



YIELD: 12 SMALL ROLLS & 1 LOAF

## Two Way Pineapple Sweet Potato Bread

MARILYN BLANKSCHEN, CLINTONVILLE, WISCONSIN  
 2023 National Festival of Breads  
 Quick and Easy Category Honorable Mention

### INGREDIENTS

**DOUGH** (2-pound capacity bread machine)

½ cup cooked and mashed sweet potato, room temperature

½ cup well-drained crushed pineapple (canned, in juice)

⅓ cup whole milk (80°F)

2 tablespoons salted butter, room temperature

1 large beaten egg, room temperature

¾ teaspoon salt

2¾ cups KING ARTHUR® Bread Flour or Unbleached All-Purpose Flour

2 tablespoons granulated sugar

1½ teaspoons active dry yeast

**MAPLE TOPPING** (For rolls)

1½ tablespoons salted butter

1½ tablespoons brown sugar

2½ tablespoons pure maple syrup

⅓ cup broken pecan pieces

**FILLING** (For rolls)

½ tablespoon salted butter, softened

1 tablespoon granulated sugar

½ teaspoon ground cinnamon

**TOPPING** (For bread)

1 teaspoon salted butter

### DIRECTIONS

- For dough:** Wash one medium (about 8 ounces) sweet potato and prick with fork. Bake in microwave until tender; peel and mash. Measure ½ cup and set aside to cool to room temperature. Strain juice from crushed pineapple; press well to remove juice.
- Have all ingredients at room temperature (77°F - 85°F). Place dough ingredients in bread machine pan in order suggested by manufacturer. Set for DOUGH cycle. After about 7 minutes, check the dough consistency. Soft dough should have formed around the paddle. If necessary, add a teaspoon of flour or water/pineapple juice until the right consistency is reached. Shortly before the dough cycle is complete prepare maple topping.
- For maple topping:** In small saucepan, combine butter, brown sugar and maple syrup. Place over medium-low heat and bring to full boil, stirring constantly. Remove from heat and set aside. Grease a 12-cup standard muffin pan. Spoon 1 teaspoon topping in each cup; sprinkle a rounded teaspoon of pecans over topping; set aside.
- When the dough cycle is complete, remove the dough and deflate. Place dough on lightly floured surface and divide into two equal portions.
- To shape loaf:** Form one portion into a narrow loaf, 8 - 10 inches long. Place on a greased baking sheet. With a serrated knife make ¼" deep slashes on top about 2 inches apart. Loosely cover; let rise until doubled.
- To shape rolls:** Roll remaining dough into an 8" x 12" rectangle. Brush dough with ½ tablespoon softened butter. Stir together sugar and cinnamon; sprinkle evenly over dough. Starting at 12" side, roll tightly into a log; seal edges. Cut into 12 equal slices and place in muffin cups.
- Loosely cover; let rise until doubled, 35 - 50 minutes. Near the end of the rise, preheat oven to 350°F. Bake rolls 12 - 14 minutes or until lightly browned and internal temperature registers 190°F - 195°F. Remove from oven and immediately place a cookie sheet over muffin pan and flip, pecan-side up. Replace pecans that may have slid off rolls. Set aside to cool.
- Bake the loaf 20 - 22 minutes, or until lightly golden and internal temperature is 200°F. Remove loaf to a cooling rack and brush with remaining 1 teaspoon butter.

**Kansas Wheat Commission Test Kitchen Note:** Want to make the dough without a bread machine? In large bowl or stand mixer bowl, dissolve yeast in lukewarm milk (110°F - 115°F). Stir in remaining ingredients and enough flour to make a soft, workable dough. Knead dough by hand or with dough hook 8 - 10 minutes. Place dough in greased bowl; cover let rise until doubled. Punch down dough and continue as directed.

### NUTRITION INFORMATION PER SERVING (1 ROLL OR 1 SLICE, 37g):

110 calories, 4g total fat, 2g saturated fat, 0g trans fat, 15mg cholesterol, 105mg sodium, 16g total carbohydrate, 1g dietary fiber, 5g total sugars, 2g protein, 2mcg folate, 1mg vitamin C, 0mg iron.