

Pineapple Recipes | Pynappel Resepte



*Tried and Tested Recipes by Nicky Brecher for Wegro Farming (Pty) Ltd /
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Pineapple Samosas

8 – 10 samosas

Dough:

250 ml flour

250 ml self-raising flour

125 ml sour milk

125 ml cooking oil

3 ml salt

Mix all the ingredients together to form dough. Knead few minutes and let rest for 15 minutes. Divide the dough in half, and roll out as thin as possible in a rectangle of approximately 25cm X 35 cm.

Cut in 5 long strips.

Spoon filling on edge of strip, and fold into triangles. Seal with flour and water slurry. (15 ml water mixed with 15 ml flour to form a glue).

Filling:

250 ml Chopped pineapple

250 ml kernel corn

250 ml grated cheddar cheese

15 ml sweet chilli sauce

30 ml cream

10 ml maizena

5 ml curry powder

3 ml chilli flakes

Mix maizena and cream, add to rest of ingredients, and mix well. Place spoonful on dough and fold. Fry in hot oil until brown.

Optional:

Add handful of chopped dahnia leaves to filling.



Pynappel Samoesas

Maak 8-10 samoesas

Deeg:

250 ml koekmeel
250 ml bruismeel
125 ml suurmilk
125 ml olie
3 ml sout

Meng alles , en knie goed tot dit 'n deeg vorm, en laat rus 15 minute.

Rol die helfte van die deeg so dun as moontlik in 'n reghoek uit van ongeveer 25 cm X 35 cm.

Sny in 5 lang repe.

Plaas vulsel op en rol driehoeks gewys op en seël met water en meel mengsel (15 ml meel gemeng met 15 ml water tot 'n gom).

Vulsel:

250 ml fyn gekapte pynappel
250 ml pitmielies
250 ml grasperde cheddar kaas
15 ml soetrissiesous
30 ml room
10 ml mielieblom
5 ml kerriepoeier
2 ml rissievlokkies

Meng room en mielieblom.

Meng al die ander bestanddele saam. Gooi mielieblom mengsel by, en meng goed.

Skep lepelsvol op samoesadeeg.

Bak in warm olie tot bruin en gaar.

Opsioneel: 'n handjievul koljanderblare, gekap kan by vulsel gevoeg word.

