

Sweet Potato Bread

Ingredients for approx. 15-20 slices:

For the sweet potato bread:

250 g American sweet potatoes
50 g walnuts
10 g fresh yeast
325 g wheat flour type 405 plus a little more to work with
and to dust
125 g spelt flour type 630
3 tbsp. maple syrup
salt

For the maple syrup butter:

150 g soft butter plus a little extra
2 tbsp. maple syrup
Refine with fine sea salt or vanilla sugar



Directions:

1. Peel and dice sweet potatoes. Cook in slightly salted, boiling water. Let them drain, blend until creamy and let cool off.
2. Finely chop the walnuts. Dissolve the yeast in approx. 180 ml lukewarm water. Knead sweet potatoes with yeast-water, 1 tablespoon salt, wheat and spelt flour, maple syrup, and walnuts to form a smooth dough. Let it rise for approx. 4 hours in a warm place.
3. Pre-heat oven to 230°C top/bottom heat (210°C circulating air). Place dough on a floured work surface (dough is a little sticky, but do not add more flour). Briefly pull it in length and fold it like an envelope, but do not flatten (do not knead the dough).
4. Put the loaf into an ovenproof, greased pot, powder with some flour and cut a cross in the surface with a sharp knife. Cover with the lid and place the pot for approx. 1 hour in the pre-heated oven.
5. For the maple syrup butter, blend soft butter with maple syrup and refine with fine sea salt or vanilla sugar to taste. Cut the bread into slices and serve with maple butter.

American Sweet Potato Marketing Institute

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Preparation time: approx. 30 minutes

Resting time: approx. 4 hours

Baking time: approx. 1 hour

Nutrition facts:

Energy: 240 kcal/ 1000 kJ

Carbohydrates: 29 g

Protein: 4 g

Fat: 11g

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