

PUR<sup>®</sup>  
PUR

PURPUR<sup>®</sup> MIX

backaldrin<sup>®</sup>

**Over the centuries, purple wheat was almost forgotten, but the purple grain has made quite a comeback in recent years.**

Purple wheat counts among the oldest varieties of wheat. However, as lighter wheat became more popular over time, it almost fell into oblivion. The original wheat was only still cultivated in some areas of South America and New Zealand. Because of its genetic diversity, the rediscovery of purple wheat was of great interest in the areas of research and cultivation. Today we know that there is much more behind the purple colour that gave this varietal of wheat its name.



**Purple wheat grains**



**Wheat grains**

The unusual colour comes from a pigment known as anthocyanin, which belongs to the parent class of plant pigments called flavonoids. These flavonoids are present in many plants and are of scientific interest because they are secondary phytochemicals. Anthocyanins are contained mainly in the outer layers of the grain, giving the grain its unmistakable colour. This external colour difference also influences the “internal” properties of the wheat in relation to our diet.

The striking purple colour and valuable ingredients make purple wheat a remarkable crop. During baking, purple wheat develops a robust, somewhat spicy taste. Bread and other baked goods stay fresh and juicy for a long time.

## PURPUR® WHOLEGRAIN BREAD

PurPur® Wholegrain Bread contains valuable ingredients such as purple wholegrain wheat flour, wholegrain rye flour, rye sourdough, shredded soy, pumpkin seeds, sunflower seeds and walnuts. PurPur® Wholegrain Bread is characterised by its aromatic yet mild taste, a soft and delicate crumb with an even pore structure and a particular juiciness. Even after 2 days, PurPur® Wholegrain Bread is as fresh as when it came out of the oven!









# PURPUR® WHOLEGRAIN BREAD

BR-1047

## Dough

10.000 kg **PurPur® Mix** (2339)

8.000 kg water (approx.)

