

# A personal approach to sustainable diets – **BAOZI** (Chinese steamed stuffed bun)

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# What is Baozi?

- Baozi (包子)  
-- A type of steamed, filled bun.
- ◆ About 4000 years ago, **wheat**, which was the ingredient of Baozi, was introduced into the Central Plains of China through the Hosi Corridor. And gradually becoming the most popular staple food, especially in **Northern China**.
- ◆ China is the earliest country to **cook with steam**.
- ◆ **3<sup>rd</sup> century AD**, Baozi was invented by the Chinese scholar and military strategist **Zhuge Liang** for **protection against evil and treatment of disease** during the Three Kingdoms period.
- ◆ Baozi is the typical product of Chinese **inclusive culture**, and it contains the concepts of **harmony and balance**.



# How to make Baozi? (Pork Bun)

## ◆ Two Main Parts:

- Dough
- Stuffing



## ◆ Four Key Steps:

- Leaven & Knead dough
- Chop & Mix stuffing
- Wrap & Fold bun
- Steam the buns



Ingredients	Weight/g
All-purpose flour	200
Water	100
Yeast	5
Pork (organic)	200
Scallion	30
Salt	4
Soy sauce	10

\*All the ingredients are bought in local market.

# Sustainability and health aspects of Baozi (Pork Bun)

Basic Criteria	Result	
Amount of waste	Amount of waste during preparation	9 g (roots of scallion)
	Amount of leftovers after eating	0 g
Amount of packaging	Food-packing plastic bag	3g
Vegetable/animal protein ratio	0.922	
Energy intake	238 kcal/100g	
Nutrient intake	Fat	11.6 g/100g
	Carbohydrate	25.2 g/100g
	Na	219 mg/100g
	Dietary fiber	1.7 g/100g

Additional Criteria	Result	
Degree of pre-processing and preparation	Homemade Baozi	High
	Product Baozi	Low
Fruit and vegetable intakes	3.9 g/100g	
Diversity of foods/ingredients	3	
Rate of eco-friendly food	37 % (organic pork)	
Adherence to the FBDG, Mediterranean dietary pattern	2 (cereal, no alcohol)	

# Potential improvements of Baozi (Pork Bun)

◆ Baozi offers a perfect fusion framework.

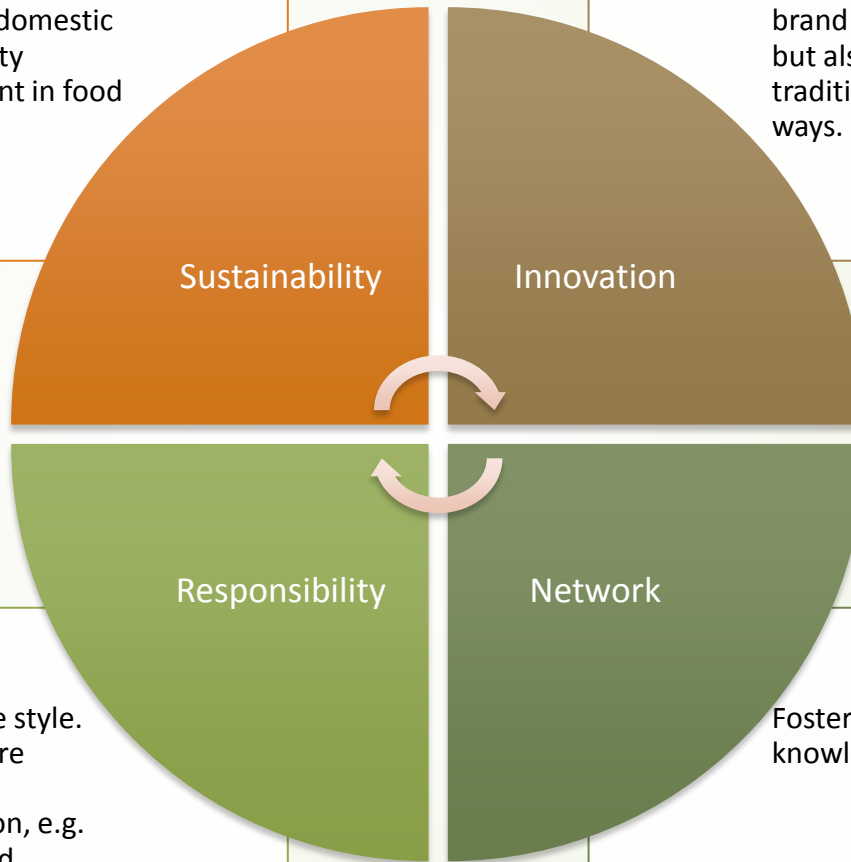
Level	Strategy		
Foods	Use organic ingredients as much as possible		
	Increase the proportion of vegetables		
	Reduce the amount of salt properly		
Recipes	Dough	Use milk/soya milk/Vegetable juice to replace water	
		Use multi-grain flour to replace wheat flour	
	Stuffing	Adjust recipes to local conditions	Nordic/Mediterranean Baozi
		Adjust recipes to specific population	Vegan
Meal	Strengthen the relationship with local food and drink		
	Serve the meal with more seasonal vegetables and fruits		



# Learning outcomes

- Learn more about global and domestic sustainability development in food systems.

- Not only create brand new solutions, but also learn from traditional effective ways.



- Improve life style. Choose more sustainable consumption, e.g. organic food.

Foster networks for knowledge sharing.

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