

Pineapple Recipes



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

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Pineapple Samosas

8 – 10 samosas

Dough:

250 ml flour

250 ml self-raising flour

125 ml sour milk

125 ml cooking oil

3 ml salt

Mix all the ingredients together to form dough. Knead few minutes and let rest for 15 minutes. Divide the dough in half, and roll out as thin as possible in a rectangle of approximately 25cm X 35 cm.

Cut in 5 long strips.

Spoon filling on edge of strip, and fold into triangles. Seal with flour and water slurry. (15 ml water mixed with 15 ml flour to form a glue).

Filling:

250 ml Chopped pineapple

250 ml kernel corn

250 ml grated cheddar cheese

15 ml sweet chilli sauce

30 ml cream

10 ml maizena

5 ml curry powder

3 ml chilli flakes

Mix maizena and cream, add to rest of ingredients, and mix well. Place spoonful on dough and fold. Fry in hot oil until brown.

Optional:

Add handful of chopped dahnia leaves to filling.



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.



Pineapple flapjacks

Serves 4 - 6

Pineapple caramel:

100 g butter
125 ml brown sugar
250 ml pineapple chunks
125 ml caramel syrup
2 ml salt

Melt the butter in a small saucepan, over medium heat. Add the sugar and stir until melted. Add pineapple, syrup and salt and simmer until syrupy.

Batter:

500 ml flour
80 ml sugar
10 ml baking powder
5 ml baking soda
3 ml salt
2 eggs
500 ml buttermilk
60 ml melted butter
125 ml finely chopped pineapple

To serve: 8 strips of fried bacon.

Mix dry ingredients in a medium mixing bowl. Mix eggs and buttermilk together, and add to dry mixture. Mix lightly until smooth. Add butter and fresh pineapple. Let stand for 5 minutes. Drop small amounts of batter at a time onto a heated pan, and fry until golden brown.

Serve stacked with bacon and caramel.



Pineapple and chicken layered Salad

Serves 8

4 chicken breasts, seasoned with salt and pepper
10 ml olive oil
30 ml chopped chives
250 ml Mayonnaise
4 hardboiled eggs
220 g flavored cottage cheese
250 ml chopped pineapple
250 ml grated Cheddar cheese
250 g chopped bacon, fried
300 ml crushed Bacon kips crackers
30 ml melted butter

Heat oven to 180 degrees Celsius

Lightly fry chicken breasts in warm skillet with olive oil until sealed. Place in oven for 25 min or until done.

Allow to cool. Line a round cake tin with double layer of plastic wrap.

Debone chicken breasts and chop meat finely. Mix with half of the Mayonnaise and chives.

Grate boiled eggs, and mix with half of the cottage cheese. Mix rest of Mayonnaise and cottage cheese together until smooth.

Mix crushed Bacon kips with melted butter.

Compose salad as follows:

Place half of the chicken in the prepared cake tin. Flatten with spatula.

Follow with grated cheese, then egg mixture. Flatten again.

Sprinkle pineapple and bacon bits on top.

Now add Mayonnaise and cottage cheese mixture and flatten again.

Next comes the rest of the chicken mixture, and lastly the crumbed crackers.

Cover with cling wrap, and press down lightly with your hands.

Cool in fridge for 3 hours, until set.

Turn out on serving platter and garnish with Pineapple slices and fresh herbs.



Pineapple Mixed Salad

Serves 4

250 ml Fresh pineapple chunks, core removed

1 sliced or cubed avocado

Fresh baby spinach leaves

8 ripe strawberries

125 ml blueberries

2 rounds Feta cheese

Freshly ground black pepper

Balsamic reduction to serve

Sprinkle spinach leaves on salad bowl.

Add rest of ingredients.

Sprinkle with any nuts and seeds (optional).

Serve with Balsamic reduction on the side.



Pineapple and Pasta salad

Serves 2

300 ml raw pasta shells
Small cucumber diced
Small red onion, finely chopped
250 ml pineapple cubes
1 tin Tuna chunks in brine
125 ml coarsely grated carrot
125 ml Mayonnaise, or Burger Mayonnaise to taste
Seasoning
Freshly chopped parsley
Roasted pumpkin seeds

Cook pasta until *al dente*. Allow to cool.
Mix rest of the ingredients in a bowl. Add pasta shells.
Add more dressing if necessary.
Mix thoroughly, and sprinkle with parsley and seeds.



