

He parāoa pahuru



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HE PARĀOA PAHURU

Kete kai

He pita
He tīhi
He hāmi
He paināporo (rō kēne)
He kīnaki parāoa pahuru
He kīnaki rorerore
He riki
He tīhi mozzarella
He rautunu

Mā koutou anō e whai

He hinu
He tote

Ngā taputapu

He pae umu
He māripi koi
He puni nui
He kuoro

Ngā tohutohu

1. Meatia te umu kia 180 (tākiri Toharau) te wera
2. Whakatakotoria he rautunu ki te pae umu, rehua rānei ki te hinu
3. Hoatu ngā pita ki ngā pae umu
4. Pania ngā pita ki te kīnaki parāoa pahuru
5. Kuorotia te tīhi, hōatu ki ngā pita
6. Tapahia te mīti hāmi, hōatu ki ngā pita
7. Tapahia ngā wāhanga paināporo mai te kēne kia haurua, hoatu ki ngā pita
8. Hoatu he kīnaki rorerore
9. Ruiruia ki te tote (ki te hiahia)

He kai anō ki te hiahia:

10. Tapahia te riki, ruiruia ki ngā pita
11. Kuorotia te tīhi mozzarella, ruiruia ki ngā pita

Kaingia kia pau!