0.200 kg yeast

18.200 kg Dough

## Processing

Kneading time: 6 – 8 minutes at low speed  
2 – 3 minutes at low speed

Kneader: spiral

Dough temperature: 29 – 30 °C

Dough rest: 30 – 40 minutes

Scaling weight: 0.580 kg

Oven temperature: 250 °C falling

Baking time: 40 – 45 minutes

## Preparation

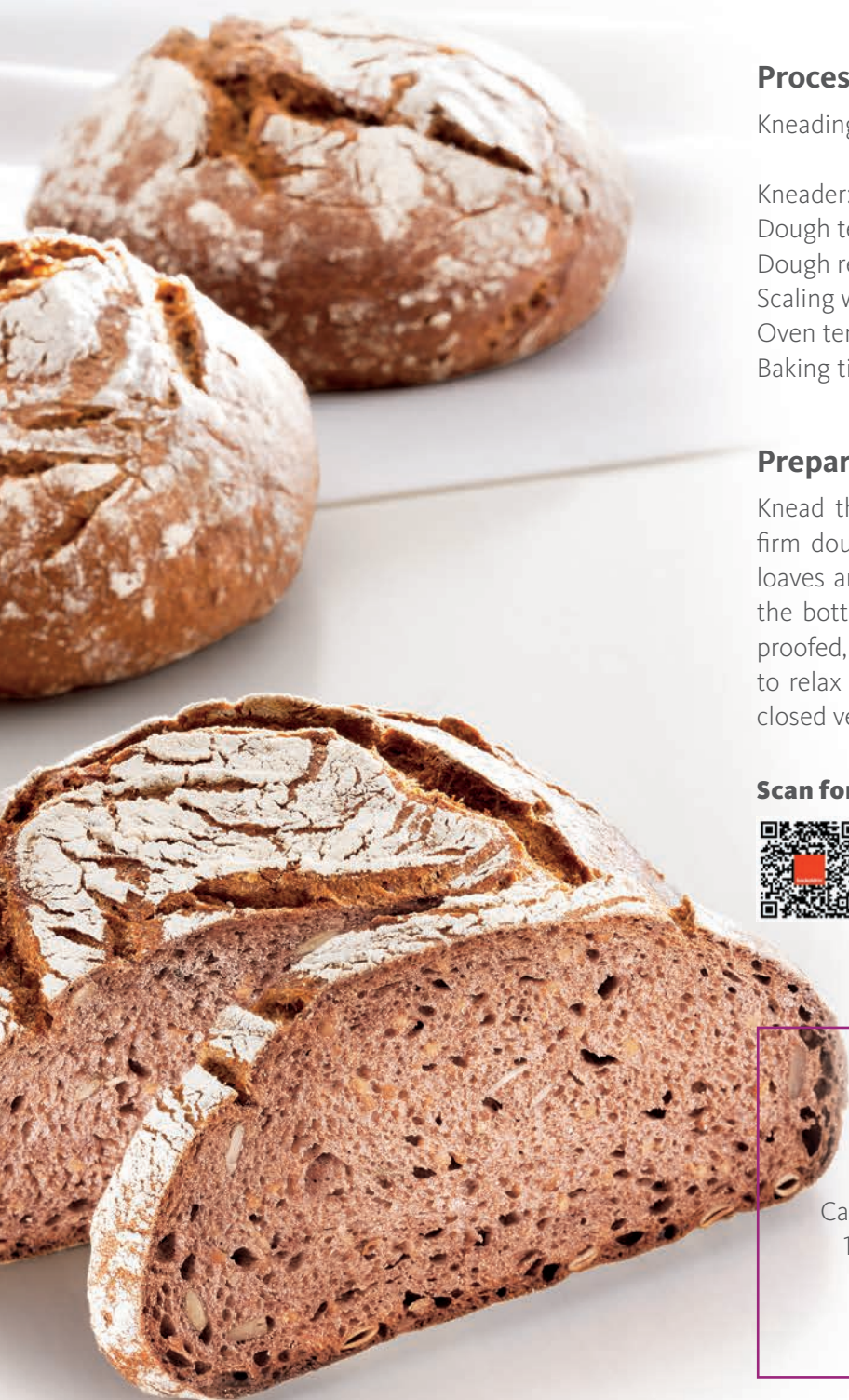
Knead the ingredients together to form a medium-firm dough. After the dough rest, shape into round loaves and dust heavily with flour. With the seam at the bottom, place into proofing baskets. When well proofed, tip the loaves out onto baking trays. Allow to relax briefly before baking well with steam and a closed vent.

## Scan for the demonstration video:



### Tip

Can also be baked in  
1.2 litre loaf tins.



# PURPUR® LINSEED BREAD



BR-1054

## Soaker

0.625 kg linseeds  
0.625 kg water  
1.250 kg soaker (standing time: 1 hour)

## Dough

1.250 kg soaker  
5.000 kg **PurPur® Mix** (2339)  
1.250 kg rye flour T 960/997  
4.200 kg water (approx.)  
0.050 kg salt  
0.125 kg yeast  
0.065 kg **BAS light** (1251)  
0.500 kg curd cheese (20 % fat content)  
12.440 kg Dough

## Topping

0.075 kg **Sunflower Seeds** (1664)

## Processing

Kneading time: 3 – 5 minutes at low speed  
2 – 4 minutes at high speed  
Kneader: spiral  
Dough temperature: 29 – 30 °C  
Dough rest: 30 – 40 minutes  
Scaling weight: 0.500 kg (1.2 litre tin)  
Oven temperature: 240 – 250 °C falling to 200 °C  
Baking time: 45 – 50 minutes

## Preparation

Knead the ingredients together to form a medium-firm dough. After the dough rest, weigh out dough pieces, shape them lengthwise, moisten with water, roll in **Sunflower Seeds** (1664) and place into baking tins. Make an incision down the top length of each loaf and set on fermentation. At 3/4 fermentation, blast with steam. Open the vent after 2 minutes and bake well at a falling temperature.

### Tip

For a special touch,  
we recommend  
adding 2 % chives  
to the total amount  
of flour.





