

Kapukeke Tiakarete



KAPUKEKE TIAKARETE ME TE PANIKARAMEA TOTETOTE



Kapukeke Tikarete

Ehara nā Rarau Mai tēnei whakaahua

Kapukeke Tikarete

Kapukeke Tikarete

Ngā taputapu

E 2 ngā oko, he waenga te rahi
He ipu ine
He taputapu kaurori - ka pai te pūrere kaurori ki te taea
He kokoiti, he kokonui
He rautunu kapukeke

Ngā kai whakauru (*Kei roto i tō kete kai*)

Kia 70g o te pata - kia ngohengohe
Kia $\frac{3}{4}$ kapu puehu parāoa
Kia 1 kapu huka kāta
Kia $\frac{1}{2}$ kapu kōkō
Kia 1 kokonui pēkena paura
Kia $\frac{1}{2}$ kokoiti tote

Māu anō ēnei kai

Kia 210ml mīraka
Kia 2 ngā hēki, āhua rahi

Te panihuka (*Kei roto i tō kete kai*)

Kia 2 kapu huka puehu
Kia 20gm pata - kia rewa
Kia $\frac{1}{3}$ kapu miraka
Kia 3 ngā kokonui o te miraka karamera (Highlander Caramel)
Hei whakarākei (mēnā e hiahia ana)
He kānga pakopako
He tote, te nui e hiahiatia ana engari me kaua e nui atu i te 1 koko iti.

Ngā tohutohu mō ngā kapukeke:

1. Meatia te umu kia 170 (tākiri Toharau) te wera. Whakaritea te pae kapukeke me ngā rautunu kapukeke.
2. Tukuna ki tētahi oko te **pata 70g**, te **puehu parāoa $\frac{3}{4}$ kapu**, te **huka kāta $1 \frac{1}{4}$ kapu**, te **kōkō $\frac{1}{2}$ kapu**, te **pēkena paura 1 kokoiti** me te **tote $\frac{1}{2}$ kokoiti**.
3. Kaurorihia me te pūrere kaurori kia maramara rā anō te āhua.
4. Tahorotia te **miraka 210mls (tata ki te 1 kapu)** ki tētahi ipu ine, hoatu hoki ngā **hēki e rua**. Kaurorihia.
5. Whakamāmāhia te rere o te pūrere kaurori, ā, āta tahorotia tētahi haurua o te hanumitanga miraka me te hēki ki te oko kei reira te pata me ērā atu kai whakauru. Kia mōhanihani te hanga, kia mātotoru hoki.
6. Kia mōhanihani te pokewai me whakamāmā anō te pūrere, ā, tahorotia te toenga o te hanumitanga miraka me te hēki. Me haere tonu ngā mahi whakamōhanihani.
7. Kua rite te pokewai! Tikina atu tētahi kokonui, kohia te nui o te pokewai e tika ana ki te whakakī i te $\frac{2}{3}$ o te rautunu kapukeke, ā, hoatu ki te rautunu. Me rite tonu te pēnei kia kī rā anō ngā rautunu katia.
8. Tunua mō te 20 ki te 25miniti. Ka maoa ana, tangohia, ā, waiho kia mahana, kia mātao.

Te panihuka:

Hoatu te katoa o ngā kauwhakauru ki tētahi oko. Kaurorihia kia mōhanihani. Pania ngā kapukeke.

E mua kai kai, e muri kai hūare!