

# *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 Pork belly

Serves 6

1,2 kg Pork belly, rind scored  
10 ml salt  
30 ml olive oil  
Black pepper

Heat oven to 200 degrees Celsius

Rub the pork belly with salt and let stand for 30 min.

Rinse off the salt and pat dry with kitchen paper.

Place the meat skin side down on a roasting rack in a tray.

Drizzle with olive oil and season with black pepper.

Roast at 200 degrees for 30 min. Turn heat down to 180 degrees Celsius and roast for another 1 hour. Turn belly over, skin side up, and roast for 20 min until skin is crisp and golden brown.

Serve with Pineapple glaze.

Pineapple glaze

125 ml brown sugar

80 ml vinegar

2 whole star anise

1 cinnamon stick

250 ml chicken stock

250 ml grated pineapple

Mix all the ingredients in a saucepan and cook until syrupy.

Serve alongside pork belly.



## Pynappel varklies

Bedien 6

1.2 kg varklies, swoerd ingekeep  
10 ml sout  
30 ml olyfolie  
Swartpeper

Verhit oond na 200 grade Celsius.

Vryf die varklies in met sout en laat staan 30 min.

Spoel af en droog met kombuispapier.

Plaas die vleis, vel ondertoe op 'n roosterrakkie van 'n roosterpan.

Sprinkel met olyfolie en maal swartpeper oor.

Rooster vir 30 minute.

Verlaag hitte na 180 grade Celsius en rooster nog 1 uur.

Draai vleis om, velkant bo en rooster tot vel bros en goudbruin is.

Bedien met Pynappel glaseersous.

### **Pynappel glaseersous**

125 ml bruin suiker

80 ml asyn

2 steranys

1 kaneelstokkie

250 ml hoenderekstrak

250 ml gerasperde pynappel

Kook alles saam tot stroperig. Sit voor saam varklies.

