

Pumpkin Rolls



BAKER'S TIP

Fiber loves water and your recipes will too. You may notice your recipes will need a little more liquid (water, milk, or fruit juice) when using our flour.

For breads, rolls, and other yeast-raised baked goods: Increase liquids $\frac{1}{4}$ cup (60g) at a time until you reach the desired dough consistency.

For cookies: Increase liquids 1 tbs. (15g) at a time until you reach the desired batter or dough consistency.

For brownies, quick-breads, muffins, pancakes, waffles, pie crusts and more: Increase liquids 2 tbs. (30g) at a time until you reach the desired batter or dough consistency.

Ingredients

- 4 $\frac{1}{2}$ - 5 cups [Flourish Flour](#) (depending on how moist the pumpkin is)
- $\frac{1}{2}$ cup water, between 38 – 40C / 102F -110 F
- $\frac{1}{4}$ cup milk, Between 38C – 40C / 102F -110 F
- 2 $\frac{1}{2}$ tsp (1 10gm packet) Instant dry yeast
- 1 tsp sugar
- $\frac{1}{3}$ cup sugar
- 2 large free-range eggs
- 1 $\frac{1}{2}$ tsp Salt
- 85gm butter (6 Tbsp), melted and cooled
- 2 $\frac{1}{2}$ tsp fresh rosemary, finely chopped + extra for topping
- 1 cup mashed pumpkin (made from fresh preferable)

Instructions

1. Cook your pumpkin any way you prefer. I chopped it into big chunks and steamed it in pot with a lid until soft. Allow to cool and drain. Then mash and drain off any excess water.
2. Heat the milk and water in a small bowl in the microwave until the desired temperature is reached. I use a thermometer here.
3. Add the 1 tsp sugar and yeast, stir, and set aside to foam up for about 5 minutes.
4. Using a stand mixer the dough hook attached, add all the remaining ingredients. Slowly pour in the yeast, milk and water and mix until a soft dough forms. It should start pulling away from the sides but will stick a little to the bottom. It really is a touch and feel process here. If it is too sticky, add a little more flour. I found I used just over 5 cups of flour.
5. Turn the dough out onto a lightly floured surface and give it a brief knead until it comes together in a ball. Place in a greased bowl, cover with plastic wrap or a tea towel and allow to prove in a warm place for around an hour. It should double in size.

6. When its proved, return it to a lightly floured surf and cut into 16 – 20 even pieces. Roll these into balls and place on a lined baking tray allowing space in between the rolls to double in size. Cover with a tea towel and place back in a warm spot to prove for another hour.
7. Preheat the oven to 180C / 350F and bake for 20 – 25 minutes until golden brown.
8. Mix the butter, honey and addition finely chopped rosemary together and brush this liberally over the hot rolls as they come out the oven. Sprinkle with sea salt flakes such as Maldon

Icing Ingredients

1. 1/4 cup Butter, room temperature
2. 2 Tbsp Honey
3. Sea salt flakes to sprinkle
4. Chopped rosemary – optional garnish (I added this to the butter, you almost can't get enough of it)
5. 1/2 cup water, between 38 – 40C / 102F -110 F

We're here to help: flourish-flour.com