

He kai tuku iho
mō ngā whakatupuranga

Kānga Waru is a traditional Māori dessert made from corn and kūmara. It's a special kai that brings whānau together and celebrates our land, our people, and our traditions.

Ngā kai o te whenua
He oranga mō te katoa

The food of the land
brings wellbeing for all.

KĀNGA WARU

Māori Steamed Corn & Kūmara Pudding

SIMPLE INGREDIENTS ♥ RICH TRADITIONS ♥ SWEET TOGETHER

Ingredients | Ngā Kai

- 2 cups cornmeal (kānga)
- 1 cup grated kūmara (or a mix of orange and purple)
- ½ cup flour
- ¼ cup sugar (adjust to taste)
- 1 teaspoon baking powder
- A pinch of salt
- ½ cup milk
- 50 g butter, melted
- Corn husks (or baking paper) for wrapping

Simple
kai, strong
whānau.

Method | Te Hātepe



Mix

In a large bowl, combine cornmeal, grated kūmara, flour, sugar, baking powder and salt. Add milk and melted butter. Mix until well combined.



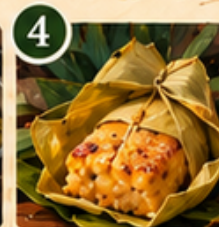
Wrap

Spoon the mixture onto corn husks. Fold and tie with a strip of husk (or use baking paper).



Steam

Place in a steamer or hāngi and cook for about 30–40 minutes, until firm and cooked through.



Open

Carefully unwrap and let it cool slightly.



Enjoy

Eat warm on its own or with a little butter or cream. Share with whānau!

OUR PEOPLE ♥ OUR LAND ♥ OUR FUTURE

He reka!
Enjoy! ♥

He kai, he
whānau, he aroha.

A boil-up is more
than a meal. It brings
whānau together,
using simple ingredients
from the land and sea.
It's hearty, nourishing
and full of tradition.

Nau te rourou
Nāku te rourou
Ka ora ai te iwi

With your food basket
and my food basket
The people will thrive.

MĀORI BOIL-UP

Simple food. Strong people. Proud traditions.

NGĀ KAI MĀORI ♥ HEALTHY WHĀNAU ♥ STRONGER TOMORROWS

Ingredients | Ngā Kai

- 500 g meat (beef, pork, or lamb with bones)
- 4–5 medium potatoes
- 2–3 kūmara (kumara)
- 1 head of cabbage or puha
- A bunch of silverbeet (or kūmara leaves)
- 1 onion (optional)
- Water (enough to cover)
- Salt to taste

Good kai
nourishes the body,
strengthens whānau
and keeps our
traditions alive.

Method | Te Hātepe



1 Add meat and water

Place the meat in a large pot and cover with water. Add onion (if using). Bring to the boil, then simmer for about 1 hour, until the meat is tender.



2 Add potatoes and kūmara

Add the potatoes and kūmara to the pot. Simmer for 20–30 minutes, until they are soft.



3 Add cabbage

Add the cabbage and cook for 10–15 minutes, until tender.



4 Add silverbeet

Add the silverbeet (or kūmara leaves) and cook for a few minutes until just wilted.



5 Season and enjoy

Add a pinch of salt to taste. Serve warm and enjoy with whānau!

OUR PEOPLE ♥ OUR LAND ♥ OUR FUTURE

He reka!
Enjoy! ♥