



Nō te ahurea o  
Aotearoa te rīwai tunu!

He mahi tonu  
nā tātau te kai  
rīwai tunu - nō  
te āhuetanga  
o Aotearoa.

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Tunua he rīwai,  
mahia he kai!

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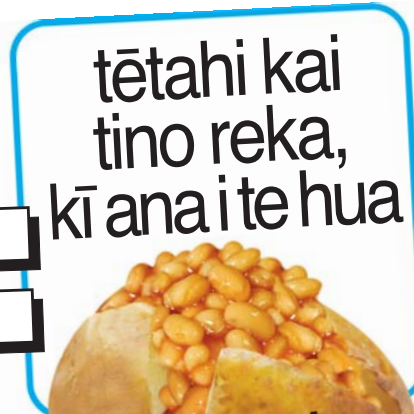
Tunua he rīwai,  
Mahia he kai!

### I roto i te umu

Weroa te kiri. He rīwai tauwaenga te rahi ka tino pai rawa atu ka tunua mō te 60 mineti i te 200°C te pāmahana.

### I roto i te ngaruiti

E 3 - 4 mineti te roā o tētahi rīwai tauwaenga te rahi e tunua ana ki te kaha teitei. Nō reira e 6 - 8 minetu mō ngā rīwai e rua, e 9 - 12 mō ngā mea e toru.



**takoha**  
mō ngā hua pai katoa tunua tētahi rīwai e kī ana te tapanga he pai ake mō te 'tunu'. Ka ngāwari me te tāhungahunga ēnei ina maoa.

### Me whakawera noa iho kātahi ka kai

Raua he tini pīni ki roto, he kānga kirimi rānei ki roto i tētahi hōpane: kōrororiritia te wā kei te āhua mahana haere, ā, kia wera rā anō. Ki roto rānei i te ngaruiti: putua ki roto i tētahi kumete me te whakawera ki te kaha teitei mō te 1 - 2 mineti, kōrororiritia me te whakawera anō mō tētahi atu mineti anō.

### Paparanga

Mō tētahi paparanga tino reka me putu noa i tētahi tini pīni, kānga kirimi rānei ki runga i tō rīwai tunu.

Ka nui te kēne kotahi hei paparanga mō ētahi rīwai e whā.

Mā te rīwai e kī ai tō puku.



## Ngā rīwai tunu whakapuru

Mō tētahi rīwai tunu whakapuru, weheruatia tētahi rīwai tunu, kokoa mai i te kiko, penupenutia me te rīwai iti nei kātahi ka whakaranu ki tētahi tini pīni, kānga kirimi rānei. **Ka rahi te kēne kotahi mō ngā rīwai e whā.** Ka whakahoki atu ki roto i ngā rīwai e whā.

### takoha

Mēnā e hiahia ana koe ki tētahi tapanga karihi, tāpiritia ētahi tīhi waruwaru me te ngunu kia rewa.

Kēne kēne kēne...  
rīwai tunu reka  
me ngā pīni!



He iti noa iho te utu mōku, me te kī anō i ngā whakamōmona me te reka. Ko te tini pīni, kānga kirimi rānei ki runga i a au tētahi puna pai mō ngā huaora me ngā whakamōmona - tae noa ki te Huaora C me te whītau. Ka whakarato pūmua, warowaihā hoki me te tino iti o te mōmona. Tērā pea kua au e pākīwaha, engari kāore i tua atu i a au mō te iti o te utu, kai tōtika me te reka!

## Ngā rīwai ki runga ahi kōpae... ngā rīwai reka rawa atu!

- Weroa ia rīwai me te tākai ki te pepa hiriwa tōtoru te mātotoru. Me kaha te mura o tō ahi. Raua atu ngā rīwai ki roto i ngā momotu ahi wera. E 45 mineti e maoa ana ngā rīwai tau waenga te rahi. Mā te whakamahi i ngā kuku roa, me huri ētahi wā i te wā e tunu ana. Ka mōhio koe mēnā ka maoa nā te ngāwari.
- Mā te whakawera i tētahi kēne i runga ahi, me paku te huaki i te kēne (he mea TINO NUI tēnei) me te rau atu ki te pārua o ngā momotu - ka kite koe e korohū ana i roto i ngā mineti e 3 - 5.

Whakaratoa tō rīwai me ngā paparanga pīni wera, kānga rānei. Te reka kē!

Kia haumarū



- Tirohia karekau he rāhui ahi i tō rohe
- Kia haumarū - kua e whakarerea te ahi, me mātua whakarite he pakeke kei kona i ngā wā katoa.



te rīwai ki roto hāngi, umu rānei  
He tino pai te maoa o te rīwai mā te korohū me te tunu rānei ki roto hāngi, umu rānei. Whakaratoa me ngā kai tūturu, me rau atu rānei he paparanga pīni wera, kānga rānei.

## Pāki rīwai

Weheruatia tētahi rīwai tunu - whakakāia ki ngā whakakāi pai rawa!



I te mōhio anō koe?

Ko te mea tino pai o te tiki i ō warowaihā mai i ngā rīwai tēnā i ētahi atu rimurapa, raihi, paraoa rānei, ka whiwhi koe i ētahi atu whakamōmona matua. Ka tukuna e tētahi rīwai tauwaenga te rahi tata ki te haurua o ō kai Huaora C e taunakitia.

He rua kai whai painga ahau.

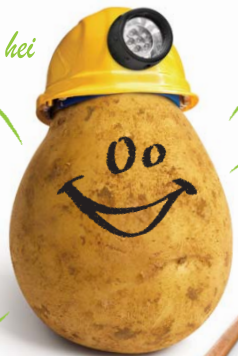
He maha ngā whakamōmona hauora e whakaratoa ana e au i tua atu anō i ngā kaha whai kounga hei whakakaha i tō tinana. Whakaurua ahau ki roto i tētahi o ō whakaratonga 5+ I te Rā.

*Ngā tāpiri irahiko hei parahau mōu*

*Whitau maha*

*Mōmona tino iti*

*Warowaihā mō ngā kaha mō te wā roa*

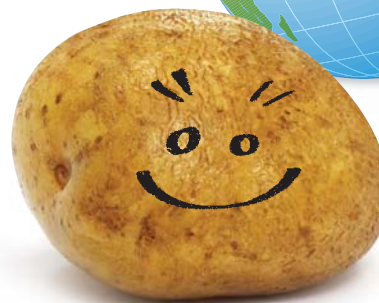


*He hūhua ngā ōpāpa*

*E pupū ana me te hūora C*

*He mea nui tonu mō ngā hūora rōpū B*

He tino pai ahau mō te ao!



He nui te wāhanga o te rīwai ki te whāngai i te ao me te tiaki hoki i te ao mō ngā whakatipuranga kei te heke mai.

He nui atu ngā kai e hua ana i a au, he tere ake, he iti te whenua, me te iti ake o te wai tēnā i ētahi atu huanga kai matua. Ko au te huanga kai nui tuatoru i te ao, ā, nā ngā take o ngā pēhitanga ki te ao o te iti haere o te whenua me te wai, he kōwhiringa kai pai ahau.

**Kei te pīrangī koe ki te mōhio ki te whakatipu rīwai i te kāinga?**  
Me whai i ngā tohutohu hātepe i [www.potatoes.co.nz](http://www.potatoes.co.nz)