Cups flour

1 Cup Milk

1 oz of Active Dry Yeast

Yeah, that's it... If you want to add your own new spices to the dough for flavor, reach out and tells us about your creations! But for simplicity we are going to stick to the basic recipe.

Directions

Now we normally do not "bloom" our active yeast and it still works fine. Not sure if this is because of our location's altitude, humidity, or the cooking gods just bless us. But if you want to use Instant Yeast, we have as well and it still worked just fine.

Ok, let's get on with it!

For the purpose of this publication, we will be making fried garlic cheese knots.

Mix all your ingredients together till you have formed one solid dough ball, then knead for 10 minutes.

Set dough in a medium size bowl covered for 15 min.

For the purpose of this recipe will be using a cheese garlic mix... But try your own if you want and let us know how it goes!!

Filling Ingredients

2/3 cup shredded sharp cheddar cheese

2 cloves of Garlic, Minced

1 tbsp minced Italian herbs, Oregano, Rosemary, Thyme, and Basil (we used the prechopped fresh Italian herbs in the produce section of our local grocery store, cause my plants need some regrowth time.)

Take dough out of bowl and separate (if making dumplings, Chinese dumplings, etc.) into 6 equal parts. If filling the "dough balls" (cheese, shredded bbq chicken, sauce and peperoni, etc.), roll smaller dough balls in to flat squares, spoon filling in center and bring all corners together, pitching dough together to seal the filling inside.

Let the filled dough balls sit covered for 1 hour undisturbed.

Preheat your deep fryer or Air fryer (if needed) to 350°F

Once oil/air Fryer is ready place dough balls in oil/air for approximately 5-7 minutes or till dough is golden brown. You might have to flip half way (2.503.5 min. mark).

Add cheese or butter to the top of cooked bun and let melt if desired. Aiden loves using our kitchen torch to melt the cheese and give it a light browning in spots.

Eat and Enjoy!! But be **careful** they will be **hot** inside!!!

Other Suggested fillings you can try...

Cream Cheese mix with cinnamon and sugar.

Chopped Strawberries and Cream Cheese

Pepperjack Cheese with minced chillis or jalapenos .

Bacon and your choice of Cheese.

The list just keeps going!!!

If you want to tried them steamed...

Prepare dough using the same instruction.

When ready to cook/steam, prepare steam basket (we use a bamboo steam basket over a pot of boiling water)

Let dough steam for 10 minutes.

Remove from steam and enjoy!

If using for a Calzone type Dish...

You should already know, prepare as directed in recipe.

Let sit for the 10 minutes.

Do NOT separate dough into smaller balls but roll out flat about 1/4 inch thick, fill as desired (make sure not to over fill so dough will not split during cooking.

Let sit for 1 hour.

Preheat Oven, Air Fryer, or Oil to 350°F

Bake in Air Fryer, Oven or fry in Oil for about 10 minutes, or till golden brown.

If frying drain well.

And Enjoy but be careful, inside is very hot!

These are also used for Yankee Chicken and Dumplings

Just make your chicken and broth according to recipe. (one can be found in our Entrée Section or use your own)

Plop dough balls on top of chicken & broth when ready, cover and let cook for about 10 minutes.