

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 Beef Shortribs

Serves 4

1 kg beef shortribs
Salt and Pepper
10 ml olive oil
1 medium onion, chopped
2 garlic cloves, chopped
2 cm ginger, finely grated
250 ml beef stock
250 ml pineapple chopped in food processor
125 ml Teriyaki sauce
15 ml tomato paste
30 ml brown sugar
Fresh spring onion, chopped for garnish.

Heat oven to 160 degrees Celsius

Season the meat.

Heat oil in ovenproof casserole, and fry meat until well browned.

Remove meat, and fry onion, garlic and ginger. Add rest of ingredients and mix well.

Add meat back and fill up liquid with water to just cover meat. Cover with lid, and put in oven for 2 hours. Check after 1 hour on liquid, top up if necessary. Remove lid and turn on the grill. Grill the meat, basting with pan juices until shiny and sticky. Sprinkle with fresh spring onion. Serve with Polenta.



Pynappel Bees kortrib

Bedien 4

1 kg bees kortrib
Sout en Peper
1 gekapte medium ui
10 ml olyfolie
250 ml beesvleis ekstrak
250 ml pynappel verpulp in voedselverwerker
125 ml Teriyaki sous
15 ml tamatiepasta
30 ml bruinsuiker
2 cm vars gemmer gerasper
2 knoffelhuisies gekap
Vars gekapte spriet ui vir bediening.

Verhit oond tot 160 grade Celsius.

Verhit olie in oondbestande kastrol. Geur vleis en braai goed bruin.

Verwyder uit pan en braai ui, knoffel en gemmer.

Gooi res van bestanddele by. Plaas vleis terug in kastrol en indien nodig gooi water by tot vleis bedek is. Sit deksel op en plaas in oond vir 2 ure. Kyk na een uur of vog genoeg is, vul aan in dien nodig.

Haal deksel af en draai rooster element aan. Rooster tot glansend, bedruip met pansous. Sprinkel sprietuie oor.

Bedien met Polenta.

