

Purple Sweet Potato Milk Bread

1 tsp dry instant yeast

1 cup whole milk, lukewarm

1/4 cup heavy cream, lukewarm

1 tsp vanilla extract

1 tsp salt

2 1/2 Tbsp (20g) milk powder

3 cups (375g) bread flour

1/3 cup (66g) granulated sugar

3/4 cup (180g) cooked purple sweet potato (2–3 small potatoes), mashed and cooled

4 Tbsp (55g) softened unsalted butter

1 egg (for egg wash, optional)



1. Add the yeast, milk, heavy cream, vanilla, salt, milk powder, bread flour, and sugar to a stand mixer bowl. Mix on medium-low speed with the dough attachment for about two minutes, until well combined. (Note: If using dry active yeast, be sure to activate it in the warm milk for 5–10 minutes before adding to the bowl.)
2. Add the purple sweet potato 1/4 cup at a time. Ensure each addition is fully incorporated before adding the next amount. Be sure to scrape the bowl often. Knead 2–3 more minutes on medium speed, until the dough looks smooth and evenly purple.
3. Add the softened butter 1 Tbsp at a time. The dough will fall apart and then come back together, forming a ball. Knead for 2–3 more minutes, until the dough is soft, smooth, and shiny, and comes away from the sides of the mixing bowl.
4. Transfer the dough to a large buttered bowl. Cover. Allow the bread to rest and rise (proof) until approximately double in size, about 1–2 hours.
5. Transfer the proofed dough to a lightly floured surface. Divide into three equal portions.
6. Fold each portion of the dough in thirds, like a letter. Then rotate each piece 90 degrees, and fold in thirds again, like a letter. Place the three pieces of dough next to each other, seam-side down, in a lightly greased 9-inch loaf pan. Cover, then proof until the top of the dough is just barely higher than the top of the pan, about one hour.
7. Preheat the oven to 350°F.
8. Lightly brush the top of the dough with optional egg wash (one egg beaten with 2 Tbsp of water or milk). Bake for 30–40 min, until golden. The internal temperature should read at least 200°F. Cool, then slice and serve with salted butter.

Alex Willis '17 MS



Alex Willis '17 MS recently starred in the fifth season of the *Great American Baking Show*, earning Star Baker honors during Cake Week and Spice Week, and finishing the season as a semifinalist. He recently provided us with this exclusive recipe for the Northwestern community that will let you show your Purple Pride in the kitchen!

Learn more about Alex's baking adventures and find more delicious recipes at alexwillisbakes.com and [@alexwillisbakes](https://www.instagram.com/alexwillisbakes) on Instagram!

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