

BOLO DO CACO

(from The Bewitching Kitchen, adapted from several sources)

2 sweet potatoes (enough to have 250g cooked flesh)
2 tablespoons butter, softened
1 tablespoon honey
2 tsp instant yeast
1 tsp salt
400g bread flour (about 3 cups)
2/3 cup water (adjust depending on softness of the dough)

My favorite method to cook sweet potatoes is low and slow. Prick the potato skin with a fork and bake it at your favorite temperature until soft. Remove the skin and dice or cut the flesh in small pieces, measuring 250g for this recipe. While the potato flesh is still warm, add to the bowl of a KitchenAid type processor and mix with the paddle attachment until soft. Add the butter, honey and salt, mix well. Allow it to cool until lukewarm. You can cook the potato in advance and reserve it.

Mix the yeast with the flour, add to the potato and work with the dough hook, adding water until a dough forms. It should not be dry, it is best if it clings a bit to the bottom of the bowl. Do not add all the water at once, go a bit at a time, as the moisture in potato might differ.

Transfer the dough to a slightly oiled bowl, cover and let it rise at room temperature for 90 minutes. Cut the dough in 8 pieces, form each one into a ball, flatten it and place on a baking sheet lined with parchment paper. Cover with plastic wrap and let it rise for 30 minutes.

Heat oven to 375F.

Heat a griddle until water evaporates quickly on contact with the surface. Cook each side of the little buns for a couple of minutes, until a golden crust forms. Place them all in the oven for 20 minutes to finish baking. Internal temperature should reach 200-205F.

Place them on a rack to fully cool before slicing.