Purple Sweet Potato Bread

This soft and cottony purple sweet potato bread is amazing, so light, almost like a cloud...you will not stop munching on it...
The color of this bread is so enticing...very appealing and super attractive....not to mention it softness...indeed like a cloud.

This bread stays light, moist and soft for days like all the breads baked using tangzhong method. Since I baked two loaves, one I stored in the refrigerator and microwaved for 20 seconds and the bread is like out of the oven.

Purple Sweet Potatoes

– Why purple sweet potato?
Purple sweet potato contains a lot of anthocyanin, which give the purple color of the flesh. Anthocyanin is the same pigment found in red grapes, blueberries and red cabbage.

– What is the texture of the bread?
The combination of tangzhong or water roux method and the creamy mashed purple sweet potato is magical...soft and cottony bread, almost like mochi.

   -Are you ready to try it?

Ingredients:

Water roux or Tangzhong

- 50 g bread flour
- 250 ml water

Purple sweet potato dough
- 500 g bread flour
- 245 g purple sweet potato, steamed and mashed
- 80 g sugar
- 7 g salt
- 6 g yeast
- 8 g vital gluten
- 30 dry milk
- 80-100 ml water
- 80 g butter (room temperature)

**Method:**

*Water roux or Tangzhong*

Whisk together the water and the flour until the mixture is well blended and free of lumps.
Stir the mixture while it cooks over the medium heat to reach 65°C/149 – 150F. It takes about 2-3 minutes.

Continue whisking until the mixture starts to thicken. The mixture of flour will have “lines”.

Remove from the heat.

Transfer to a bowl, cover with a plastic film to avoid “skin” from forming.

Ready to add to the bread dough once is cool.

Water roux or Tangzhong can be kept in the fridge for up to 48 hours.

*Purple sweet potato dough*

In the mixer, add all the water roux, and all the other ingredients under bread, except for the butter.

Turn the machine and stir for 2 to 3 minutes, until a uniform very wet and sticky dough.

Increase the speed to “2” and let it mix for 15 minutes. The dough should be very sticky. Do not add extra flour as the dough will be less sticky as gluten forms.

Add the butter and mix for 15 to 20 minutes more. Take a small portion of the dough (like a golf ball) and stretch gently until a very thin and transparent membrane (windowpane).

If the dough tears mix for another 2-3 minutes until you achieve the windowpane test. The window pane test demonstrates that the gluten is very well developed and it will create a very light crumb. The dough should be very elastic.

Remove the dough from the mixer and place in a bowl by covering with a plastic film.
Let dough proof until the dough tripled to its original size.

**Assembly**

Now it is time to shape the dough...

Knock back the dough and split into approximately 8 little balls (approximately 140 g each) and let it rest for 5 minutes on the counter.

Flatten the ball making sure that the air is removed and fold into thirds, then roll it like a Swiss roll.

Place the Swiss rolls into 2 Pullman pan, (4 each) pan and let it rise until triple of its original size.

Cover the pan and bake in a preheated oven of 350°F for approximately 25 minutes.

Remove from the oven and flip the bread into a wire rack to cool. Slice according to your like.
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Did you know that the purple sweet potato contains more antioxidant than blueberries? Antioxidants helps combat cardiovascular disease and cancer. Moreover, sweet potatoes in general contain a lot of fiber, vitamin C, vitamin A and manganese.

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