

Sweet Potato Rolls

<http://userealbutter.com/2016/03/09/sweet-potato-rolls-recipe/>
from *Food Wishes*

2 1/4 tsps (1 pkg) active dry yeast
1/2 cup warm water, 100°F
4 cups all-purpose flour
1 cup mashed sweet potato, cooled
2 tsps honey
1 1/4 tsps salt
1 egg
3 tsps unsalted butter, melted

egg wash

1 egg
1 tbsp water

Stir the yeast, the warm water, and 1/2 cup of the flour together in the bowl of a stand mixer and let sit for 15 minutes. The mixture should be foamy with some bubble holes in the top. Add the sweet potato, honey, salt, egg, melted butter, and 2 1/2 cups of the flour to the yeast mixture. Knead on medium speed with a dough hook until the dough is just mixed. Add more flour as necessary and knead with the dough hook until the dough pulls away from the sides of the bowl. The dough should be soft and slightly sticky at this point. Remove the dough from the mixer and form it into a ball. Place the dough in a lightly oiled large bowl, turning the ball over to coat the entire thing. Cover with plastic wrap and put the bowl in a warm, draft-free location. Let the dough rise for 2 hours or until it has doubled in volume.

Line 2 baking sheets with parchment paper. Turn the dough out onto a lightly floured work surface. Punch the dough down into a rectangular shape. Cut the dough into eighths (for large buns), sixteenths (for medium buns), or thirty-seconds (for sliders or small rolls), taking care to keep the pieces as similar in size as possible. For each piece of dough, shape it into a ball by pulling the edges down and under, then set it on the work surface with your hand gently cupped over the dough. Roll it into a smooth ball by moving your hand in a circle on the work surface quickly and several times while the dough spins about inside your palm and on the work surface. Set the dough ball on the baking sheet and gently press down to flatten the ball. Place the dough balls an inch apart. Cover the buns with plastic wrap and allow to rise for 45 minutes until doubled in size.

Preheat oven to 400°F. Mix the egg and water together to make the egg wash. Brush the tops of the buns with egg wash. Bake the buns for 12-17 minutes or until they are golden on top. Slider buns will bake the fastest (around 12 minutes) and more time will be needed for the larger sizes – about 15 minutes for medium buns and maybe 17 minutes for large buns. Remove from oven and let cool. Makes 8 large buns, 16 medium buns, or 32 slider buns. Once completely cooled, you can keep them in an airtight container for up to a week. Reheat in a 350°F oven for a few minutes until warmed.