

Pineapple Recipes | Pynappel Resepte



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

Pineapple Prawn Curry

Serves 4

800 g Jumbo Prawns, shelled, cut and cleaned
30 g garlic butter
30 ml olive oil
15 ml Briyani spice mix
2 cm fresh ginger, grated
Curry leaves
15 ml Curry paste
1 tin Indian tomatoes
250 ml chopped pineapple
165 ml Coconut cream
Dahnia leaves

Heat oil and garlic butter together in saucepan.

Add spices, ginger and curry leaves over low heat. Add curry paste and fry for another min.

Add tomatoes and simmer for 15 min, stirring occasionally. Add prawns and pineapple and simmer for 10 min.

Add coconut cream and heat until boiling point. Serve with Basmati rice. Add a sprinkling of fresh dahnia (if preferred)



Pynappel Garnaal kerrie

Bedien 4

800 g skoongemaakte Jumbo garnale
30 g knoffelbotter
30 ml olyfolie
15 ml Briyani speserye
2 cm vars gemmerwortel fyn grasper
Kerrieblare
15 ml Kerriepasta
1 blik Indian Tomatoes
250 ml fyngekapte pynappel
165 ml klapperroom
Koljanderblare

Verhit olie en knoffelbotter saam in kastrol.

Braai speserye, kerrieblare en vars gemmer oor lae hitte.

Voeg kerrie pasta by en braai nog 1 min. Gooi tamaties by en laat prut liggies vir 15 minute, roer kort-kort.

Gooi garnale en pynappel by en prut 10 min.

Gooi klapperroom by en bring tot kookpunt.

Sprinkel koljanderblare oor indien verkies en bedien saam Basmati rys.

