

Pineapple Recipes | Pynappel Resepte



*Tried and Tested Recipes by Nicky Brecher for Wegro Farming (Pty) Ltd /
Beproeftde en Getoetsde resepte deur Nicky Brecher vir Wegro Farming (Pty) Ltd*

Pineapple and Chicken kebabs

8 kebabs

4 – 6 deboned chicken thighs
1 pineapple, cored and diced in 2 cm x 2 cm pieces
12 strips Streaky Bacon
Red onion
Red, yellow and green pepper

Basting Sauce:

1 clove of garlic finely crushed
80 ml Soy sauce
50 ml honey
60 ml freshly juiced pineapple
80 ml olive oil
40 ml lemon juice
10 ml brown sugar

Cut each thigh into 6 pieces. Cut each Bacon strip in two. Peel layers of red onion, and cut into 2cm x 2 cm pieces.

Cut peppers into same size as well.

Wrap each pineapple cube with bacon. Make 24 pieces.

Thread skewers with 3 chicken pieces, 3 pineapple and bacon pieces, adding onion and peppers in between. Keep in fridge until needed.

Mix all the ingredients for the basting sauce together.

Braai kebabs on medium coals, basting regularly, until done.



Pynappel en hoender kebabs

8 kebabs

4 – 6 ontbeende hoenderdye

1 pynappel, ontkern en in 2cm x 2 cm stukkes gesny

12 repe Streep spek

Rooi uie

Rooi, geel en groenrissie

Bedruipsous:

1 knoffelhuisie fyn gerasper

80 ml sojasous

50 ml heuning

60 ml vars versapte pynappel

80 ml olyfolie

40 ml suurlemoensap

10 ml donkerbruin suiker

Sny hoenderdye elk in 6 stukke.

Halveer spekrepe.

Skil rooi ui in lae af, en sny in 2cm x 2cm stukke.

Sny soetrissies ook in blokkies.

Vou halwe spekreep om elke pynappel blokkie. Maak 24.

Ryg 3 hoenderblokkies, drie pynappel en spek blokkies en gemengde soetrissie en ui stukkes op elke sosatienstokkie. Plaas in yskas tot benodig.

Meng al die sousbestanddele saam.

Braai kebabs oor matige kole tot gaar, bedruip gereeld met sous.

