

Sweet Potato Buns

Makes about 16 medium buns

Ingredients:

- 454 g sweet potato, peeled and cubed
- 65 g all-purpose flour
- 125 mL warm water
- 8 g quick rising yeast
- 1 large egg
- 45 mL unsalted butter, melted
- 10 mL honey
- 7 g sea salt, finely ground
- 240 g bread flour, or more as needed

Egg wash:

- 1 egg
- 1 teaspoon water
- 1 tablespoon sesame seeds, or to taste

Directions:

1. Cook sweet potato in salted water, until soft. Strain well and mash with a fork or potato masher; measure out 260 g and allow to cool completely. Reserve leftovers for another use (like gnocchi).
2. In another bowl, mix together 65 g flour, warm water and yeast, and whisk until smooth.
3. When yeast is frothy (about 10 minutes), pour it into the large bowl of your stand mixer, add the mashed sweet potato, one egg, melted butter, honey, sea salt and about 210 g of flour. Mix well using the dough hook attachment and knead for 2 to 4 minutes (I needed 4 minutes). If the dough is too sticky (mine was OK), add the remaining 30 g of flour and knead until the dough is soft, elastic and shiny (about 2 minutes).
4. Turn the dough out into a well-oil the bowl and cover. Allow to rise until double in size (about xx hours), I did this in an unheated oven.
5. After it has doubled in size, turn the dough out onto a lightly floured surface and press out the air bubbles. Using your fingers, press the dough into a rectangle about 2 cm thick. Divide the dough into 16 equal portions (about 60 g each) and roll into a smooth ball. Allow to rest for 45 minutes on a covered baking sheet.
6. Preheat your oven to 400° F. Combine the remaining egg, water and mix well. Brush each bun with the egg mixture and sprinkle each with sesame seeds.
7. Bake in a hot oven until golden or when the internal temperature is 200° F (about 15 minutes).



Notes:

- I used bread flour because I did not have enough All-Purpose flour.
- This recipe makes 16 buns.
- The 454-ish gram sweet potato yielded about 330 g. The leftover 70 g of the sweet potato will make a generous amount of gnocchi.
 - The 70 g of sweet potato leftover was mixed with the remaining egg (after I egg washed all the rolls) and enough flour to make a gnocchi dough and some grated Parmesan Cheese. I freeze uncooked gnocchi on parchment on a cookie sheet and then pop them into a zip lock baggy. I got enough gnocchi for about three smallish servings.