## PURPUR® CIABATTA

BR-1052

**Dough**

5.000 kg	<b>PurPur® Mix</b> (2339)
5.000 kg	wheat flour T 550/700
8.000 kg	water (approx.)
0.250 kg	fresh yeast
0.120 kg	salt
0.150 kg	<b>Frigomalt</b> (2037)
0.200 kg	olive oil
18.720 kg	Dough

**Processing**

Kneading time:	3 – 5 minutes at low speed 8 – 10 minutes at high speed
Kneader:	spiral
Dough temperature:	23 – 24 °C
Dough rest:	120 – 240 minutes
Scaling weight:	0.070 – 0.300 kg
Oven temperature:	240 – 250 °C
Baking time:	20 – 45 minutes

**Preparation**

Knead the ingredients together to form a very soft dough. Keep the dough in a covered plastic tub during the resting time. After the dough rest, turn the dough out onto a table, dusted with rye flour. Also dust the surface of the dough with rye flour. Use a dough scraper to cut the dough to the desired size. Roll the pieces in rye flour and set onto proofing racks. Proof for approx. 45 minutes and then bake with steam. Open the vent after approx. 10 minutes and bake until crispy.

**Tip**

If using  
**Frigomalt II** (2088)  
instead of **Frigomalt** (2037),  
reduce the quantity  
to 0.100 kg.



# PURPUR® ADVENT BREAD

BR-5010

b

## Dough

10.000 kg **PurPur® Mix** (2339)  
8.600 kg water (approx.)  
0.200 kg yeast  
0.300 kg honey  
0.500 kg almonds (shelled, halved)  
1.000 kg hazelnuts (shelled, whole)  
1.000 kg **Sunflower Seeds** (1664)  
21.600 kg Dough

## Preparation

Knead the ingredients together to form a medium-firm dough. Add the almonds, hazelnuts and **Sunflower Seeds** (1664) at the end of the kneading time. After the dough rest, weigh out dough pieces, shape into balls and then into short loaves. Place into baskets and set on fermentation. At 3/4 fermentation, tip out onto racks or trays and blast with steam. Open the vent after 2 – 3 minutes and bake well at a falling temperature.

## Processing

Kneading time: 5 – 6 minutes at low speed  
5 – 6 minutes at high speed  
Dough temperature: 28 – 30 °C  
Dough rest: 30 – 40 minutes  
Scaling weight: 0.580 kg  
Oven temperature: 240 – 250 °C falling  
Baking time: 45 – 50 minutes

### Tip

For greater aroma and a festive touch, 0.030 kg cinnamon and 0.020 kg ground anise can be added.





# PURPUR® KAROTTINO BREAD

BR-1098

## Dough

6.000 kg **PurPur® Mix** (2339)  
2.500 kg rye flour T 997/960  
1.500 kg wheat flour T 550/700  
6.600 kg water (approx.)  
0.200 kg yeast  
0.110 kg salt  
0.130 kg **BAS light** (1251)  
1.000 kg yoghurt  
3.000 kg frozen carrots (slivered)  
1.000 kg **Sunflower Seeds** (1664)  
22.040 kg Dough

## Topping

Sesame seeds and chopped pumpkin seeds (1:1).

## Processing

Kneading time: 5 – 6 minutes at low speed  
3 – 5 minutes at high speed  
Kneader: spiral  
Dough temperature: 28 – 30 °C  
Dough rest: 30 – 40 minutes  
Scaling weight: 0.850 kg (hexagonal tin)  
Oven temperature: 250 °C falling to 200 °C  
Baking time: 45 – 50 minutes

## Preparation

Knead the ingredients together to form a medium-firm dough. Add the carrots at the end of the kneading time. After the dough rest, weigh out dough pieces and shape into loaves. Moisten the surface, dunk in the topping, lightly press into the baking mould and set on fermentation. At 3/4 fermentation, blast with steam. Open the vent after 2 minutes and bake well at a falling temperature.

### Tip

Warm the frozen carrots to room temperature (do not rinse with water higher than 30 °C).





# PURPUR® KAROTTINO BREAD ROLLS



WG-3062

## Dough

5.000 kg **PurPur® Mix** (2339)  
4.000 kg wheat flour T 550/700  
1.000 kg rye flour T 997/960  
5.500 kg water (approx.)  
0.400 kg yeast  
0.120 kg salt  
0.300 kg **Frigomalt** (2037)  
3.000 kg diced carrots  
1.000 kg yoghurt  
1.000 kg **Sunflower Seeds** (1664)  
21.320 kg Dough

## Topping

Sesame seeds and chopped pumpkin seeds (1:1).

