



Learning Links Recipe Book!



Creamy Beef Stroganoff

Ingredients	Kīnaki	10 Serves	50 Serves
Olive Oil	Hinu oriwia	1 Tbsp	3 Tbsp
Onion, diced	Riki kokoti	1	2 Large
Celery stalks, diced	Tutaekōau kokoti	3	8
Carrot diced or grated	Uhikaramea kokoti	3	8
Beef Mince, lean	Pīwhi	500g	2 kg
Garlic, crushed	Kāriki	1 tsp	1 Tbsp
Mushrooms, chopped	Harore tapatapahi	1 Cup	3 Cups
Tomato Paste - no added salt	Tōmato	1 Tbsp	4 Tbsp
Stock - salt reduced	Tapaono whaihā	200 ml	1 litre
Flour	Paraoa	1 Tbsp	4 Tbsp
Evaporated Milk, 375ml can	Waiū	1/2 can	2 cans
Pasta Shells	Parāoa rimurapa	375g	1.5kg
Paprika		1 tsp	4 tsp
Green Veg; spinach, peas etc	Huawhenua	1 cup	4 cups

Simple cooking method

1. Sauté onion, celery and carrot in olive oil until soft and slightly coloured.
2. Add beef mince and brown well breaking up to avoid lumps.
3. Add garlic and mushrooms, cook until mushrooms are just soft.
4. Add the paprika and the flour. Cook for a couple of minutes then add hot stock and tomato paste.
5. Simmer until it thickens. If it's a bit runny, cook for a while to reduce.
6. Stir through the evaporated milk.
7. Simmer and add the green vege.
8. Add in a handful of fresh herbs such as thyme or oregano and parsley for colour and fragrance.
9. Cook pasta and stir through the meat sauce.
10. Adjust consistency and serve!

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Cook pasta and stir through the meat sauce.
Adjust consistency and serve.

Fish Cakes

Ingredients	<i>Kīnaki</i>	10 Serves	50 Serves
Potatoes	<i>Rīwai</i>	500 g	3kg
Tuna (I use Sealord pouch) sub with some white fresh fish if preferred.)	<i>Ahiahi</i>	200 g	800g - 1kg
Onion	<i>Riki</i>	1 large	4 large
Colorful veges (peas, broccoli, corn, capsicum, carrot, parsley.)	<i>Huawhenua</i>	1/2 cup diced	3 cups diced
Dill (fresh or dried)		Small bunch	Large bunch
Flour for dusting	<i>Parāoa</i>	1 tsp	2 Tbsp

Simple cooking method

1. Peel and cook potatoes until soft and mash.
2. Add flaked fish and 'mash' together with a fork.
3. Saute onion and veges in a little oil until just softening and stir into fish mixture with the herbs.
4. Divide into portions, roll into balls and toss in flour.
5. Flatten with hands to form a pattie or 'cake' and refrigerate for about 20 mins
6. Either fry in shallow pan both sides until golden or spray with oil and oven bake, turning halfway through.
7. Serve with a fresh tomato salsa or yoghurt based dip and shredded lettuce salad.





Lamb or Beef Goulash

Ingredients	Kīnaki	10 Serves	50 Serves
Oil	Hinu	1 Tbsp	3 Tbsp
Onion, diced	Riki kokoti	1	2 Large
Potatoes diced	Rīwai kokoti	2	8
Carrot, diced	Uhikamea kokoti	6	12
Beef or Lamb diced	Pīwhi	500g	2 Kg
Garlic, crushed	Kāriki	1 tsp	1 Tbsp
Paprika		2 Tbsp	4 Tbsp
Tomato Paste - no added salt	Pani tōmato iti	4 Tbsp	8 Tbsp
Stock salt reduced	Tapaono whaihā	0.5 litres	2 litres
Flour	Parāoa	2 Tbsp	2/3 Cup
Cayenne Pepper		pinch	1/2 tsp
Oregano		2 tsp	2 Tbsp
Bay Leaves		1	2 or 3
Water	Wai	0.5 litres	2 litres

Simple cooking method

1. Sauté onion in oil until soft and slightly coloured.
2. Mix flour, paprika, herbs, salt & cayenne in a bowl
3. Toss meat through the flour mix and brown in batches with the onion.

This can also be done in the oven:

1. Spread floured meat pieces on an oiled tray, spray over with oil and bake in a hot oven (200-220 C) until meat is browning around edges.
2. Put meat, including all cooking juices, into large stockpot, or oven dish with stock.
3. Add carrots, bay leaf, tomato paste and gently simmer for an hour.
4. Add potatoes and cook for another hour until meat and veges are tender.
5. Serve over Israeli couscous, sprinkled with chopped garden herbs for colour.

Baked Chicken and Vegetable 'Risotto'

Ingredients	Kīnaki	10 Serves	50 Serves
Chicken Thigh boneless, skinless	Heiheī	500g	2 Kg
Onion, diced	Riki	1	2 Large
Pumpkin, cubed	Paukena	500g	2 Kg
Spinach or Silverbeet	Rengamutu	1/2 cup	2 cups
Peas	Pī	3	6
Oil	Hinu	1 Tbsp	3 Tbsp
Garlic, crushed	Kāriki	1 tsp	1 Tbsp
Brown Rice	Raihi parauri	2 cups	7 - 8 cups
Grated cheese	Tihi	1/2 cup	2 cups
Stock salt reduced	Tapaono whaihā	0.5 litres	2 litres
Water	Wai	0.5 litres	2 litres

Simple cooking method

1. Cut chicken into strips, removing fat and skin as you go. Season and put aside.
2. Heat oil add onion and sauté until soft and beginning to colour.
3. Add rice and toss in oil, cooking briefly for a couple of mines.
4. Put into an oven dish or divide amongst several dishes. Add all other ingredients except chicken.
5. Place strips of chicken on top of rice and cover with tin foil.
6. Bake for 45 - 50 minutes.
7. Remove lid and stir. Return to oven for 10 minutes until all liquid has been absorbed and rice is cooked.
8. Top with cheese and serve.





