

Sweet Potato Rolls

1 (.25 ounce) package (or 2 teaspoons) active dry yeast
¼ cup water at 110-115° (or use ¼ cup of the milk from below, so dough is less wet)
½ teaspoon sugar

mix together, and let stand to allow yeast to proof/become foamy (about 5 minutes).

1½ cups sweet potato (that has been baked and cooled)
2 tablespoons sugar, less the ½ tsp used with yeast (next time I would use brown sugar)
1 teaspoon salt
1 tablespoon butter, softened

mix in stand mixer. Add:

½ - ¾ cup milk that has been heated in microwave to 110-115° *
5 or 6 cups sifted flour (next time I would skip the sifting and start with 5 cups flour)

Mix in stand mixer using dough hook, adding flour as needed, until dough is dense enough to knead. Knead (whether on floured board about 10 minutes or in mixer about 5 minutes) until shiny and elastic. When smooth, shape into a ball. Place in an oiled bowl, and turn to coat the surface. Cover, and place in a warm place and let rise about 1½ hours or longer until doubled in bulk. This dough took an unusually long time to rise (during both rising stages) and needed to be in a very warm place. I set it on top of a radiator.

Punch down, and allow dough to rest for 2 minutes. Divide into balls, and place into greased muffin tins. This recipe was enough for 3 muffin tins, so I divided it into thirds, then divided as needed to fill each muffin tin: 12 large muffins (2 tins of 6) and one tin of 12 mini muffins.

Allow to rise in muffin tins until doubled, about 60 minutes. Bake at 375 degrees F (190 degrees C) for 10 to 15 minutes until golden. Serve warm.

**Note: the recipe that I used called for ¼ cup water (to proof yeast) and 1 cup milk, for 4 ½ cups of flour. The dough turned out too wet and sticky. I had to use about 6 cups of flour before dough was workable. A similar recipe on All Recipes used far less liquid (½ cup water and 2 eggs for 3 cups flour) and many reviewers said it also came out too sticky. The next time, if I wanted to make fewer rolls, I would cut the liquid to about ¾ cups total, and use about 4 or 4½ cups flour.*

A similar recipe can be found at <http://allrecipes.com/Recipe/Sweet-Potato-Rolls/Detail.aspx>
Comments and suggestions included adding cinnamon or a pinch of nutmeg. Others substituted whole wheat flour for half the flour. Many reviewers used a bread machine. One made pizza with the dough:

<http://allrecipes.com/Recipe/Sweet-Potato-Rolls/Reviews.aspx>

Used the recipe for pizza dough! Cut it by 1/3 so I could use my 2-cup bread machine; used 1 cup mashed sweet potatoes and omitted the eggs. Dough was sticky, slightly runny, but poured it out onto pizza stone and spread it w/ a spatula. Added several spoonfuls of spaghetti sauce and 1 bag of rinsed, frozen veggies; as the whole thing was generally wet, I pre-baked it (just stuck it in the oven while the oven was preheating to 450 degrees). Once the crust had started to crisp just a bit, I added several handfuls of shredded mozzarella and returned to oven for about 20 minutes. Raised beautifully, tasted superb. Will definitely make again!