



## Sweet Potato Yeast Rolls

Makes: 30 rolls

Prep Time: 40 minutes Cook Time: 18 minutes

Total Time: 2 hours 20 minutes

- 2 medium-size sweet potatoes (about 1 1/2 pounds)
- 1/2 cup whole milk
- 3 tbsp plus 1 tsp sugar, divided
- 5 tbsp unsalted butter (2 1/2 ounces), melted, divided
- 1/4 cup warm water (100°F to 110°F)
- 1 (1/4-ounce) envelope active dry yeast
- 2 large eggs, divided
- 4 cups all-purpose flour (about 17 ounces), plus more for work surface
- 1 tbsp kosher salt
- Cooking spray
- 2 tsp ajowan, cumin, or caraway seeds
- Flaky sea salt

Prick sweet potatoes all over using a fork; place on a microwavable plate. Microwave on high, turning every 4 minutes, until softened, 8 to 12 minutes total. Let cool 10 minutes. Peel and discard skins. Mash sweet potatoes in a medium bowl using a fork until mostly smooth.

Cook milk, 3 tablespoons sugar, and 3 tablespoons butter in a small saucepan over medium-low, stirring often, until sugar just dissolves, about 5 minutes. Let cool slightly, about 5 minutes.

Meanwhile, stir together 1/4 cup warm water, yeast, and remaining 1 teaspoon sugar in a small bowl. Let stand at room temperature until foamy, about 5 minutes.

Place milk mixture, yeast mixture, 1 cup (8 ounces) mashed sweet potatoes (reserve remaining sweet potatoes for another use), and 1 egg in bowl of a stand mixer fitted with a dough hook attachment. Beat on low speed until combined, about 30 seconds. Increase mixer speed to medium-low; gradually add flour and salt, beating until combined, about 1 minute. Increase mixer speed to medium; beat until dough is smooth, elastic, and slightly sticky, 6 to 8 minutes. (Dough should stick to bottom of bowl but pull away from sides.) Transfer dough to a large bowl lightly greased with cooking spray. Cover with plastic wrap. Let stand at room temperature until almost doubled in volume, 45 minutes to 1 hour.

Turn out dough onto a lightly floured work surface, and divide into 30 (about 1-ounce) pieces. Shape into balls. Arrange dough balls in 6 rows of 5 balls each on a rimmed 13- x 9-inch baking sheet lightly greased with cooking spray, spacing about ½ inch apart. Cover loosely with plastic wrap. Let stand at room temperature until dough balls have almost doubled in size, 30 minutes to 1 hour. Meanwhile, preheat oven to 375°F.

Whisk remaining egg in a small bowl until lightly beaten. Uncover rolls; brush lightly with beaten egg. Sprinkle rolls evenly with ajowan seeds. Bake in preheated oven until golden brown and puffy, 14 to 18 minutes. Brush hot rolls with remaining 2 tablespoons butter and sprinkle flaky sea salt over. Serve rolls warm, or transfer to a wire rack, and let cool completely, about 1 hour.

Chef's Note:

Find ajowan seeds at your local Asian or Indian market, or order from [kalustyans.com](http://kalustyans.com).

*Recipe from Food and Wine*