

Kabocha Sandwich Bread

This is an Asian inspired recipe using tangzhong method for baking bread. The recipe calls for mashed kabocha. The bread is super soft, cottony and stays this way for many days.



Have you heard of kabocha? Kabocha is an Asian variety of squash and known as Japanese pumpkin. It is sweeter than other varieties of squash. So by reading the title you can imagine what I used to make this bread...kabocha!



I used the water roux or tangzhong method, which is very simple. This bread is so soft and cottony...delicious for any kind of sandwich, and because I did not add any spices to the kabocha puree the color of this bread is so vivid...absolutely gorgeous!

I had some leftover dough, since I did not want to place all the dough into the Pullman loaf pan...I quickly made a small pull-apart just by rolling the dough, brushing with a little butter, sprinkle cinnamon and sugar. Cut into strips and layer them together into a mini loaf pan. No need to mention that the little loaf of pull-apart bread disappeared so fast...as if never existed...

Because I used the water roux method, the sandwich bread stayed fresh, soft and cottony for a few days...yum!

One more thing...I use my little Zojirushi bread maker to knead the dough, but feel free to do it manually as well.

Ingredients:

Water Roux or Tangzhong

- 15 g bread flour
- 75 g water

Main dough

- 150 g kabocha mashed after steamed for 10 to 15 minutes
- 2½ cup bread flour
- 1 ½ tablespoon sugar
- 2 tablespoons dry milk
- ½ teaspoon sea salt
- 1 ½ teaspoon dry yeast
- 75 ml water
- 2 tablespoons butter





Method:

Water roux

In a small pan, mix all the ingredients of water roux, place in a low heat and stir constantly until the temperature reach 65C (150F), 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, except for the butter. Turn the machine to knead mode until it forms soft dough, slightly sticky. Add more water or flour as needed since the content of water will vary between different pumpkin puree. 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 double to its original size.

Knock back the dough and split into 4 balls and let it rest for 5 minutes on the counter.

Flatten the ball and shape like a Swiss roll, flat again and roll it again like a Swiss roll.

Place the Swiss rolls into the Pullman pan and let it rise until almost 90% to reach the rim of the pan.

Cover the pan and bake in a preheated oven of 350F for approximately 25 minutes. For the pull-apart bread, bake for 15 minutes.

Remove from the oven and flip the bread into a wire rack to cool.

Store the bread in an airtight container.





If you enjoy this simple recipe for Asian inspired bread, you might want to check on Chia Milk Sandwich Bread or Pumpkin Dinner roll recipes.

This coming Sunday is Mother's Day...



to all the mothers out there!



Did you know that kabocha is a great source beta-carotene? Beta-carotene is converted in vitamin A in our body which is important for our health. Vitamin A is important for many body functions, such as vision, immune system, bone metabolism, skin health, formation of blood components, bone metabolism, and is an antioxidant.

***Have a colorful week and thank you for visiting
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