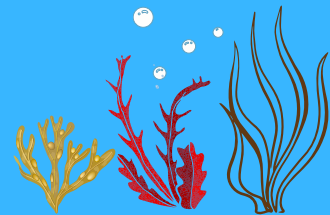


HOPI PAURA PAKŌ



Raunga + Taputapu

2 kapu pēkana houra
2 pune māngaro kānga
1 kapu waikawa rēmana
3/4 kapu rimurimu maroke
1 kapu tote

1/2 kapu hinu - ōriwa, kokonati, aramana rānei
10-15 roimata hinu kakara
rawinia, hīoi, mānuka, irangirangi, rōhimere, rēmana

+ oko
+ karapu ringa
+ kapu
+ pune



- 1 Raua atu ngā raunga maroke katoa ki te oko, ā kauroritia ki o ringaringa.
Ki te hiahiatia, ringihia atu he waitae kai, paura rānei kia karakarangia ngā hopi.
- 2 Rewaina te hinu kokonati, ā, āta turuturungia me ngā hinu kakara ki roto i te oko. Kauroritia anō.
- 3 Peia ki roto i ngā hangarewa, ā, waihotia mō te kotahi pō kia mārō, otirā kia maroke.

Kua rite!



Te Kura Kaupapa Māori o
NGĀ MOKOPUNA

