

SWEET POTATO LIGHT BRIOCHE BUNS

INGREDIENTS:

- 3/4 cup milk, warm but not hot
- 1 T honey
- 1 package (2 t) active dry yeast
- 1 large egg
- 1/2 cup mashed sweet potato
- 3 1/4 cups bread flour
- 1/3 cup all-purpose flour
- 1 t salt
- 5 T unsalted butter, softened
- sesame seeds (optional)
- egg wash: 1 egg + 1 T water

DIRECTIONS:

1. Warm milk in microwave for 10 seconds spurts until warm, about 30 seconds total. Whisk in the honey and yeast. Let stand until foamy, about 5-10 minutes. Whisk in the egg and sweet potato. Meanwhile, beat one egg and set aside.
2. In a large bowl, whisk flours with salt. Add butter and rub into flour between your fingers, making crumbs. Pour in the yeast mixture and beaten egg and stir until a soft dough forms. Scrape dough onto a clean, well-floured counter and knead, scooping dough up, slapping it on the counter and turning it, until smooth and elastic, about 8 to 10 minutes. The dough will be somewhat sticky, but keep in mind that the more flour you knead in, the tougher the buns will get. Try to leave them stickier than your average bread dough.
3. Shape dough into a ball. Place in a medium bowl sprayed with cooking spray, turning once to coat. Top with plastic wrap and let rise in a warm place until doubled in bulk, 1 to 2 hours.
4. Line a baking sheet or two with parchment paper. Divide dough into 8 equal parts (4-ish oz. a piece) or into slider buns (1/5-2 oz). Gently roll each into a ball and arrange 2-3 inches apart on the prepared baking sheets. Cover loosely with a piece of plastic wrap lightly coated in nonstick spray and let buns rise in a warm place for 1 to 2 hours.
5. Set a large shallow pan of water on the oven floor. Preheat oven to 400° with rack in center. Beat remaining egg with 1 T water and brush some on top of buns. Sprinkle with sesame seeds if ya' feel like it. Bake, rotating baking sheets halfway through baking, until tops are golden brown, about 15 minutes or 8-10 minutes for smaller buns. Transfer to a rack to cool completely.