Pineapple and Chicken kebabs

8 kebabs

4 – 6 deboned chicken thighs
1 pineapple, cored and diced in 2 cm x 2 cm pieces
12 strips Streaky Bacon
Red onion
Red, yellow and green pepper

Basting Sauce:

1 clove of garlic finely crushed
80 ml Soy sauce
50 ml honey
60 ml freshly juiced pineapple
80 ml olive oil
40 ml lemon juice
10 ml brown sugar

Cut each thigh into 6 pieces. Cut each Bacon strip in two. Peel layers of red onion, and cut into 2cm x 2 cm pieces.

Cut peppers into same size as well.

Wrap each pineapple cube with bacon. Make 24 pieces.

Thread skewers with 3 chicken pieces, 3 pineapple and bacon pieces, adding onion and peppers in between. Keep in fridge until needed.

Mix all the ingredients for the basting sauce together.

Braai kebabs on medium coals, basting regularly, until done.



Pineapple chicken wings

Serves 6 as a starter.

12 chicken wings
30 ml soy sauce
30 ml lemon juice
250 ml grated pineapple
30 ml brown sugar
30 ml rice wine vinegar
30 ml sweet chili sauce
2,5 ml chili flakes
Chicken spice

Chop wings in 3 through the joints. Cover with soy sauce and lemon juice mixture. Let stand 10 min.

Mix rest of ingredients for basting sauce.

Spread wings out on braai, put over medium coals and cook for 10 min

Baste well with sauce whilst turning every 5 min.

Season with chicken spice and cook until sticky, and cooked through.



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.



Pineapple Lamb Potjie

Serves 6

1 kg sliced lamb shanks
Salt and Pepper
50 ml oil
1 onion sliced
1 garlic clove chopped
2 bay leaves
1 celery stick chopped
5 ml sugar
500 ml water
2 Karoo lamb stock cubes
1 tin chopped tomatoes
Fresh Rosemary
1 carrot sliced
6 baby potatoes, halved
250 ml fresh pineapple chunks
100 ml Ina Paarman Barbeque marinade

Season the meat. Heat oil in cast iron pot. Fry meat until brown on all sides. Remove meat and keep aside.

Add onions, garlic, bay leaves, celery and sugar and fry until onions are translucent.

Add water, stock cubes and tomatoes. Return meat to pot, add rosemary and simmer for 2 hours or until tender. Add carrots, potatoes and pineapple. Add the barbeque marinade and simmer until vegetables are done. Serve with rice.



Pineapple Prawn Curry

Serves 4

800 g Jumbo Prawns, shelled, cut and cleaned
30 g garlic butter
30 ml olive oil
15 ml Briyani spice mix
2 cm fresh ginger, grated
Curry leaves
15 ml Curry paste
1 tin Indian tomatoes
250 ml chopped pineapple
165 ml Coconut cream
Dahnia leaves

Heat oil and garlic butter together in saucepan.

Add spices, ginger and curry leaves over low heat. Add curry paste and fry for another min.

Add tomatoes and simmer for 15 min, stirring occasionally. Add prawns and pineapple and simmer for 10 min.

Add coconut cream and heat until boiling point. Serve with Basmati rice. Add a sprinkling of fresh dahnia (if preferred)



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.



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.



Pineapple layered trifle

Serves 6

250 ml tennis biscuit crumbs
50 ml melted butter
3 ml rum essence
230 g smooth cream cheese
1 tin condensed milk
1 tin cream
Lemon juice
1 packet pineapple jelly
125 grated pineapple
400 ml milk
15 ml sugar
30 ml custard powder
Whipped cream to garnish (optional)

Make jelly with boiling water according to instructions on the packet, let out the cold water and stir in grated pineapple. Allow to slightly set in fridge.

Mix crushed biscuits with melted butter and mix in rum essence.

Mix cream cheese, condensed milk, tin of cream, and add enough lemon juice until mixture thickens.

