



**YIELD: 12 LARGE ROLLS**

## Nutty Pumpkin Cranberry Dinner Rolls

CAROL ADAMEK, DALLAS, TEXAS  
 2023 National Festival of Breads  
 Quick and Easy Category Winner

### INGREDIENTS

#### DOUGH

- ¼ cup water, room temperature (80°F)
- ½ cup whole milk, room temperature (80°F)
- ¾ cup pumpkin puree
- 1 large egg, room temperature, beaten
- 3 tablespoons unsalted butter, softened
- 3¼ cups KING ARTHUR® Unbleached All-Purpose Flour
- ½ cup sweetened dried cranberries
- ⅔ cup finely chopped toasted pecans
- ¼ cup firmly packed light brown sugar
- 1 teaspoon kosher salt
- 1½ teaspoons pumpkin pie spice
- 1 (¼-ounce) package RED STAR® Platinum Superior Baking Yeast®

#### TOPPING

- 1 large egg
- 1 teaspoon water
- ¼ cup finely chopped toasted pecans
- 3 - 4 tablespoons toasted, unsalted pumpkin seeds (Pepitas)

### DIRECTIONS

1. Place water, milk, pumpkin puree, egg, butter, flour, cranberries, pecans, brown sugar, salt, pumpkin pie spice and yeast in the pan of bread machine, or in the order suggested by the manufacturer. Select DOUGH or QUICK DOUGH setting, and press start. After 5 minutes of mixing, check the dough and add 1 - 2 teaspoons of water or flour if needed.
2. While the bread machine is making the dough, spray a 12-cup muffin pan (about 3-inch diameter) with cooking spray.
3. When the cycle is completed, remove the dough and weigh. Divide the dough weight by 12 for the weight of each roll (about 3 ounces each). Divide dough and shape into smooth rolls; place in muffin cups. Cover lightly and let rise until almost doubled, about 30 - 40 minutes. While rolls rise, preheat oven to 350°F.
4. **For topping:** In a small dish, beat together egg and water. When the rolls have risen, brush the tops with the egg wash and sprinkle on the pecans and pumpkin seeds, pressing them onto each roll. Bake 12 - 15 minutes. The rolls should be golden brown, and the center should read 190°F - 195°F on an instant-read thermometer. Remove rolls to cooling rack. Serve warm or at room temperature.

**Note from Carol:** My Zojirushi bread machine quick dough cycle is 45 minutes long. The pecans can be toasted in the oven by spreading the pecans in one layer in a rimmed baking sheet and placing in a preheated 350°F oven. Let bake 7-10 minutes; check after 5 minutes and stir if needed-do not let burn. Remove and let cool.

Pumpkin seeds may be toasted in a dry skillet over medium-low heat, stirring frequently. Do not leave unattended. Once the color starts to turn, remove from heat and let cool completely.

**NUTRITION INFORMATION PER SERVING (1 ROLL, 98g):** 280 calories, 11g total fat, 3g saturated fat, 0g trans fat, 40mg cholesterol, 210mg sodium, 38g total carbohydrate, 3g dietary fiber, 10g total sugars, 7g protein, 11mcg folate, 0mg vitamin C, 1mg iron.