## Processing

Kneading time: 4 – 6 minutes at low speed  
4 – 6 minutes at high speed  
Kneader: spiral  
Dough temperature: 26 – 27 °C  
Dough rest: 5 – 10 minutes  
Scaling weight: 0.080 kg per piece  
Oven temperature: 240 – 250 °C falling  
Baking time: 17 – 18 minutes

## Preparation

Knead the ingredients together to form a medium-firm dough. After kneading, mix the carrots in at a very low speed. After the dough rest, fill a dough divider and lightly dust the surface before pressing out the dough pieces (do not round). Moisten the dough pieces with water, press into topping and set on fermentation. At 3/4 fermentation, bake well with steam.

### Tip

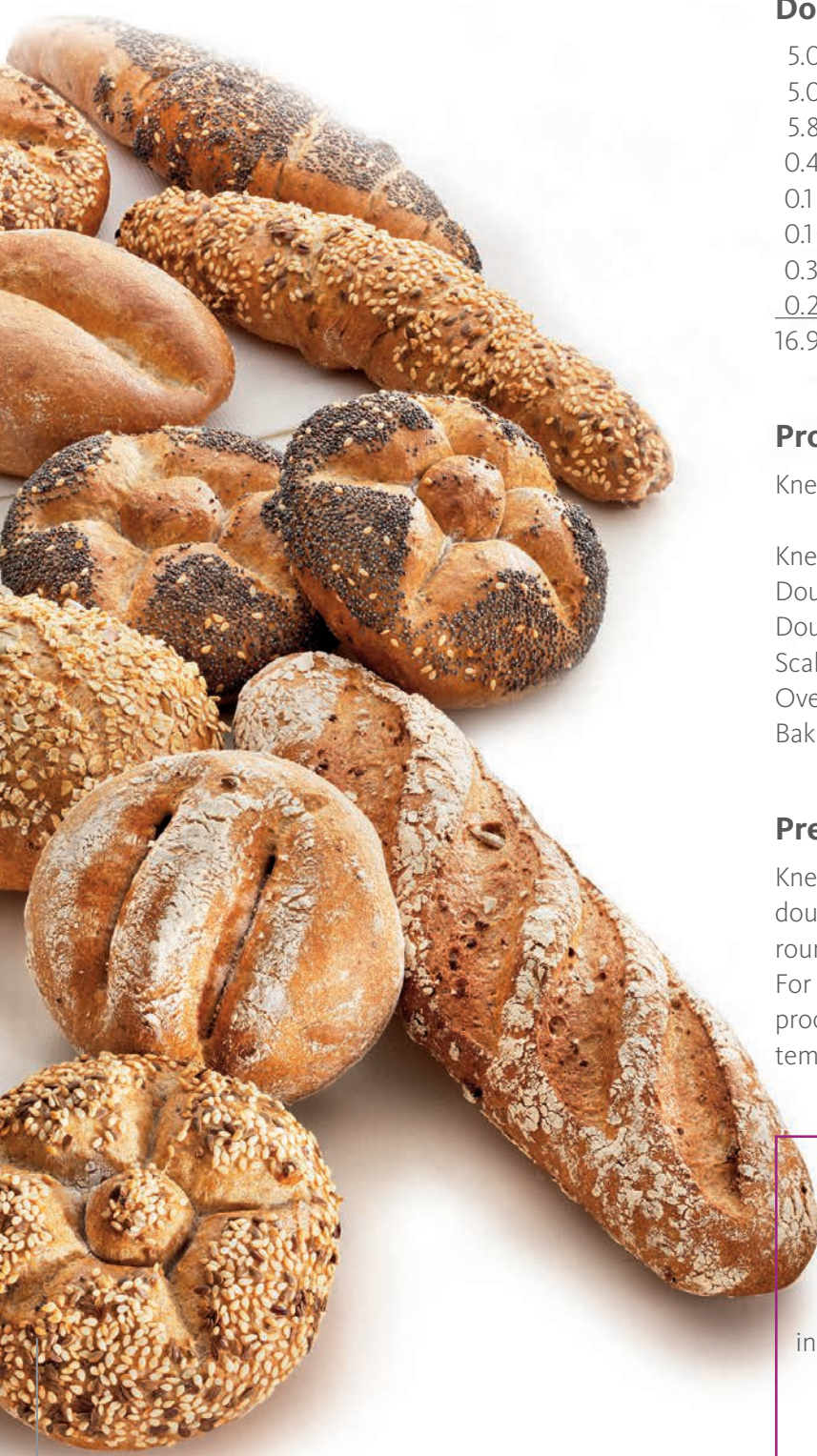
If using  
**Frigomalt II** (2088)  
instead of **Frigomalt** (2037),  
reduce the quantity  
to 0.100 kg.





