

SWEET POTATO ROLL (地瓜麵包捲)

(YIELD: ~5 ROLLS DEPENDING ON SIZE)



INGREDIENTS

A. DOUGH

1. 140 ml water
2. 2 ½ cup bread flour
3. 1 cup cake flour
4. 30g sugar
5. ¼ teaspoon salt
6. 1 egg
7. 2 teaspoon yeast
8. 80 ml heavy whipping cream
9. 1 oz. butter

B. FILLING

1. 0.8 lb. meshed sweet potato
2. 3 tablespoon powder sugar
3. 2 teaspoon corn starch
4. 1 oz. butter

PREPARATION

1. Mix ingredient A. except butter until a smooth dough is formed.
2. Add butter and mix for about 10 minutes until 出筋.
3. Let rise for about 1-2 hours. To check whether the dough is done, tap a little flour on your fingers and press your fingers against the dough. If the dough doesn't bounce back, it's done.
4. Cut into the desired portions and make into ball shape. Rest for 20 minutes.
5. Knead the buns into flat sheet and scoop in appropriate size of ingredient B. Make into the desired shape.
6. Rest on the baking pan and let rise for about 40-45 minutes.
7. Bake at 350 degrees F for 10 minutes.
8. Brush the top with egg water and bake until golden brown on top.