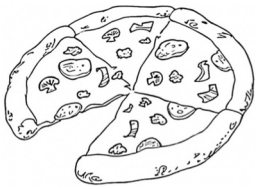
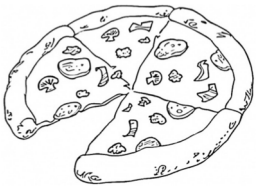


pihapiha



ngā taputapu

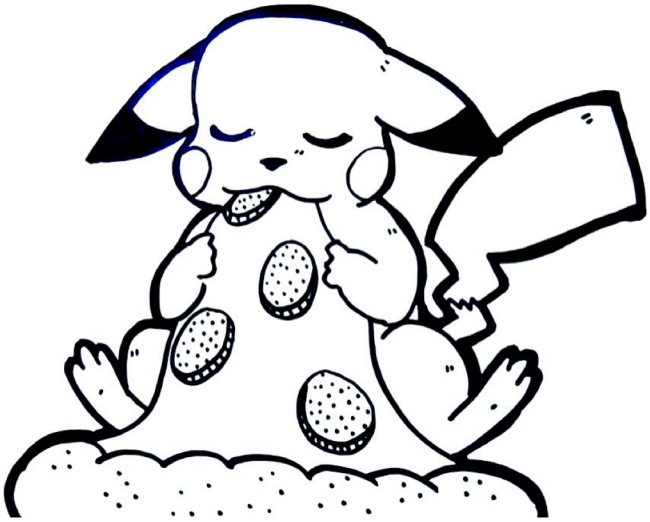
1	Pepa tao
1	Pune toha
1	Paepae
1	Māripi
1	Papa tapahi
1	Rākau pokepoke

ngā kīnaki

1	Pokepoke pihapiha
1 pune toha	Kīnaki Tomato
100 karamu	Poaka whakapaoa
1 tīni	Paināporo (kotikoti)
½ kapu	Tīhi (kuoro)
He parāoa puehu	

tohutaka

1. Tīkina ngā taputapu me ngā kīnaki
2. Whakaritea te umu kia rua rau te pāmahana (200 degrees C)
3. Ruia te raumanga me te rākau pokepoke ki te parāoa puehu.
4. Takapapā te pokepoke kia rahi, kia 0.5 mitarau te mātotoru.
5. Hoatu te pokepoke ki te paepae.
6. Pania te pokepoke ki te kīnaki tomato.
7. Hoatu te poaka whakapaoa me te paināporo ki te pokepoke parehe.
8. Tohaina te tīhi ki runga
9. Tunua te pihapiha mō ngā meneti 20-25, kia kōuraura.
10. Tangohia te pihapiha. Waiho ki te papa tapahi mō ngā mineti e 5, kei wera te arero.
11. Kōripitia te pihapiha
12. Tukuna te karakia mō te kai
13. E kai!!!!



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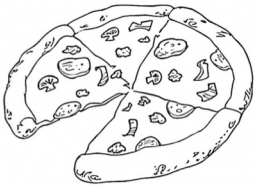
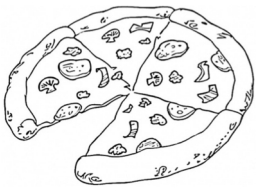
pokepoke mō te pihapiha iti





ngā taputapu

Kapu
Koko iti
Koko toha
Koko rākau
2 x Oko
Tātari

ngā kīnaki

½ kapu	wai mahana
1 koko iti	ihi
½ koko toha	huka
1 ½ kapu	parāoa puehu
½ koko toha	hinu
He kini tote	

tohutaka

1. Tīkina ngā taputapu me ngā kīnaki
2. Ki tētahi oko, hoatu kia ½ te kapu wai mahana me kia ½ te koko toha huka, kōroritia kia memeha. Naianei hoatu kia 1 te koko iti ihi. Waiho ki te taha mō ngā mineti e 5
3. Ki tētahi atu oko, tātarihia kia 1 ½ kapu parāoa puehu. Raua atu kia ½ te koko toha hinu, he kini tote hoki. Ringihia te wai ihi ki te parāoa puehu.
4. Ranua ngā kīnaki kia pokepoke te āhua
5. Pokepoketia te pokepoke kia māngohe te āhua.
6. Poipoia te pokepoke
7. Kua rite te pokepoke mō te pihapiha

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Rārangi kupu

taputapu	pātaka kai	kupu mahi	he kupu awhina
kapu cup	**pokepoke** mixture	**whakaritea** to make ready	**mineti** minute
papa tapahi chopping board	**kinaki** sauce	**pania** to spread	**karamu** gram
pune toha tablespoon	**tōmato** tomato	**kirimihia** make creamy	**tākiri** degrees (temp)
kuoro grater	**poaka whakapaoa** ham	**ringihia** to pour	**tohurau** Celcius
oko bowl	**paināporo** pineapple	**tangohia** to take	**mātao.** cool
umu oven	**parāoa puehu** flour	**waihotia** to leave	**mahana** warm
maripi knife	**pēkana paura** baking powder	**pōkaia** to fold	**māmā.** light
tīni tin	**tīhi** cheese	**raua** to put in	**maiangi** fluffy
pepa tao baking paper	**hinu** oil	**tātartia** to sift	**ranu** mixed
rākau pokepoke rolling pin	**ihi** yeast	**tāpirihia** to add to	**memeha** dissolve
taputapu utensils	**tote** salt	**kōroritia** to stir	**ngāwari** soft
koko iti teaspoon		**ine taumaha** to weigh	**penua** mashed
koko toha Tablespoon		**tīkina** to go and get/fetch	**maroke** dry
koko rākau Wooden spoon		**pokepoketia** to knead	**māngohe** Soft/malleable
tātari seive		**takapapā** Flatten out	

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