Chick Pea Curry with Brown Rice

Ingredients	Kīnaki	10 Serves	50 Serves
Chick Peas canned	<i>Tikipī</i>	1 can (425g)	10 can (2.9kg)
Onion, diced	<i>Riki</i>	1	2 large
Crushed Tomatoes - no added salt	<i>Tōmato</i>	1 can (425g)	10 can (2.9kg)
Passata		1/2 bottle	2 bottles
Oil	<i>Hinu</i>	1 Tbsp	3 Tbsp
Potatoes diced	<i>Rīwai kokoti</i>	1 cup	4 cups
Diced Veges eg. Zucchini, carrots, cauliflower , brocolli	<i>Huawhenua</i>	1 cup	4 cups
Curry powder, mild		1 or 2 tsp	1 or 2 Tbsp
Brown rice	<i>Raihi parauri</i>	2 cups	10 cups

Simple cooking method

- 1.Sauté onions in oil add dived veges and curry powder.
- 2.Cook for a couple of minutes until fragrant.
- 3.Add chickpeas and passata and cook stirring occasionally until thickened nicely and some potatoes are beginning to break down.
- 4.Use a potato masher to break up some of chickpeas if needed for younger children.

*Can add greens eg. parsley for colour at end of cooking.
This recipe can also be extended with cooked red ltnils if needed.*

Tuna Pasta

Ingredients	<i>Kīnaki</i>	10 Serves	50 Serves
Wholemeal Pasta	<i>Parāoa rimurapa</i>	500 g	2 Kg
Onion, diced	<i>Riki</i>	1	2 Large
Tuna (Sealord Pouch)	<i>Ahiahi</i>	1/2 cup	1/2 pouch
Fresh Milk	<i>Waiū</i>	2 1/2 cups	2 1/2 litres
Stock (vege or fish)	<i>Tapaono whaihā</i>	1/2 cup	2 cups
Flour	<i>Parāoa</i>	1/4 cup	1 1/2 cups
Margarine of butter	<i>Mātiarīni</i>	35 g	150 g
Mixed diced or grated veges (colourful variety)	<i>Huawhenua</i>	1 cup	4 cups
Spring onions	<i>Riki puna</i>	1/4 cup	1 cup

Simple cooking method

1. Cook pasta and set aside.
2. Blanch veges and put aside.
3. Make a roux by melting butter in a saucepan, gently sweat onions in the butter and add flour and mix well.
4. Cook out for a few minutes.
5. Mix hot stock with milk and slowly add to roux, mixing well with wooden spoon in between additions.
6. Cook out after each addition.
7. Add veges and fish and season with salt and pepper.
8. Stir in spring onions.
9. Mix into pasta and serve.

NB - adjust consistency with milk or stock as needed.

Simple Slaw

1. Finely shred cabbage, silverbeet, parsley or lettuce, grate carrot and season with salt and pepper.
2. No need to dress, this provides texture and colour to the plates. (Use produce from centre garden especially if children have harvested themselves.)





Beef & Lentil Burgers with Flatbread

Ingredients	Kīnaki	10 Serves	50 Serves
Lean Beef Mince	Pīwhi	800 g	3 - 4 Kg
Cooked Lentils, 400g cans, drained and mashed	Rēnetihi	1/2 can	2 cans
Zucchini		1/2 cup	2 cups
Carrot	Uhikaramea	1/2 cup	2 cups
Potato	Rīwai	1/2 cup	2 cups
Onion	Riki	1	2 large
Wholewheat breadcrumbs	Kongakonga	2 Tbsp	1 cup
Egg	Hēki	1	4

Simple cooking method

1. Mix all together with wooden spoon, season with salt and pepper.
2. Divide into balls, squash flat with hands and refrigerate for 30 minutes.
3. Fry or bake on oven trays (mod oven) until cooked.

Serve with pieces of homemade flatbread and a simple slaw or lettuce salad.
If sauce needed, season natural yoghurt and stir in fresh herbs or make a fresh tomato salsa.

Wholemeal Flatbreads

Wholemeal Flour - 2 cups (10 serves)
Baking Powder - 2 tsp (10 serves)
Natural Greek Yoghurt - 2 cups (10 serves)

Mix together with wooden spoon gently, don't overmix. Tip onto well floured bench and sprinkle with more flour. Knead gently for about a minute to strengthen dough but not toughen it.

Divide into 6 or 12 portions and roll each into a ball with your hands. Roll out with rolling pin into small circles, rest a couple of minutes. Finish rolling out to circles about 3 - 4 mm thick.

They can be fried in a hot pan until each side golden and puffed, use like naan. OR... bake on a tray, lined with baking paper for around 10 minutes until puffed and they will be hollow like Pita.

Bonus: Simple Slaw

Finely shred cabbage, silverbeet, parsley or lettuce. Grate carrot and season with salt and pepper.
No need to dress, this provides texture and colour to the plates.
Use product from the garden if possible!

