



PUMPKIN BUNS (8 BUNS)

THE FILLING

Cooked Pumpkin Flesh (mashed) 120 g, Sugar 20 g, Spices (Optional: Cinnamon, Nutmeg or Allspice powder) to taste


THE DOUGH

Strong White Flour 300 g, Caster Sugar 50 g, Salt 5g, Active Dry Yeast 6g, Unsalted Butter (room temperature) 30g, Milk (lukewarm) 150ml, Pumpkin Puree 70g

GARNISH

Peacan Nut(halved) or Thinly Sliced Pumpkin Wedges 8pcs

Method:



1. Prepare the pumpkin puree. Skin and deseed a fresh pumpkin and dice the flesh. Place the flesh in a large bowl and cover with cling film. Microwave the pumpkin flesh for 20 minutes, and set 2 minutes every time until the flesh becomes soft.

2. Remove the flesh from the microwave and mash 70g into a smooth puree with a fork, while the remaining flesh will be used as pumpkin filling. Set aside and let cool.

3. Measure the flour into a mixing bowl, add the sugar and salt on one side, active dry yeast on the opposite side, then mix well.

4. Add the lukewarm milk and 70g pumpkin puree into the flour mixture and mix the dough with a scraper until a rough dough is formed.

5. Take the dough out from the bowl and place it on a clean work surface. Knead for 4 minutes until it becomes smooth. Flatten the dough with your hand and place the butter in the middle. Wrap up the butter with the dough and continue to knead for another 4 minutes until the butter is absorbed, and a smooth and elastic dough is formed.



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Method:

6. Shape the dough into a ball, transfer the dough into the bowl and cover with a cling film. Prove the dough in a Miele oven using the “Prove Dough” function at 45°C for 30 minutes until the dough has doubled in size.
7. Prepare the pumpkin filling. Place the remaining cooked pumpkin flesh, sugar and spices into a large mixing bowl. Mix well and set aside.
8. Cut 32 pieces of cooking twine to a length of 25cm each. Soak the twine in a bowl of vegetable oil and set aside.
9. Place the dough carefully onto the work surface and divide it into 8 equal pieces. Using a rolling pin, roll each piece into a round disc of 1 cm thick and 10 cm diameter.
10. Place 1 tablespoon of the pumpkin filling in the centre of the dough, bring four corners to the top and pinch together to form a parcel, then bring the rest of the sides together and pinch to seal. Repeat this step until all doughs are wrapped with the filling.
11. Place 4 pieces of twine on a clean work surface, arrange the twines to let them intersect at a centre point. Place a bun on the intersecting point with the smooth side facing down, then bring two ends of each twine to the top and tie it. Wrap the twines around the bun to form 8 segments evenly. Remember not to tie the bun too tight. Repeat this step until all doughs are tied.



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Method:

12. Turn the tied buns upside down and place on a baking tray. Cover the tray loosely with a cling film and return it to the Miele oven for the second rise using “Prove Dough” function at 40oC for 15 minutes.

13. Preheat a Miele oven using “Fan Plus” function to 160oC .

14. When the second rise is finished, place the pumpkin buns into the preheated oven and bake at 160oC for 20 minutes until the buns are slightly brown but remained yellow or orange.

15. Remove the pumpkin buns from oven and leave to cool on a wire rack. Then remove the twine carefully with scissors. Put the halved pecan nut or thinly sliced pumpkin wedge on top of the buns as the stem. Repeat this step until all pumpkin buns are garnished before serving.



香甜南瓜包 (8個)

餡料

熟南瓜肉 (已壓成蓉) 120 克、砂糖 20 克、香料 (按喜好加入:肉桂粉、荳蔻粉或多香果粉) 適量

麵糰

高筋麵粉 300 克、砂糖 50 克、鹽 5 克、乾酵母 6 克、無鹽牛油 (室溫) 30 克、鮮奶 (微溫) 150 毫升、南瓜蓉 70 克

裝飾

碧根果(半粒) / 南瓜薄片 8粒/片



做法:

1. 先預備南瓜蓉。將南瓜去皮及除籽，然後切粒，置大碗內並用保鮮紙包好。將南瓜肉置微波爐加熱，每次2分鐘，共20分鐘，直至南瓜肉變軟。
2. 從微波爐取出南瓜肉，並用叉子將70克的南瓜肉壓成蓉備用。剩餘的南瓜肉留起作製作餡料之用。
3. 把麵粉置大碗內，將糖及鹽放於大碗的一邊，並將乾酵母置大碗內的另一邊，然後拌勻。
4. 把微溫的鮮奶及70克的南瓜蓉加入麵粉混合物中，並用刮刀拌勻成麵糰狀。
5. 從大碗取出麵糰放在乾淨枱面上，並揉搓4分鐘直至麵糰呈光滑狀。用手將麵糰壓平，然後將牛油放在麵糰中間。用麵糰將牛油包起，並繼續揉搓4分鐘至牛油完全被麵糰吸收，而且麵糰呈光滑狀。

香甜南瓜包 (8個)

做法:

6. 將麵糰搓成球狀，然後放進大碗內。用保鮮紙將大碗包好，並放入Miele焗爐內進行第一次發酵，以「發酵麵糰」模式用攝氏45度焗30分鐘，直至麵糰脹大一倍。

7. 預備南瓜餡料。將剩餘的南瓜肉、糖及香料置大碗內，然後拌勻備用。

8. 將煮食用的麻線剪成25厘米長，一共需要32條，並浸於植物油中備用。

9. 將麵糰置枱面上，然後將麵糰平均分成8等份。用麵糰棍把每份麵糰輾開成約1厘米厚及直徑10厘米的圓形。

10. 將一湯匙的南瓜餡料放於每份麵糰中央，然後將麵糰的四角拉至頂部並黏合成包裹狀，最後將麵糰其餘四邊黏合收口。重覆此步驟直至所有麵糰及餡料包好。

香甜南瓜包 (8個)

做法:

11. 將4條已浸油的麻線交叉放在枱面上排成米字形。將一份麵糰的光滑面朝下並置麻線交匯的中心點上，將每條麻線兩端拉起至麵糰頂部並紮好，把麵糰平均劃分成8份，切勿將麵糰紮得太緊。重覆此步驟直至所有麵糰紮好。

12. 將已紮好的麵糰反轉並置焗盤上，然後用保鮮紙輕輕包好。放入Miele焗爐內進行第二次發酵，以「發酵麵糰」模式用攝氏40度焗15分鐘。

13. 以「風扇加強」模式預熱Miele焗爐至攝氏160度。

14. 當麵糰完成第二次發酵後，將麵糰放入焗爐用攝氏160度焗20分鐘至表面呈微微金黃色，但仍保留麵糰原有的橙黃色。

15. 從焗爐取出南瓜包，並置架上待涼。然後，小心地將麻線從南瓜包上剪走。於每個南瓜包頂部加上半粒碧根果或南瓜薄片作裝飾後即可享用。