

Pineapple Recipes | Pynappel Resepte



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

Serves 4 - 6

Pineapple caramel:

100 g butter
125 ml brown sugar
250 ml pineapple chunks
125 ml caramel syrup
2 ml salt

Melt the butter in a small saucepan, over medium heat. Add the sugar and stir until melted. Add pineapple, syrup and salt and simmer until syrupy.

Batter:

500 ml flour
80 ml sugar
10 ml baking powder
5 ml baking soda
3 ml salt
2 eggs
500 ml buttermilk
60 ml melted butter
125 ml finely chopped pineapple

To serve: 8 strips of fried bacon.

Mix dry ingredients in a medium mixing bowl. Mix eggs and buttermilk together, and add to dry mixture. Mix lightly until smooth. Add butter and fresh pineapple. Let stand for 5 minutes. Drop small amounts of batter at a time onto a heated pan, and fry until golden brown.

Serve stacked with bacon and caramel.



Pynappel plaatkoekies

Bedien 4 - 6

Karamelsous:

100 g botter
125 ml bruinsuiker
250 ml pynappel blokkies
125 ml karamelstroop
2 ml sout

Smelt botter in klein kastrol oor matige hitte. Voeg suiker by en roer tot gesmelt. Gooi pynappel, stroop en sout by en kook tot stroperig.

Deeg:

500 ml koekmeel
80 ml suiker
10 ml bakpoeier
5 ml koeksoda
3 ml sout
2 eiers
500 ml karringmelk
60 ml gesmelte botter
125 ml fyngekapte pynappel

Vir bediening: 8 repies gebraaide spek

Meng droë bestanddele in 'n mengbak. Klits eiers en karringmelk saam en vou in droë bestanddele in. Roer pynappel en botter in. Laat staan 5 min. Bak lepelsvol in braaipan oor matige hitte, tot goudbruin en gaar.

Stapel opmekaar met karamel en spek.

Bedien warm.

