

Parāoa Kūmara

Ngā taputapu

he karapu umu
he kōhua nui
he māripi koi
he oko whakaranu nui
he papa tapahi
he papatunu
he pune rākau
he taputapu penupenu rīwai
he tātari puehu parāoa
he umu

Ngā kai o roto

4 ngā kūmara āhua rahi
25 g pata
150 ml miraka
350 g puehu parāoa piki noa
1 tīpune pēkana paura
he hinu, he pata hei pani i te papatunu
he tote, he pepa

Ngā tohutohu

1. Whakaweraina te umu kia 200°C te pāmahana.
2. Warua ngā kūmara. Whakamahia te māripi koi me te papa tapahi hei tapahi i ngā kūmara e rua.
3. Raua atu ngā kūmara nei ki te kōhua, ka tāuwhi ki te wai mātao. Raua atu te 1 tīpune tote ki te wai, ka whakanoho ki te tārahu. Kia āhua 15–20 meneti e koropupū ana, kia ngohe rānei te kūmara.
4. Putua atu te wai kōhua, ka penupenu i te kūmara me te pata.
5. Kuorotia ngā kūmara e rua e mata tonu ana, ka poke ki te miraka.
6. Kōroria atu te kūmara penupenu ki te miraka me te kūmara kua kuorotia. Tāpirihia atu te tote me te pepa – kua e nui ake i te ½ tīpune tote. Whakamātauria, kia pai ai ki a koe te tāwara.
7. Tātarihia atu te puehu parāoa me te pēkana paura ki roto i te kūmara, ka whakaranu kia oti mai he pokenga. Ki te hāpiripiri rawa, hoatu anō he puehu parāoa.
8. Meatia atu te pokenga ki tētahi mata kua oti te ruirui ki te puehu parāoa, ka āta poke.
9. Hauruatia te pokenga, ka romiromi kia oti mai ai ētahi parāoa porohita e rua.
10. Whakatakotoria ki te papatunu kua pania ki te hinu, ka tunu ki te umu e 200°C te pāmahana mō te āhua 25–30 meneti, kia piki rawa, kia pāka kōrito te tae.