

*He parāoa mōkarakara*

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Ehara nā Rarau Mai tēnei whakaahua

*He parāoa mōkarakara*



**HE PARĀOA  
MŌKARAKARA**

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### **Ngā taputapu**

He pae tunu kapukeke

He oko

He koko

He māripi pata

He koheri

He pine rōra/rango

### **Ngā kai whakauru matua**

*(Kei roto i tō kete kai)*

He parāoa

He pata, hei pani i te parāoa

### **Ngā kōwhiringa hei kai whakakī**

*(Kei roto i tō kete kai)*

He pēkana

He pīni pēkena

He kānga (rō kēne)

He parāoa nonoke tōmato

He tīhi

### **Māu anō ēnei kai**

He tote me te pepa

He hēki

### **Ngā tohutohu:**

1. Meatia te umu kia 190 (tākiri Toharau) te wera.
2. Takapapangia te parāoa mā te rango, mā te ringa rānei.
3. Pania tētahi taha o te parāoa ki te pata.
4. Pēhia te parāoa ki ngā rua o te pae tunu kapukeke. Ko te taha kua pania ki te pata ki te pae.
5. Whakakīia ngā parāoa ki ngā momo raunga e hiahiatia ana. Me kaua e kī rawa kei pūrenarena.
6. Ruiruia ki te tote me te pepa (mēnā e hiahia ana).
7. Hoatu ki te umu ka tunua ai. Ka rite i te 15-20 miniti.

## ***Kaingia kia pau!***

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