

Pumpkin Sandwich Bread

This is an Asian inspired recipe for sandwich bread using pumpkin puree. The bread is soft, pillowy and stays moist for many days because of the tangzhong method.



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Thank you all for the nice words of support on my first post as “Color Your Recipes”, you all have been very kind and encouraging...thank you!

Before I share this post, as you might know Philippines was hit by a big typhoon Haiyan, and Tina from Pinay Cooking Corner is having a online bake sale to support the victims,

please hop to her site for the details.

Now to the post...I could not let this month flyaway without posting something with pumpkin...so here I am...

This sandwich bread is so soft and cottony...delicious for any kind of sandwich, and because I did not add any spices the pumpkin puree just gives color to the bread which believe me it is very attractive...I don't know if it is proper English to call a bread "attractive"... it is so good that I already baked 4 loaves of this bread.

I use the water roux method to accomplish the Asian bread texture, because the pumpkin puree contains water I just added less water to the dough. You want the dough to be slightly sticky, so the "cottony" texture can be achieved. When baking sandwich bread, In this recipe I used my 1 lb Zojirushi bread machine and Pullman loaf pan.

Before I go on with the recipe, the new issue to Desserts Magazine is out...and again it is free for a while...so if you are interested, check on the link, you might find something for your sweet tooth before membership is required in order to browse the magazine.

Ingredients:

Water Roux or Tangzhong

- 15 g bread flour
- 75 g water

Main dough

- 150 g pumpkin puree
- 2½ cup bread flour
- 1 tablespoon sugar
- 2 tablespoon dry milk
- ½ teaspoon sea salt
- 1 teaspoon dry yeast

- $\frac{1}{4}$ cup water
- $1\frac{1}{2}$ tablespoon butter



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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.

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

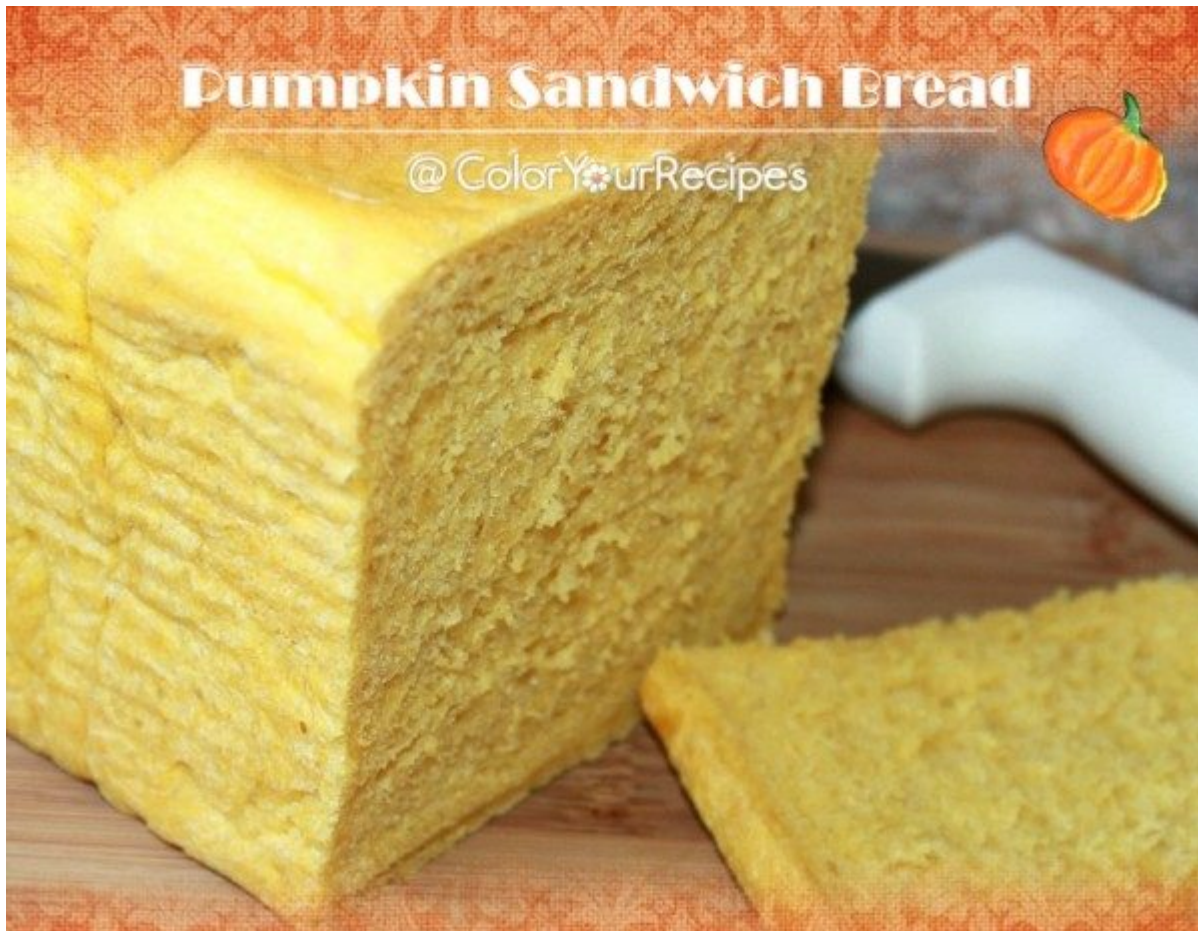
Store the bread in an airtight container.

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I hope you enjoy this pumpkin sandwich bread. For more Asian inspired bread recipes like this check on Chia Milk Sandwich Bread or Matcha Swirl Sandwich Bread.

Curiosity Corner

Did you know that pumpkin is recommended by dieticians for patients in need to control cholesterol? Pumpkin contains high levels of dietary fiber, anti-oxidants, minerals and vitamins. Moreover, pumpkin contains high levels of vitamin A, a very powerful anti-oxidant.

Have a great week and thank you for visiting Color Your Recipes!