

## Sweet Potato Rolls

adapted from Beard on Bread

### Ingredients

- \* 2 packages of yeast (¼-ounce packages)
- \* 3 tablespoons sugar
- \* ½ cup water (110 to 115 degrees)
- \* 3 tablespoons melted butter
- \* 2 teaspoons salt
- \* 2 eggs
- \* 3 to 3½ cups flour
- \* ½ -1 cup cooked mashed sweet potatoes

### Directions

In a bowl combine yeast with 1 tablespoon of sugar and warm water, let proof for 5 minutes.

Add remaining sugar, butter, salt, and 2 eggs to the yeast mixture, stir to blend well. Stir in the sweet potato. Stir in the flour, 1 cup at a time.

Turn out onto a floured surface and knead for 2 to 3 minutes adding only enough flour to prevent it from sticking to the board. When the dough is smooth and springy, shape it into a ball. Place in an oiled bowl, and coat the dough completely with oil. Cover bowl with a towel or plastic wrap and let sit in a warm place until it doubles in size, about 1 hour.

Punch down the dough, divide and shape into 18 - 24 balls. Place them on a parchment lined cookie sheet about ½ inch apart (if you want the rolls joined) or 2 inches apart. Cover and let rise until doubled in size.

Preheat oven to 350 degrees F. Bake for 10 -15 minutes, until golden brown and the rolls sound hollow when tapped. (Note: recipe called for 20 minutes at 375, but mine were done after 10 minutes. Time will vary with each oven.)

Optional: If desired, beat 1 egg together with 2 tablespoons heavy cream. Brush the rolls with the beaten egg and cream mixture just before baking.

Variation: instead of shaping into rolls, shape dough into two loaves and bake 20-30 minutes.