



Serving suggestions

PINEAPPLE

Pineapple Upside Down Cake Serves 12

3/4 cup butter
1 1/2 cups brown sugar
1/2 pack of pineapple pieces (50g) rehydrated in 300ml warm water for 15 minutes.
=>Drain and retain 8 tbsp of water.
1 cup walnuts or pecans - chopped coarse
1 1/2 cups flour
1 teaspoon baking powder
1/4 teaspoon salt
5 eggs - separated
1 1/2 cups sugar



1. Preheat oven to 180 degrees.
2. Melt butter and brown sugar in a large baking pan (20x30x5) Arrange pineapple slices in any pattern in pan and cover with walnuts. Set aside.
3. Using mixer, beat the yolks with 3/4 cups sugar until light and creamy. Add the pineapple juice and mix slightly. Add the flour, baking powder and salt.
Whip the egg whites with 3/4 cups sugar to a soft peak. Now fold the whipped egg whites into the flour mixture and pour into the pineapple/walnut covered baking pan.
4. Bake for 40-45 minutes. Cool 5 minutes and invert onto serving plate. Cool completely.

Pineapple Nut Bread

2-1/2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon baking soda
1 teaspoon salt
1 cup wheat bran
2 eggs, beaten
1/4 cup chopped dried pineapple, rehydrated in 1/2 cup warm water then drained
1/2 cup chopped roasted peanuts or walnuts

1. Preheat oven to 160 degrees.
2. Sift the flour, baking powder, baking soda, and salt into a large bowl. Mix in the wheat bran. Add the eggs, pineapple, and 1/4 cup of the nuts. Mix together thoroughly. Pour the batter into a greased loaf pan.
3. Bake for 1 hour, or until a toothpick or tester inserted in the middle of the loaf comes out clean. Sprinkle with the remaining chopped peanuts or walnuts.

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