

PUMPKIN & SAGE WHEAT ROLLS

Petits Pains au Potiron et à la Sauge

Prep Time: 25 minutes (*plus 1 hour rising*)

Cook Time: 20 minutes

Yield: 12 rolls



Source: The Gilded Table – September Edition

Recipe Description

Soft, golden dinner rolls enriched with pumpkin purée and fresh sage — perfect for autumn soups, stews, and holiday tables. The wheat flour adds a nutty depth, while the sage offers a subtle herbal perfume.

Ingredients

- 2 ¼ tsp (1 packet) active dry yeast
- ½ cup warm milk (110°F / 43°C)
- 2 tbsp honey
- ½ cup pumpkin purée (not pumpkin pie filling)
- 3 tbsp unsalted butter, melted and cooled slightly
- 1 large egg
- 1 tsp salt
- 2 tbsp fresh sage, finely chopped
- 2 cups whole wheat flour
- 1–1 ½ cups all-purpose flour (as needed)

Directions

1. In a large mixing bowl, dissolve yeast in warm milk. Add honey and let stand 5 minutes, until foamy.
2. Whisk in pumpkin purée, melted butter, egg, salt, and chopped sage.
3. Stir in whole wheat flour, then gradually add all-purpose flour until a soft dough forms.
4. Turn dough onto a lightly floured surface and knead 6–8 minutes, until smooth and elastic.
5. Place in a greased bowl, cover, and let rise in a warm place until doubled in size, about 1 hour.
6. Punch down dough and divide into 12 equal portions. Shape each into a ball and place on a parchment-lined baking sheet.
7. Cover loosely and let rise 30 minutes, until puffy.
8. Preheat oven to 375°F (190°C).
9. Bake rolls for 18–20 minutes, until golden brown. Cool slightly before serving.



Notes:

- For a richer flavor, brush rolls with melted butter and sprinkle with sea salt before baking.
- These freeze beautifully — cool completely, wrap well, and reheat in a warm oven before serving. 