Toddlers 'Frittata' Style Slice

Ingredients	Kānaki	10 Serves	50 Serves
Potatoes, diced and pre-cooked	Rīwai	2	8
Veges, blanched (carrot, peas, corn, celery, capsicum, broccoli)	Huawhenua	2 Cup	10 Cups
Leeks		1/2	2
Onions	Riki	1 Small	2 Large
Oregano		1 Tsp	2 Tbsp
Edam Cheese	Tīhi	2/3 Cup	3 Cups
Eggs	Heki	6	2 doz
Milk	Waiū	1 Cup	4 Cups
Wholemeal breadcrumbs	Kongakonga	1/2 Cup	2 Cups
Pepper	Pepa	Pinch	1/4 tsp
Plain Flour	Parāoa	2 tbsp	1 cup

Simple cooking method

1. Sauté Leeks and Onion into a little oil.
2. Put into bowl with veges, potatoes, herbs and cheese mix well and spread out into greased slice pans (roasting dish is fine).
3. Combine eggs, milk and breadcrumbs and season with salt and pepper.
4. Pour over veges in pans, taking care not to overfill.
5. Bake at 200 C for 20 - 25 minutes or until set.
6. Cool slightly and slice into triangles to serve.

Quinoa & Herb Tabbouleh

To cook quinoa, add a dash of oil, handfuls of fresh chopped herbs from the centre garden, shredded red cabbage, grated carrot, anything colourful.

Season and serve with the slice.





Beef & Vegetable Crumble Pie

Ingredients	Kīnaki	10 Serves	50 Serves
Lean Beef Mince	Pīwhi	500 g	2 Kg
Onions, finely chopped	Riki	1 small	3 Large
Garlic cloves, crushed	Kāriki	12	2
Fresh thyme or dried		1 Tbsp/1tsp	3 Tbsp/3 tsp
Bay leaves		1	3
Worcestershire sauce		1 Tbsp	60 ml
Tomato paste - no added salt	Pani tōmato iti	2 tbsp	1/2 cup
Crushed Tomatoes (no added salt) A10 Can	Tōmato	1 cup	1/2 can
Stock, salt reduced	Tapaono whaihā	175 ml	700 ml
Cornflour	Kānga parāoa	1 Tbsp	1/4 cup
Peas	Pī	1/2 cup	3 cups
Carrots/celery	Uhikaramea	1/2 cup	3 cups
Potato and or Kumara	Rīwai	1/2 cup	3 cups
Oil	Hinu	1 Tbsp	3 Tbsp
Water	Wai	175 ml	700 ml

Simple cooking method

1. Sauté onions, carrot & celery. Add mince, garlic & thyme.
2. Brown to develop flavours, breaking up with wooden spoon as you go.
3. Add paste, tomatoes, Worcestershire sauce and stock.
4. Add potatoes and cook for 10 minutes until veges tender and slightly reduced.
5. Thicken with cornflour mixed with a little water.
6. Add peas and cook further 10 minutes until thickened.
7. Season and then divide into oven dishes or serving dishes.
8. Sprinkle with crumble mix and bake until browned nicely.

Crumble Mix

	1 Dish	4 Dishes	
Flour Wholemeal	1 cup	4 cups	1. Season flour with salt and pepper.
Oats	1/2	2 cups	2. Rub butter or margarine into flour and oats until resembles breadcrumbs.
Grated Cheese	1/4 cup	1 cup	3. Mix in cheese and sprinkle on top of meat in dishes. Spray top with oil for extra browning.
Butter or Margarine	30 g	150g	
Salt and Pepper			

Pumpkin & Rice Soup

Thicken your favourite soup recipe with rice and it's more filling, nutritious and easier for littlies to eat.

Ingredients	Kīnaki	10 Serves	50 Serves
Pumpkin, diced	<i>Paukena</i>	1 kg	4 kg
Onion, diced	<i>Riki</i>	1	2 large
Potatoes	<i>Rīwai</i>	1 large	4 large potatoes
Stock, reduced salt	<i>Tapaono whaihā</i>	0.5 litres	4 litres
Rice	<i>Raihi</i>	1/2 cup	4 cups
Fresh garden herbs, chopped	<i>Huawhenua tapatapahi</i>	1/4 cup	1 cup
Water	<i>Wai</i>	0.5 litres	4 litres

Simple cooking method

1. Put all into pot and simmer until very tender, mash slightly.
2. Add rice and simmer until rice is cooked and has absorbed most of liquid and you have a 'rissoto' like consistency.
3. Stir through herbs and serve.

Serve with cheese, vegemite sandwiches ro just buttered wholewheat bread.

- Quantity of rice will depend on consistency once pumpkin has cooked through.
- Make in a 10 litre pot using 6 litres of water initially, then adding more as needed.





Fish Pie

Ingredients	Kīnaki	10 Serves	50 Serves
Onion, diced	Riki kokoti	1	2 Large
Potatoes, diced	Rīwai kokoti	500 g	2 Kg
Tuna (Sealord Pouch)	Ahiahi	1/2 cup	1/2 pouch
Fresh Milk	Waiū	2 1/2 cups	2 1/2 litres
Stock (vege or fish)	Tapaono whaihā	1/2 cup	2 cups
Flour	Parāoa	1/4 cup	1 1/2 cups
Margarine or butter	Mātiarīni	35 g	150 g
Mixed diced, colourful variety	Huawhenua kokoti	1/2 cup	3 cups
	For Mash:	1 Kg	5 Kg
	Selection of root veges or squash cooked and mashed. Can be pumpkin, kumara, parsnip, carrots, potato.		