Prepare custard with milk, sugar and custard powder. Allow to cool.

Use 6 glasses. Start with 25 ml biscuit mixture, then cream cheese mixture, jelly mixture and custard. Repeat the layers.

Garnish with whipped cream.



Pineapple cheesecake

200 g Oreo biscuits
30 ml melted butter
500 g cream cheese at room temperature
30 ml cake flour
10 ml vanilla
125 ml sour cream
375 ml caster sugar
Grated rind of 1 lemon
4 eggs

Heat oven to 140 degrees Celsius.
Line a spring form tin with baking paper.
Mix crumbled biscuits with butter, and press firmly onto bottom of cake tin.
Whip cream cheese until smooth.
Add rest of ingredients, and whip just until smooth and well mixed.
Pour into cake tin.
Place the tin on a baking sheet in the oven, and bake for 55 min.
Turn off the oven, open the door slightly, and allow cake to cool completely (to prevent cracks)
Place in the fridge for 4 hours.
Remove from tin, and slide onto a cake stand.

Topping

125 ml cream
10 ml sugar
5 ml Vanilla
250 ml finely chopped pineapple
Pinch salt
100 ml sugar
15 ml custard powder

Heat pineapple, salt, and sugar in a saucepan until sugar have melted. Mix the custard powder with 15 ml of water and add to pineapple mixture.
Turn heat down and stir until mixture boils. Take off the heat and cool.
Whip cream, sugar and vanilla until stiff. Pipe a decorative cream edge on the cake.
Fill the entire middle part with the Pineapple filling. Cool in fridge for about 30 min and serve.



Pineapple Brownies

12 Squares

125 ml butter
2 slabs dark chocolate
250 ml sugar
2 eggs
125 ml finely chopped pineapple
250 ml flour
5 ml vanilla
5 ml grated orange rind
5 ml baking powder
3 ml baking soda
2,5 ml salt
250 ml chopped macadamia nuts
Flake bar to garnish

Heat oven to 180 degrees Celsius.

Line a square cake tin with parchment paper.

Melt butter and chocolate over medium heat.

Whip eggs and sugar until light, add chocolate mixture, and mix well.

Add pineapple, flour, vanilla, orange rind, baking powder, baking soda, salt, and nuts. Mix well.

Sift icing sugar over and crumble Flake chocolate on top.

Serve.

Scrape into baking tin. Bake for 30 min. Mixture should be slightly moist in the middle.

Allow to cool on wiring rack. Remove and carefully cut into 12 blocks.

Sift icing sugar over, and decorate with flake shards on top.



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.



Pineapple Curd

Yields about 250 ml

2 whole eggs
2 egg yolks
120 ml pineapple juice
125 ml sugar
30 ml corn flour
50 g butter diced

Add all the ingredients, except the butter, in a saucepan. Cook over medium heat, whilst stirring, until thickened about 7 – 10 min. The mixture is ready when it coats the back of a spoon. Remove from the heat and stir in the butter, gradually. When smooth pour into a jar and store in the fridge.



Pineapple chutney

Yields 750 ml

125 ml finely chopped onion
10 ml mustard seeds
125 ml honey
100 ml sugar
125 ml vinegar
750 ml diced fresh pineapple
1 small red chili, finely chopped
10 ml curry powder
3 ml ginger
1 ml Turmeric
2 ml salt

Add all ingredients in a heavy based pot. Bring to boil whilst stirring. Lower the heat to medium, and cook down, stirring now and then, for 20 min.
Bottle and store.



Pineapple Mojito

6 cups chopped pineapple
500 ml packed brown sugar
4 cups water

500 ml chopped pineapple
250 ml mint leaves
30 ml brown sugar
250 ml white rum
175 ml lime juice
Ice
Soda water
Garnish

Bring pineapple, sugar and water to a boil.
Boil 40 min, until volume has decreased by half.
Strain, pressing the solids, discard the solids.
You should have about 330 ml

In a pitcher muddle the pineapple, sugar and mint leaves. Add the rum and lime juice.
Add the pineapple syrup and mix.
Fill glasses with ice.
Pour mixture halfway and fill up with soda water.
Garnish with pineapple slices and mint.

