

Ambrosia



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AMBROSIA

Kete kai

He māngohe

He tiakarete moro / mars

He kirīmi

He miraka tepe

He kēne huarākau

(he huapere/aperekoti rō kēne)

Mā koutou anō e whai

Ngā taputapu

He pae tapahi

He māripi koi

He oko rahi

He koheri

He pune nui

He tīwara kēne

He kapu

Ngā tohutohu

1. Tapahia ngā māngohe me ngā tiakarete moro / mars
2. Koheria te kirīmi ki roto i te oko rahi
3. Tāpirihia te miraka tepe, kaurorihia
4. Tāpirihia ngā māngohe me ngā tiakarete moro / mars, ka kaurorihia anō ai
5. Tīwarahia te kēne huarākau, tāhorotia te wai huarākau ki tētahi kapu. Kāore e whakamahia
6. Tapahia ngā huarākau, tukua ki te oko rahi, ā, kaurorihia

Kaingia kia pau!