

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 and Carrot soup

Serves 4

250 ml grated pineapple
500 g chopped carrots
1 large onion, chopped
2 ml grated ginger
30 ml olive oil
250 ml vegetable stock
10 ml curry paste
3 ml cumin
5 ml sugar
150 ml coconut cream
Salt and pepper to taste

Heat oil in medium saucepan, add onion, ginger, curry paste, and cumin. Fry together until fragrant. Add sugar and stir through. Add carrots and stir-fry one more minute. Add vegetable stock, and simmer until carrots are done. Add pineapple and coconut cream, and heat through. Blend with a stick blender until smooth. Add salt and pepper to taste. Garnish with fresh, chopped pineapple and serve with croutons.



Pynappel en wortel sop

Bedien 4

250 ml gerasperde pynappel
500 g wortels gekap
1 groot ui, gekap
2 ml gerasperde vars gemmer
30 ml olyfolie
250 ml groente ekstrak
10 ml kerriepasta
3 ml komyn
5 ml suiker
150 ml klapperroom
Sout en Peper na smaak

Verhit olie in kastrol. Braai ui, gemmer, kerriepasta, en komyn oor medium hitte tot geurig. Strooi suiker oor en roer deur. Gooi wortels by, roerbraai vir een minuut en voeg groente ekstrak by. Laat prut tot wortels sag is.

Voeg pynappel en klapperroom by. Laat goed deur warm word.

Versap tot glad met staafmenger, en geur na smaak.

Garneer met vars pynappel, en bedien met croutons.