Simple cooking method

1. Cook potatoes and put aside.
2. Blanch veges and put aside (not necessary if you have grated them).
3. Make a roux by melting butter in a saucepan, gently sweat onions in the butter and add flour and mix well. Cook out for a few minutes.
4. Mix hot stock with milk and slowly add to roux, mixing well with wooden spoon in between additions, cook out.
5. Add veges and fish and season with salt and pepper.
6. NB adjust consistency with milk or stock as needed.
7. Put into oven dishes and top with mask, bake off.

Chicken & Kumara Pie

Ingredients	<i>Kīnaki</i>	10 Serves	50 Serves
Chicken Mince	<i>Heihei</i>	500 g	2 Kg
Onions	<i>Riki</i>	1	2
Diced potatoes blanched	<i>Rīwa kokoti</i>	1 cup	4 cups
diced or grated vegetables	<i>Huawhenua kokoti</i>	1 cup	4 - 5 cups
Peas	<i>Pī</i>	1 cup	3 cups
Mixed herbs		2 tsp	2 tab
Margarine	<i>Mātiarīni</i>	2 tab	250 g
Flour	<i>Parāoa</i>	2 tab	1 cup
Stock	<i>Tapaono whaihā</i>	500 ml	2 litre
Mashed Kumara	<i>Kūmara penupenu</i>	1 Kg	5 Kg

Simple cooking method

1. Brown mince and onions in margarine.
2. Add potatoes, vegetables and herbs and cook until beginning to soften.
3. Add flour and stir.
4. Add stock a little at a time, stirring in between additions and simmer until all veges are soft.
5. Adjust consistency.
6. Divide into dishes and top with mashed kumara.
7. Bake.





Mexican Wraps

Ingredients	Kīnaki	10 Serves	50 Serves
Beef Mince	Pīwhi	400 gram	2 kg
Red Kidney Beans		400 gram	2 kg
Onions Chopped	Riki tapatapahi	1	3
Diced Veges	Huawhenua kokoti	1 cup	4 cups
Oil	Hinu	1 tab	3 tab
Grated Carrot	Uhikamea kuoro	1 cup	3 cups
Chilli Powder	Hirikakā paura	1/2 tsp	1 1/2 tsp
Cumin		1/2 tsp	1 1/2 tsp
Garlic Crushed	Kāriki	1 clove	3 cloves
Crushed tomatoes - no added salt	Tōmato	400 gram	A10 Can
Water	Wai	1 cup	4 - 5 cups

Simple cooking method

1. Sauté onions and veges with garlic in oil.
2. Add mince and brown.
3. Add all other ingredients except water and simmer until thickened.
4. Use water to adjust consistency if needed.
5. Place spoonfuls of the mince in Tortilla wraps with grated cheese adn carrot and roll up into a parcel.
6. Keep warm on trays in oven.
7. Serve cut in half with winter slaw and salsa.



Blueberry Baked Pikelets

Ingredients	<i>Kīnaki</i>	10 Serves	50 Serves
Flour	<i>Parāoa</i>	1 cup	2 cup
Milk	<i>Waiū</i>	1 cup	2 cup
Egg	<i>Hēki</i>	1	2
Vanilla Essence		1 tsp	5 tsp
Baking Soda	<i>Paura pēkana</i>	1 pinch	2 pinches

Simple cooking method

- 1.Spray greased muffin pan (metal are best for these) generously with oil or margarine.
- 2.Pre heat ovens to 200 degrees and put greased trays into preheated over. This will help them to 'sizzle' like a pikelet.
- 3.Whisk all together in a jug and pour into hot greased mini muffin pans.
- 4.This does not rise so don't over fill, you only want them the depth of a normal pikelet.
- 5.Top with a couple of frozen blueberries and bake at 180 C for 15 minutes.
- 6.Wait until golden around edges, serve.

Beef Bolognese Pasta

Ingredients	<i>Kīnaki</i>	10 Serves	50 Serves
Olive Oil	<i>Hinu</i>	1 Tbsp	3 Tbsp
Onion, diced	<i>Riki</i>	1	2 large
Celery stalks, diced		1	4
Carrot, diced or grated	<i>Uhikamea kotoki</i>	1	4
Beef Mince, lean	<i>Pīwhi</i>	500 g	2 Kg
Passata - no added salt		1/2 bottle	2 bottles
Crushed Tomatoes - no added salt	<i>Tōmato</i>	1 cup	4 cups
Stock - salt reduced	<i>Tapano whaihā</i>	1/2 cup	1 - 2 cups
Wholewheat Pasta	<i>Parāoa rimurapa</i>	500 g	2.5 kg
Green Vege (spinach, peas, etc.)	<i>Huawhenua</i>	1/2 cup	2 cups
Grated Cheese	<i>Tihi</i>	As required	As required

Simple cooking method

- 1.Sauté onion, celery and carrot in olive oil until soft and slightly coloured.
- 2.Add beef mince and brown well breaking up to avoid lumps.
- 3.Add tomatoes, passata & stock.
- 4.Season... then simmer until it thickens. If it's a little bit runny, cook for a while longer to reduce.
- 5.Add the green vegetables.
- 6.Serve over the cooked pasta, top with grated cheese.



