

Pan bao with fried chicken, vegetables and semi-cured manchego cheese PDO Las Terceras



INGREDIENTS PAN BAO:

- 300 grs wheat flour.
- 7 grams of baker's yeast.
- 180 ml of water.
- 35 ml of extra virgin olive oil.
- A pinch of salt

FILLING INGREDIENTS:

- 2 chicken breasts.
- 1 onion.
- 1 red pepper.
- 1 green pepper.
- 5 jalapeños.

- Semi-cured Manchego cheese PDO Las Terceras.
- Spices: black pepper, cumin, sweet paprika and hot paprika.
- Extra virgin olive oil.

PREPARATION OF THE PAN BAO:

In a bowl, mix all the ingredients except for 20 ml of water. Once the dough is ready, leave to rest for 10 minutes and add the reserved water and the pinch of salt, work again until the desired consistency is reached and leave to rest for 2 hours.

Once the dough has doubled in size, form the rolls and leave to rest for about 15 minutes.

Roll out the roll with a rolling pin and place a piece of baking paper on it, which we use to fold the dough so that it does not stick together again, giving the shape of the brioche.

Steam the dough for about 15 minutes.

PREPARATION OF THE FILLING:

Heat a little extra virgin olive oil in a frying pan and fry the onion and peppers cut into julienne strips. Remove when the vegetables are al dente. Add the chopped garlic cloves. Once browned, add the chicken breast cut into strips, season with salt and pepper and add the cumin, sweet paprika and hot paprika. When the chicken is golden brown, add the reserved vegetables and sauté. Remove from the heat and add the jalapeños.

Once the filling is ready, fill the pan bao and add a good amount of semi-cured PDO Las Terceras manchego cheese.