

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 Pavlova

6 egg whites
375 ml sugar
30 ml corn flour
7 ml vinegar
5 ml vanilla

Heat oven to 120 degrees Celsius.

Whip egg whites until soft peaks form. Add sugar gradually whilst whipping.

Add the vinegar and vanilla and whip another 3 min.

Sift the corn flour over the top and fold in until completely combined.

Line a baking tray with parchment and pipe or pile the mixture on the baking tray forming a slight dent in the middle.

Bake in the oven for 90 min. Turn off oven. Leave pavlova in the oven and open the door slightly.

Leave in the oven until completely cooled.

Whip cream until stiff and fold in the Pineapple Curd. Now fill the pavlova.

Garnish with fresh or dehydrated pineapple slices and other fruits of your choice.



Pynapple gevulde Pavlova

6 eierwitte
375 ml suiker
30 ml mielieblom
7 ml asyn
5 ml vanielje geursel

Verhit oond tot 120 grade Celsius

Klits die eierwitte tot skuimerig en stywe punte vorm

Voeg suiker geleidelik by terwyl jy heelyd klits.

Voeg die asyn en vanielje by en klits nog 3 min.

Sif die mielieblom oor en vou versigtig in tot alles goed gemeng is.

Plaas op bakpapier in vorm van jou keuse. Vryhand, of met 'n spuitsak. Vorm 'n hoër rand.

Bak in die oond vir 90 min. Skakel oond af. Los in die oond en maak die deur op 'n skrefie oop.

Los in die oond tot heeltemal afgekoel.

Vul met styfgeklopte room waarby Pynappel Curd ingevou is. Garneer met vars of gedroogde pynappel skywe en ander vrugte van jou keuse.