Honey Oat Slice

Ingredients

Kīnaki

10 Serves

Wholemeal Flour	<i>Parāoa</i>	1 cup
Raw Sugar	<i>Huka</i>	1/2 cup
Rolled Oats	<i>Ōti pēpē</i>	1 cup
Butter or Margarine	<i>Mātiarīni</i>	125 g
Egg	<i>Hēki</i>	1
Baking Powder	<i>Paura pēkana</i>	1 tsp
Honey	<i>Miere</i>	1 tsp

Simple cooking method

1. Melt butter and honey together, add egg.
2. Stir in dry ingredients.
3. Press into tin and bake 20 minutes at 180 C.

Triple recipe and it makes 2 large slices for up to 50 children.



Macaroni And Cauliflower Cheese

Ingredients	Kīnaki	10 Serves	50 Serves
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Butter or Margarine	<i>Mātiarīni</i>	50 g	250 g
Onion, diced	<i>Riki kotori</i>	1	2 Large
Cauliflower Chopped	<i>Puānīko</i>	1 Cup	4 Cups
Flour	<i>Parāoa</i>	50 g	250 g
Milk	<i>Waiū</i>	1.25 Litre	5.5 Litres
Wholemeal Pasta	<i>Parāoa rimurapa</i>	500 g	2 Kg
Grated Cheese	<i>Tihi</i>	100 g	500 g

Simple cooking method

- 1.Sauté onion, in butter or margarine until soft, add flour and cook out (roux).
- 2.Mix hot stock with milk and add gradually to roux.
- 3.Bring to simmer in between additions and finish with seasoning and cheese.
- 4.Stir through until sauce is smooth.
- 5.Cook pasta with cauliflower and drain.
- 6.Combine pasta and sauce and serve.
- 7.Sprinkle with fresh chopped garden herbs.





Lentil And Bean Casserole with Polenta

Ingredients	Kīnaki	10 Serves	50 Serves
Dried Red Lentils	Rēnetihi	400 g	1.5 Kg
Red Kidney Beans (canned)		300 g	1 Kg
Onion chopped	Riki kotori	1	4
Carrot chopped	Uhikaramea kotori	1	4
Celery chopped	Tutaekōau kotori	1 stick	4 - 5 sticks
Crushed Tomatoes - no added salt	Tōmato	2 cups	A10 can
Shredded cabbage or Broccoli	Kāpeti / Pūpihi	1	3
Garlic, crushed	Kāriki	1 clove	3 cloves
Diced Potatoes	Rīwa	1 cup	4 - 5 cups
Oil	Hinu	1/2 tab	3 tabs

Simple cooking method

- 1.Cook lentils in a pot of water according to packet instructions.
- 2.Saute onions, carrot, celery and garlic in oil. Add potatoes and cook until almost cooked.
- 3.Add tomatoes, zucchini, cooked lentils and drained beans.
- 4.cook for at least 30-minutes, until sauce has thickened slightly. Check seasoning, add salt and pepper to taste.
- 5.Divide into dishes and top with soft polenta.

Crumble Mix

Cornmeal (polenta)	1 cup	3.5 cups
Butter	2 tsp	3 tabs
Salted water	1/2 litre	2 litres
Milk	1 cup	1 litre

- 1.Bring water, milk and butter to almost simmering in a saucepan.
- 2.Add polenta, stir with a wooden spoon until thickened.
- 3.Add milk to adjust consistency, will stiffen on cooling so have ti quite sloppy at this stage.
- 4.Spoon onto casserole, spread out evenly.
- 5.Serve.



Brown Rice Kedgeree

Ingredients	<i>Kīnaki</i>	10 Serves	50 Serves
Brown Rice	<i>Raihi parauri</i>	2 cups	10 cups
Bay Leaves		1	3
Tuna, pouch	<i>Ahiahi</i>	100 g	500 g
Peas and mixed vege	<i>Pī</i>	1 cup	4 cups
Eggs	<i>Hēki</i>	1	4
Butter or Margarine	<i>Mātiarīni</i>	1 Tab	3 tabs
Oil	<i>Hinu</i>	1 Tab	3 tabs
Curry Powder		1 heaped tab	3 heaped Tab
Onion chopped	<i>Riki kotori</i>	1	3
Water	<i>Wai</i>	1 litre (4 cups)	2 1/2 litres (10 cups)
Chopped Fresh Parsley			

Simple cooking method

1. Cook half the rice in the rice cooker to save time and space.
2. Put the tuna in a bowl and pour over 3 cups hot water and add the bay leaves.
3. Hard boil the eggs, peel and chop, set aside.
4. In an electric frying pan heat oil and butter or margarine, sauté the onion.
5. Add curry powder and cook a couple of minutes.
6. Add remaining rice to pan. Add water plus the tuna and water mix, leave the bay leaf in for now.
7. Cook until rice tender.
8. Stir through pre-cooked rice and season.
9. Sprinkle top with eggs.



Chicken And Leek Cobbler

Ingredients	Kīnaki	10 Serves	50 Serves
Diced Chicken Meat	Heihei	225 g	2 Kg
Milk	Waiū	400 ml	2 litre
Bay Leaf		1	3
Stock Powder	Tapaono whaihā	1/2 tsp	2 tsp
Onion	Riki	1	3
Leek		1	3
Mixed vege	Huawhenua	1 cup	4 cups
Flour	Parāoa	2 tab	1 cup
Cheese grated	Tihi	25 g	125 g
Margarine or Butter	Mātiarīni	2 tab	100 g

Simple cooking method

1. Poach chicken gently in milk with bay leaf and stock powder.
2. Sauté onion and leek in butter until soft. Add flour and cook out.
3. Gradually add milk from cooking chicken, stir until smooth and thickened.
4. Adjust consistency with milk or stock.
5. Season.
6. Put into dishes and top with 'cobblers'.
7. Make cobblers using your favourite scone recipe, roll out thin and cut circles.
8. Arrange circles on top of filling, sprinkle with cheese and bake until cooked.

