



Chinese Style Hamburger

Serves 6

Cooking Time: 1 hour

Ingredients:

Cooking Method:

Dough

- Plain flour 400g
- Yeast powder 7g
- Water 210g
- White sugar 3g

Filling

- Beef 300g
- Water 300g
- Cinnamon 15g
- White pepper powder 10g
- Ginger 3 pieces
- Garlic 15g
- Soy Sauce 25g
- Green Capsicum 1
- Cooking Oil 15g
- Salt 5g

Dough

- Mix plain flour, yeast powder, sugar and water together. Add a small amount of water a couple of times throughout the process.
- Roll it into a smooth dough.
- Put dough in a bowl and let it rise to about 1.5 times its original size.
PS: Pre-cut pita bread is a great substitute.

Filling

- Soak beef in water until there is no blood in it.
- Cut beef into small cubes, put them in water, and add cinnamon, white pepper, ginger, garlic and soy sauce. Boil and reduce the liquid to almost dry and wait for beef to cool off.
- Chop green capsicum, stir fry green capsicum with salt and soy sauce.
- Mix beef into these capsicums.

Final Cooking Steps

- Cut dough into six pieces, roll them out into small cakes.
- Fry cakes on both sides, then cut them in the middle, but don't cut it through.
- Fill cakes with the beef-green capsicum filling.
PS: You can directly do the step 3 if you use pre-cut pita bread as cakes.



I am from northeast China where most people prefer to cook wheaten food. I would like to share the recipe so that you can make this famous Chinese hamburger and enjoy it without leaving home!

Chinese hamburger (*simplified Chinese*: 肉夹馍; *pinyin*: ròu jiā mó): ‘肉’ means meat, ‘馍’ means bread which is made from fermented pastry, and ‘夹’ is the action to put the meat in the middle of the bread. Originated from northwest region as a savoury snack, its history can be traced back to 2,200 years ago. Chinese hamburger is not only a popular specialty in Shaanxi Province but also all over the country these days. It can be found in hawker food markets across China.

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