

Double Pumpkin Dinner Rolls

Alison Ladman - For The Associated Press
Palm Beach Post

Preparation Time: 30 minutes

Start to Finish Time: 3 hours 30 minutes

1 cup whole or reduced-fat milk

2/3 cup sugar

1 cup canned pumpkin puree'

1 egg

1/2 cup (1 stick) butter, room temperature

1 tablespoon instant or quick-rise yeast

2 teaspoons salt

5 1/2 cups bread flour

1/2 cup pumpkin seeds (pepitas), toasted

4 tablespoons butter, melted

In the bowl of a stand mixer fitted with a dough hook, combine the milk, sugar, pumpkin puree', egg, butter, yeast, salt and flour. Mix on low speed until combined, then increase speed to medium-low and mix for 5 minutes to knead. The dough should be soft but pull away from the sides of the bowl. If it is too sticky, add a bit more flour.

Add the pumpkin seeds and mix until incorporated throughout the dough. Cover the bowl with plastic wrap and allow to rise in a warm place until doubled, 1 to 1 1/2 hours.

Coat two 9-inch cake pans with cooking spray. Turn the dough out onto a lightly floured surface and divide in two.

Divide each of the halves into 12 pieces and roll each piece into a ball. Arrange 12 balls in each cake pan (they can touch), then cover with plastic wrap.

Allow to rise for another 45 minutes to an hour, or until puffy.

After the rolls have risen for 30 minutes, heat the oven to 350 degrees.

When the rolls have finished rising, brush their tops with half of the melted butter.

Bake for 20 to 25 minutes, or until golden and cooked through.

After removing them from the oven, brush with the remaining butter.

Allow to cool in the pan.

Yield: 24 rolls

Per Serving (excluding unknown items): 4118 Calories; 109g Fat (24.1% calories from fat); 98g Protein; 679g Carbohydrate; 3g Dietary Fiber; 460mg Cholesterol; 5286mg Sodium. Exchanges: 37 Grain(Starch); 1 Lean Meat; 19 Fat; 9 Other Carbohydrates.