Morning / Afternoon Tea Ideas

Bircher Muesli Yoghurt Dip

Ingredients	Kīnaki	10 Serves
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Rolled Oats	Ōti pēpē	1 cup
Yoghurt	Miraka tepe	1 cup
Milk	Waiū	1 cup
Grated Apple	Āporo kuoro	1

Simple cooking method

1. Mix all together and cover and refrigerate overnight. Use as a dip for fruit toast.

*Prepare this the afternoon before required.
Enough for 45 - 50 children.*

TIP: if you forget to soak overnight, the oats can be cooked and then rest of ingredients stirred through. It's considered healthier to be served uncooked.



Apple Banana Muffins

Ingredients	Kīnaki	10 Serves	50 Serves
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White Self-raising Flour		1 cup	2 cups
Wholemeal Flour	<i>Parāoa</i>	1 cup	2 cups
Raw Sugar	<i>Huka</i>	2 Tbsp	4 Tbsp
Baking Soda	<i>Houra tunutunu</i>	1 tsp	2 tsp
Baking Powder	<i>Paura pēkana</i>	1 tsp	2 tsp
Banana, very ripe, mashed	<i>Panana</i>	1	2
Apple grated	<i>Āporo kuoro</i>	1	2
Milk	<i>Waiū</i>	1 cup	2 cups
Eggs	<i>Hēki</i>	2	4
Canola Oil	<i>Hinu canola</i>	1/4 cup	1/2 cup
Vanilla Essence		1 tsp	2 tsp

Simple cooking method

- 1.Pre-heat oven to 190 C.
- 2.Mix dry ingredients, add grated apple.
- 3.In another bowl combine all other ingredients.
- 4.Combine wet and dry ingredients gently, don't over mix.
- 5.Bake in greased muffin tins 20 - 25 minutes.



Pumpkin Scones

Ingredients

Kīnaki

50 Serves

Wholemeal Flour	<i>Parāoa</i>	6 cups
Baking Powder	<i>Paura pēkana</i>	6 tsp
Baking Soda	<i>Houra tunutunu</i>	2 tsp
Raw Sugar	<i>Huka</i>	4 Tbsp
Cinnamon		2 tsp
Nutmeg		1 tsp
Margarine or Butter	<i>Mātiarini</i>	120 g
Milk	<i>Waiū</i>	1/2 cup
Eggs	<i>Hēki</i>	2 tsp
Pumpkin Puree	<i>Paukena maoa whakapē</i>	1 cup

Simple cooking method

1. Pre-heat oven to 200 C.
2. Rub butter into ingredients until it resembles breadcrumbs.
3. Mix pumpkin, eggs, butter or margarine and milk together.
4. Combine the two mixes gently with a table knife.
5. Tip onto floured bench, gently pat or roll out and cut into squares or shapes.
6. Bake on lined tray for 15 - 20 minutes.
7. Cut in half and butter to serve.



Corn And Cheese Puffs

Ingredients	<i>Kīnaki</i>	10 Serves	50 Serves
Wholemeal Flour	<i>Parāoa</i>	2 cups	4 cups
Baking Powder	<i>Paura pēkana</i>	2 tsp	4 tsp
Baking Soda	<i>Houra tunutunu</i>	1 tsp	2 tsp
Grated Cheese	<i>Tihi kuoro</i>	1 cup	2 cups
Milk	<i>Waiū</i>	1 cup	2 cups
Eggs	<i>Hēki</i>	2	4
Canned Cream Corn		1/2 cup	1 cup
Chopped Parsley		2 Tbsp	1/2 cup

Simple cooking method

- 1.Pre-heat oven to 200 C.
- 2.Mix all dry ingredients together, including cheese and parsley and season with salt and pepper.
- 3.Make a well and add eggs, milk and creamed corn.
- 4.Mix gently and put into greased muffin tins.
- 5.Bake 10 - 12 minutes until puffed and golden.
- 6.Serve cut in half and buttered.



Bircher Oats With Warm Fruit Puree

Ingredients	<i>Kīnaki</i>	10 Serves	50 Serves
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Oats	<i>Ōti</i>	1 cup	5 cups
Milk	<i>Waiū</i>	2 cups	2 litres
Water	<i>Wai</i>	1/2 cup	2 cups
Banana	<i>Panana</i>	1	4
Vanilla Essence		1/2 tsp	4 tsp
Cinnamon		1/4 tsp	2 tsp
Apple, pears	<i>Āporo/Pea</i>	1 each	6 each
Orange	<i>Ārani</i>	1/2	1 or 2

Simple cooking method

Soaked:

- 1. Soak all ingredients overnight (except fruit). Using just half the liquid at this point.
- 2. Adjust consistency with the unused milk or can use yoghurt.
- 3. Stir through hot fruit and serve.

Cooked:

- 1. Bring milk and water to a simmer and stir in oats.
- 2. Cook for a few minutes to thicken, stirring to prevent it burning.
- 3. Stir through the banana and leave to sit for a while, it will thicken up a little.
- 4. At this point you can add yoghurt if wanted or more milk to loosen if too thick.

