

Purple wheat pocket roll

Description

Whole wheat pocket roll with vegetable-chicken filling



Yield

20 pieces of 162 g



Scheduling

Preparation: approx. 100 minutes

Rest period: 17–18 hours

Baking time 1st phase: 10 minutes/240°C
dropping

Baking time 2nd phase: 5–6 minutes/240°C



Nutritional values (100 g or 100 ml)

energy: 551 kJ/132 kcal;

fat: 3.1 g, of which saturated 1.2 g;

carbohydrates: 20 g, of which sugars 1.6 g;

protein: 5.6 g; salt 1.4 g

Ingredients

Dough for purple wheat pocket roll (1'535 g)

80 g	purple whole grain wheat flour*
400 g	wheat flour 720
300 g	water
400 g	purple wheat scald
310 g	purple wheat starter dough
15 g	baker's yeast
15 g	table salt
15 g	fine semolina 720 (for processing)

* whole grain flour made from purple wheat

Purple wheat starter dough (310 g)

160 g	purple wheat flakes**
130 g	water
20 g	wheat sourdough starter

** flakes from the whole grains of purple wheat

Purple wheat scald (400 g)

160 g	purple whole grain wheat flour
240 g	water

Winter vegetable and chicken filling (2'087 g)

75 g	ghee
50 g	onions, finely chopped
395 g	leek, cut into rings
320 g	carrots, cut into strips
265 g	vegetable bouillon
320 g	mushrooms, cut into slices
10 g	table salt
360 g	pulled chicken
35 g	cornstarch
200 g	water
25 g	Worcestershire sauce
7 g	black ground pepper
25 g	garlic salt

Garnish (260 g)

160 g	carrots, peeled, greens trimmed
100 g	leek, cut into long triangles

Production

1

Purple wheat scald

Prepare the day before or sufficiently early.

Bring the water to the boil. Pour the boiling water over the whole grain purple wheat flour and stir well. Allow the scald to cool and store covered until further processing (allow to soak for at least 12 hours).

2

Purple wheat starter dough

Prepare the day before.

Mix the purple wheat flakes with water and the slurried wheat sourdough starter. Cover the starter dough and leave to ferment overnight at room temperature.

3

Dough preparation

Mix the whole grain purple wheat flour, wheat flour, water, scald, starter dough and yeast in a kneading machine to form a smooth dough. Add the salt towards the end of the mixing time.

Dough temperature: approx. 24°C

Proofing: 90 minutes, covered at room temperature

4

Processing

Portion the dough and work round. Shape into a slightly oval shape and then roll out lengthwise (approx. 12 cm long, 3.5 mm thick).

5

Piece proofing

Set the dough pieces down on loading devices and allow to proof well. Before baking, carefully loosen them from the base with a spatula to allow pockets (hollow spaces) to form during baking.

6

Baking

Load into a hot oven with steam. Only bake the pocket rolls halfway so that they can be finished off later.

7

Preparing the filling

Heat the clarified butter in a pan. Sauté the chopped onions. Add the leeks and carrots and sauté briefly over high heat, stirring constantly.

Deglaze with vegetable stock and reduce slightly. Add the mushrooms and salt and cook briefly. Stir in the pulled chicken. Sprinkle cornstarch over the mixture, then add water.

Bring the filling to a boil, stirring constantly, until it thickens. Remove from the heat and season with Worcestershire sauce, ground pepper, and garlic salt. Allow the filling to cool.

8

Finishing

Cut the half-baked purple wheat roll pockets lengthways on one side (do not cut all the way through). Using a piping bag or spoon, fill each roll pocket with approx. 85 g of the winter vegetable and chicken filling.

Before serving, bake/reheat in the oven for approx. 5 minutes until the pocket is crispy and the filling is hot.

Garnish with carrot slices and leek pieces.

9

Note

The dough used is not only suitable for roll pockets, but can also be used to make purple wheat bread. Depending on the desired size, the amount of dough is suitable for one or more loaves. The baking time and temperature should be adjusted accordingly.