

Pineapple Recipes | Pynappel Resepte



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

Serves 12

This recipe has lots of ingredients, and takes some effort, but is surely worth making. It can be doubled with great success to feed a crowd.

1 kg beef mince
1 kg pork mince
4 slices brown bread
2,5 ml white pepper
10 ml salt
2,5 ml cloves
2,5 ml coriander
2,5 ml cumin
3 m turmeric
2,5 ml ginger
10 ml curry powder
15 ml Worcester sauce
125 ml finely chopped onion
125 ml sweet sherry

Heat oven to 180 degrees Celsius.
Soak bread in a little water, press out the water, and add bread to minced meat.
Add the rest of the ingredients and mix lightly, but thoroughly.
Form meatballs, and roll in flour.
Place on a lightly oiled baking sheet.
Bake for 30 min until cooked through.
Reserve pan juices.

Sauce:

100 ml cooking oil
2 large onions, finely chopped
5 whole cloves
5 clean lemon leaves
10 ml salt
2,5 ml coriander
2,5 ml cumin
2 ml white pepper
30 ml Worcester sauce
3p ml Tomato sauce
30 ml Apricot jam
5 ml Turmeric
2,5 ml ginger
10 ml curry paste (or powder)
125 ml brown sugar
175 ml vinegar
250 ml sweet sherry
1 whole pineapple finely chopped

Heat the oil in a saucepan, add onion, cloves and lemon leaves. Fry, whilst stirring until fragrant. Add the rest of the ingredients, except for pineapple, combine well and stir until sugar has melted. Boil lightly for 5 min. Add pineapple and simmer for another 2 min. Add pan juices, and stir through Layer meatballs and sauce in a casserole dish, and keep warm until served.



Pynappel frikadelle

Bedien 12

Hierdie resep het baie bestanddele en is bietjie moeite, maar is verseker dit werd.

Die resep kan met groot sukses verdubbel word vir groot groepe.

1 kg bees maalvleis
1 kg vark maalvleis
4 snye bruinbrood
2,5 ml witpeper
10 ml sout
2,5 ml naeltjies
2,5 ml koljander
2,5 ml komyn
3 ml borrie
2.5 ml gemmer
10 ml kerriepoeier
15 ml Worcestersous
125 ml fyngekapte uie
125 ml soet sjerrie

Verhit oond tot 180 grade Celsius.

Week brood in water en druk ekstra water uit.

Meng al die bestanddele saam. Rol in balletjies.

Rol in meel, en plaas op liggies gesmeerde bakplaat.

Bak 30 min tot gaar. Behou pan sappe.

Sous:

100 ml kookolie
2 groot uie fyngekap
5 heel naeltjies
5 skoon suurlemoenblare
10 ml sout
2,5 ml koljander
2,5 ml komyn
2 ml witpeper
30 ml Worcestersous
30 ml Tamatiesous
30 ml appelkooskonfyt
5 ml borrie
2.5 ml gemmer
10 ml kerriepasta (of poeier)
125 ml bruinsuiker
175 ml asyn
250 ml Sjerrie
1 hele pynappel fyngekap

Verhit olie in kastrol, braai uie, naeltjies en suurlemoenblare terwyl jy liggies roer.

Voeg al die ander bestanddele by, behalwe pynappel, en laat 5 min kook. Gooi pynappel by en laat kook nog 2 minute. Gooi pansappe by sousmengsel en roer deur. Skep frikadelle in lae met sous tussenin in kasserol bak en hou warm tot bedien.

