

All Pumpkin Buns and Rolls



When I bought the can of pumpkin from Trader Joe's, I had no idea what I wanted to use the can for...I just knew that I wanted to make something using pumpkin...after all, it is Fall and Halloween is around the corner.

After many thoughts...why not pumpkin buns using the water roux method? But what do to with the remaining of the pumpkin? Why not fill the buns with it? So this was the end of my quest...pumpkin buns filled with pumpkin. In the middle of the baking, I decided to try and make some rolls as well, like the cinnamon rolls, using the pumpkin filling...

The buns and rolls came out delicious, the combination of the soft and pillowy bread with the creamy pumpkin filling was just perfect.

Ingredients:

Water roux or Tangzhong

15 g bread flour

75 ml water

Dough

1 $\frac{1}{2}$ cup bread flour

$\frac{3}{4}$ teaspoon salt

2 tablespoons sugar

2 tablespoons dry milk

1 $\frac{1}{2}$ tablespoons butter

1 $\frac{1}{2}$ teaspoons yeast

1 egg

$\frac{1}{2}$ cup mashed pumpkin

1 teaspoon pumpkin spice

Water as needed

Pumpkin filling

1 can of pumpkin minus the $\frac{1}{2}$ cup (used in the dough)

3 to 4 tablespoons brown sugar

1 teaspoon pumpkins spice

2 tablespoons fresh milk

Egg wash

Poppy seeds







Method:

Water roux

In a small pan, mix all the ingredients of water roux, place in low heat and stir constantly until the temperature reaches 65°C (150°F), or if you do not have a thermometer, cook until ripples form. Set aside to cool by covering with a plastic film.

Dough

In the bread machine bucket, add the water roux, and all the other ingredients listed under “dough”, except for the butter.

Turn the machine to knead mode until it forms soft dough, add more water if needed. Add the butter and let it knead until the butter incorporates to the dough.

Remove the dough and place in a bowl by covering with a

plastic film.

Let both dough proof until the dough doubles to its original size. In the meantime prepare the pumpkin filling by mixing all the ingredients in a medium bowl.

Knock back the dough and split into 2 balls and let it rest for 5 minutes on the counter.

Flatten one of the balls and shape like a Swiss roll, place half of the filling and roll it like a Swiss roll. Cut in 8 equal size and place in a pan, cover the pan with a plastic film until it sizes double.

With the other half ball, split into 8 small portions. Flatten the dough with the roller pin and with your fingers until a disk. Place some filling in the middle of the disk and seal it with all the filling in it. Place the filled buns on the tray, cover with a plastic film and let them rest until their sizes double.

When ready to bake, with a sharp scissor make cuts on the side of the buns and brush the top of the buns with the egg wash and sprinkle some poppy seeds on it.

In a preheated oven of 350 bake the buns and rolls for approximately 25 minutes or until golden brown
Remove from the oven and cool the buns/rolls on a wire rack.



If you enjoy this pumpkin buns using water roux method, you might want to check on Simple Pumpkin Cupcakes or Pumpkin Cookies for recipe using pumpkin.



Did you know that pumpkin is very rich in dietary fiber? Moreover, due to its high content in antioxidants, minerals and vitamins is one of the food item that is recommended by dieticians for cholesterol and weight controlling program.



Thank you for stopping by Simple Recipes and have a great week!