

Pumpkin Dinner Rolls and Pull-Apart

This light and fluffy buns made with pumpkin puree are great at anytime, especially during fall season. This is an Asian inspired recipe using tangzhong method, therefore the buns stay fresh and moist for days.



Yes, I kind of feel guilty not posting anything with pumpkin...not that I have not made anything with it...I actually made lots and lots of bread using pumpkin. I even made my first soufflé with butternut squash, which I will share with you some other time.

These pumpkin dinner rolls or if you wish you can make into a pull-apart loaf are very pretty and tasty. I again used the water roux method or tangzhong as known by many bakers...the recipe is very simple and the texture of these are so light, fluffy and very cottony.

I rely on my little Zojirushi bread machine to do all the kneading and then baked the rolls on a 8 inch round pan and the pull-apart bread was baked in mini loaf pans.

Ingredients:

Water Roux or Tangzhong

- 15 g bread flour
- 75 g water

Main dough

- 130 g pumpkin puree
- 300 g bread flour
- 2 tablespoons sugar
- 1 $\frac{1}{2}$ tablespoons dry milk
- $\frac{1}{2}$ teaspoon sea salt
- 1 teaspoon dry yeast
- 2 tablespoon butter

Garnish for:

Dinner Rolls:

- Pumpkin seeds for garnish

Pull-Apart:

- 1 $\frac{1}{2}$ tablespoons butter (melted)
- Sugar
- Cinnamon
- Egg Wash (1 egg + 1 tablespoon milk)



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 65oC (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.

For the Dinner Rolls

Knock back the dough and split into 20 to 22 little balls.

Place the little balls into the round pan, cover and let it rise until double of its original size.

Gently brush with egg wash. Garnish with pumpkin seeds.

Bake in a preheated oven of 350F for approximately 20 to 25 minutes until golden brown.

Remove from the oven and let the bread cool on a wire rack. Serve warm or store the bread in an airtight container.





For the Pull-Apart

Knock back the dough and split into 3 balls. Let the dough rest for 5 minutes (covered).

With a roller pin, open the dough into approximately 9 x 7 inch rectangle.

Brush with melted butter and sprinkle with sugar and cinnamon, generously.

Cut into four strips and again into smaller squares or rectangles.

Pile them together and place into a mini loaf pan. Proceed the

same way with the remaining 2 portion.

Cover and let it rise until double of its original size.

Gently brush with egg wash.

Bake in a preheated oven of 350F for approximately 20 to 25 minutes until golden brown.

Remove from the oven and let the bread cool on a wire rack. Serve warm or store the bread in an airtight container.





If you enjoy this simple pumpkin dinner rolls you might want to check on the Pumpkin Chia Seed Sandwich Bread or Sesame Swirl Pumpkin Bread recipes.

Oh! I almost forgot...I will be out of town for a meeting in Chicago (so cold!) and will be back with new recipes after Thanksgiving...





Did you know that pumpkin is loaded of dietary fiber and anti-oxidants such as beta carotene, which is converted to vitamin A in the body? Moreover, pumpkin seeds are an excellent source of dietary fiber as well as mono unsaturated fat, which are good for the heart.

Thank you for stopping by Color Your Recipes...have a colorful week!