



RECIPE

Māori

English

Ngā pōro mītikau me te tīhi, me te riki Wīwī **Cheesy French Onion Beef Meatballs**

INGREDIENTS

Māori

English

Mītinakunaku kau	Beef mince
Waikōhua kikokau	Beef stock
Kongakonga parāoa	Breadcrumbs
Puananī	Broccoli
Riki parauri	Brown onion
Huka parauri	Brown sugar
Pata	Butter
Kāroti	Carrot
Tīhi	Cheese
Hēki	Egg
Puehu Parāoa	Flour
Ranunga amiami Wīwī	French herb blend
Pōro mīti	Meatballs
Miraka	Milk
Hinu	Oil
Pepa	Pepper
Rīwai	Potato
Tote	Salt
Kōkihi	Spinach
Kīnaki tomato	Tomato sauce
Wai māori	Water

PHRASES

Māori

English

Kia ngohengohe ai, kia karamera ai	Until soft and caramelised
Kia rua ngā kokonui	Two tablespoons
Koropupūhia	Boil it
Koropupūhia tētahi kōhua wai māori	Boil a pot of salted water
Kuhuna ki tētahi kōhua wai wera	Drop in a pot with hot tap water
Me te/tētahi kini tote	And a pinch of salt
Paraihia	Fry it
Penupenuhia	Mash it
Pōkaia	Roll it
Ruiruia ki te tīhi	Sprinkle with cheese
Tapatapahia ngā rīwai me ngā kāroti	Dice potatoes and carrots
Tunua ngā pōro mīti mō te tekau meneti	Cook meatballs for 10 minutes
Whakamaua te taupoki ka koropupū ai	Bring the pot to a boil with the lid on
Whakatāwaratia ki te tote me te pepa	Season with salt and pepper