# PURPUR<sup>®</sup> BREAD ROLLS

BR-3025



## Dough

5.000 kg **PurPur<sup>®</sup>Mix** (2339)  
5.000 kg wheat flour T 550/700  
5.800 kg water (approx.)  
0.400 kg yeast  
0.120 kg salt  
0.100 kg **AromaMalz** (1101)  
0.300 kg **Frigomalt** (2037)  
0.200 kg margarine  
16.920 kg Dough

## Processing

Kneading time: 6 – 8 minutes at low speed  
6 – 8 minutes at high speed  
Kneader: spiral  
Dough temperature: 25 – 27 °C  
Dough rest: 5 – 10 minutes  
Scaling weight: 2.400 kg (30 piece press)  
Oven temperature: 240 – 250 °C  
Baking time: 17 – 18 minutes

## Preparation

Knead the ingredients together to form a medium-firm dough. After the dough rest, weigh out dough pieces, round them, shape as desired and set on fermentation. For optimal fermentation, the temperature in the proofing chamber should be adjusted to the dough temperature. Bake when well proofed.

### Tip

If using  
**Frigomalt II** (2088)  
instead of **Frigomalt** (2037),  
reduce the quantity  
to 0.100 kg.



# PURPUR® BAR

WG-3024 INT



## Dough

5.000 kg **PurPur® Mix** (2339)  
2.500 kg wheat flour T 550/700  
2.500 kg rye flour T 997/960  
6.500 kg water (approx.)  
0.350 kg yeast  
0.120 kg salt  
0.500 kg butter  
0.300 kg **Frigomalt** (2037)  
2.000 kg walnuts  
2.000 kg currants/raisins  
0.020 kg cinnamon  
21.790 kg Dough

## Topping

0.600 kg sesame seeds  
0.300 kg flaked almonds  
0.300 kg brittle  
0.300 kg decorating sugar  
1.500 kg Topping

## Processing

Kneading time: 3 – 5 minutes at low speed  
4 – 6 minutes at high speed  
Kneader: spiral  
Dough temperature: 25 – 26 °C  
Dough rest: 5 – 10 minutes  
Scaling weight: 0.050 – 0.060 kg  
Oven temperature: 220 – 230 °C  
Baking time: 8 – 10 minutes

## Preparation

Knead the ingredients together to form a medium-firm dough. After kneading, mix the walnuts and currants/raisins in at a very low speed. After the dough rest, roll the dough out to a thickness of 1 cm. Divide into strips of 12 x 3 cm, brush with whole egg, dunk in topping and set on fermentation. When well proofed, bake briefly with little steam.



### Tip

If using  
**Frigomalt II** (2088)  
instead of **Frigomalt** (2037),  
reduce the quantity  
to 0.100 kg.





# PUR PUR

## Product information

**Product number:** 2339


**Packaging:** 25 kg paper bag

**Product advantages:**

- Still relatively new but, at the same time, rich in tradition, purple wheat brings interesting variety to the range of otherwise conventional grains
- Purple wheat contains 10 times more anthocyanins (secondary plant ingredients\* that act as antioxidants) than standard types of wheat
- Many recipe ideas with only one mix
- Excellent baking properties
- Baked goods with purple wholegrain are characterised by a long shelf-life

\* Dr. Bernhard Watzl, Dr. Karlis Briviba, Prof. Dr. Gerhard Rechkemmer, Ernährungs-Umschau 49 (2002), Volume 4, Page 148 ff.

## PURPUR® MIX



Current information pertaining to the baked products, in terms of the food information regulation (EU-VO 1169/2011), may be obtained from your backaldrin consultant or via email to [info@backaldrin.com](mailto:info@backaldrin.com).



**backaldrin®**