Serve with warm fruit puree...

Peel and slice the fruit and squeeze orange juice over. Cook in a pot until soft and puree or mash to serve. Alternatively, puree canned fruit such as pears or apricots in juice.

A twist on the Bircher Muesli dip, served warm for winter and with added banana. Again, for convenience soak overnight and stir through warm fruit in morning to serve. If preferred you can cook in morning and serve straight away.



Feijoa Loaf (Or Muffins)

Ingredients	Kīnaki	10 Serves	50 Serves
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Wholemeal Flour	Parāoa	2 cups	4 cups
Baking Powder	Paura pēkana	2 tsp	4 tsp
Baking Soda	Houra tunutunu	1 tsp	2 tsp
Mixed Spice	Raukikini	1 tsp	2 tsp
Raw Sugar	Huka	1 cup	2 cups
Vegetable Oil	Hinu huawhenua	3/4 cup	1 1/2 cups
Eggs	Hēki	1	2
Banana mashed	Panana penupenu	1 cup	2 cups
Feijoas, chopped		1 cup	2 cups

Simple cooking method

- 1.Pre-heat oven to 180 C.
- 2.Grease and line a loaf tin.
- 3.Mix flour, baking powder, baking soda and spice in a bowl.
- 4.In another bowl mix sugar, oil, egg, bananas.
- 5.Pour wet ingredients into dry along with feijoas and fold in gently.
- 6.Bake 55 minutes until cooked.
- 7.Cool in tin a while. Then turn out and wrap entire loaf in tin foil to cool. This will soften any crusty edges and make it easier to slice.

I find 2 loaves enough for up to 45/50 children. Can also bake in muffin tins.



Oatmeal Banana Buns

Ingredients

Kīnaki

16 Large (30 Small Serves)

Rolled Oats	<i>Ōti pēpē</i>	1 cup
Wholemeal Flour	<i>Parāoa</i>	1 cup
Baking Powder	<i>Paura pēkana</i>	2 tsp
Banana	<i>Panana</i>	1 mashed
Butter, Margarine or Oil	<i>Mātiarīni</i>	1/3 cup
Egg	<i>Hēki</i>	1
Milk	<i>Waiū</i>	2/3 cup

Simple cooking method

- 1. Combine dry ingredients and add all rest, stir with knife until just mixed.
- 2. It is like a very wet scone mix.
- 3. Bake in spoonfuls on lined trays in mod oven for about 10 - 15 minutes.



Baked Bean Muffins

Ingredients

Kīnaki

10 Serves

50 Serves

Flour	<i>Parāoa</i>	1 cup	4 cups
Baking Powder	<i>Paura pēkana</i>	1 tsp	4 tsp
Milk	<i>Waiū</i>	120 ml	480 ml
Eggs	<i>Hēki</i>	1	4
Oil	<i>Hinu</i>	2 Tbsp	8 Tbsp
Canned Baked Beans		110g	440 g can
Grated Edam Cheese	<i>Tihi kuoro</i>	1/2 cup	2 cups
Baking Soda	<i>Houra tunutunu</i>	1/2 tsp	2 1/2 tsp

Simple cooking method

- 1. Combine dry ingredients and add all wet ingredients.
- 2. Mix gently, don't over mix.
- 3. Bake at 190 C.



Vege Scones

Ingredients

Kīnaki

80+ Serves

Wholemeal Flour	<i>Parāoa</i>	6 cups
Baking Powder	<i>Paura pēkana</i>	6 tsp
Curry Powder		1 Tbsp
Margarine or Butter	<i>Mātiarīni</i>	100 g
Milk	<i>Waiū</i>	1 - 2 cups
Vegetables	<i>Huawhenua</i>	2 cups
Fresh Herbs chopped	<i>Rauamiami tapatapahi</i>	1/2 cup
Grated Edam Cheese	<i>Tihi kuoro</i>	2 cups

Simple cooking method

1. Rub fat into dry ingredients and add cheese, veges & herbs. Add milk.
2. The amount of milk needed will depend on what veges are used as some can be quite wet.
3. Mix gently and tip onto floured surface. Cut as usual.
4. Bake 200 C approximately 10 minutes until cooked.



Star Crackers

Ingredients

Kīnaki

10 Serves

Grated Veges (Carrot, Kumara, Pumpkin, Beetroot - finely grated).

Huawhenua kuoro
Paukena, Rengakura
kuoro

1 1/2 cups

Eggs

Hēki

2 Eggs

Cheese

Tihi

1 cup

Wholemeal Flour

Parāoa

1 1/2 cups

Simple cooking method

1. Squeeze excess moisture out of veges using tea towel.
2. Mix with eggs and cheese.
3. Slowly mix in flour.
4. If too sticky add more flour.
5. Roll out quite thin on floured bench.
6. Cut out shapes.
7. Baked on lined trays for 10 minutes at 180 C.

Makes 30 - 40 depending on shape.





Pumpkin Bread

Ingredients	<i>Kīnaki</i>	10 Serves	50 Serves
Wholemeal flour	Parāoa	1 1/2 cups	3 cups
Plain flour	Parāoa Puehu	1 1/2 cups	3 cups
Baking powder	Paura pēkana	2 tsp	4 tsp
Baking soda	Houra tunutunu	1 tsp	2 tsp
Cooked and mashed pumpkin	Paukena penupenu	2 cups	4 cups
Mashed ripe banana	Panana penupenu	1	2
Canola Oil	Hinu canola	2/3 cups	1 1/3 cup
Eggs	Hēki	4	8
Mixed Spice	Raukikini	2 tsp	4 tsp
Raw Sugar	Huka	1 1/2 cups	3 cups

Simple cooking method

- 1.Pre-heat oven to 190C.
- 2.Mix dry ingredients except Mixed Spice.
- 3.In a separate bowl, whisk pumpkin, banana, eggs, oil, sugar and spice.
- 4.Combine and bake in lined tins for approximately 1 hour.

Cool slightly in tins then turn out and wrap in foil until cold.

Carrot Apple Muffins

Ingredients

Kīnaki

10 Serves

50 Serves

White self raising flour		1 cup	2 cups
Wholemeal flour	<i>Parāoa</i>	1 cup	2 cups
Raw sugar	<i>Huka</i>	2 Tbsp	4 Tbsp
Baking soda	<i>Houra tunutunu</i>	1 tsp	2 tsp
Baking powder	<i>Paura pēkana</i>	1 tsp	2 tsp
Grated Carrot	<i>Uhikaramea kuoro</i>	1/2 cup	1 cup
Apple grated	<i>Āporo kuoro</i>	1/2 cup	1 cup
Milk	<i>Waiū</i>	1 cup	2 cups
Eggs	<i>Hēki</i>	2	4
Canola Oil	<i>Hinu canola</i>	1/4 cup	1/2 cup
Vanilla Essence		1 tsp	2 tsp
Mashed Bananas	<i>Panana maoka penupenu</i>	1 cup	2 cups

Simple cooking method

- 1.Pre heat oven to 190 C.
- 2.Mix dry ingredients, add grated apple.
- 3.In another bowl combine all other ingredients.
- 4.Combine wet and dry ingredients gently, don't over mix.
- 5.Bake in greased muffin tins 20 - 25 minutes.





Blueberry Muffins

Ingredients	Kīnaki	4 - 5 Dozen
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White self raising flour		2 cups
Wholemeal flour	<i>Parāoa</i>	2 cups
Baking Soda	<i>Houra tunutunu</i>	2 tsp
Raw sugar	<i>Huka</i>	1 cup
Salt	<i>Tote</i>	1/4 tsp
Mixed Spice	<i>Raukikini</i>	4
Eggs	<i>Hēki</i>	1/2 cup
Oil	<i>Hinu</i>	2 tsp
Vanilla Essence		2 - 3 cups
Milk	<i>Waiū</i>	2 cups
Mashed Bananas	<i>Panana maoka penupenu</i>	
Blueberries	<i>Hua kikorangi</i>	2 cups

Simple cooking method

1. Pre heat oven to 190 C.
2. Mix dry ingredients.
3. Whisk together wet ingredients.
4. Combine to make a dropping consistency.
5. Bake in greased muffin tins approximately 12 - 15 minutes.

Savoury Puffs

Ingredients

Kīnaki

4 - 5 Dozen

Self Raising Flour		3 cups
Wholemeal flour	<i>Parāoa</i>	3 cups
Baking soda	<i>Houra tunutunu</i>	4 tsp
Grated cheese	<i>Tihi kuoro</i>	6 cups
Milk	<i>Waiū</i>	4 - 5 cups
Eggs	<i>Hēki</i>	6
Dried herbs (or fresh)	<i>Rauamiami maroke</i>	3 tbsp
Curry Powder		1 heaped tbsp

Simple cooking method

1. Sift baking soda into flours, add everything else and combine - don't over mix.
2. Put into mini muffin tins.
3. Bake 10 - 12 minutes for mini size until puffed and golden.
4. Bake 15 - 17 minutes for regular size.

Makes 7 dozen mini puffs or 2 dozen regular size puffs.





Kumara Banana Bread

IngredientsKīnaki2 Small Loafs

Wholemeal Flour	Parāoa	1 1/2 cups
Baking Powder	Paura pēkana	2 tsp
Baking Soda	Houra tunutunu	1 tsp
Salt	Tote	1/2 tsp
Cinnamon		1 heaped tsp
Eggs	Hēki	2
Banana (very ripe)	Panana maoa	1
Grated Carrot and/or Zucchini	Uhikaramea	1 cup
Mashed Kumara	Kūmara maoka penupenu	1 cup
Milk	Waiū	1/4 cup
Rice Bran Oil		1/3 cup

Simple cooking method

1. Mix the dry ingredients together with a wire whisk
2. In another bowl whisk together the bananas, egg, oil, kumara, milk - and honey or maple syrup if you are using it.
3. Toss the grated vegetables in the flour mix until coated nicely and not clumpy.
4. Combine the two mixes gently and put into loaf tins.
5. Use 2 small loaf tins as will cook quicker
6. Bake loaves 40 minutes at 180 c (approximately 50-60 minutes if you are making 1 big loaf)
7. If making into muffins, will take about 12-20 minutes.

Leave to cool slightly in tin before turning out to finish cooling.

The riper the banana, the sweeter it will be. If you don't have a really ripe banana you may need to add a tablespoon of warmed honey or maple syrup to sweeten up your loaf, just a bit.

Beetroot Hummus Dip

Simple cooking method

1. Process cooked beetroot (canned or fresh) and add to Hummus.
2. Allow 1 : 2 - Beetroot : Hummus - or to taste.
3. 3/4 to 1 cup per 10 children as a dip.

