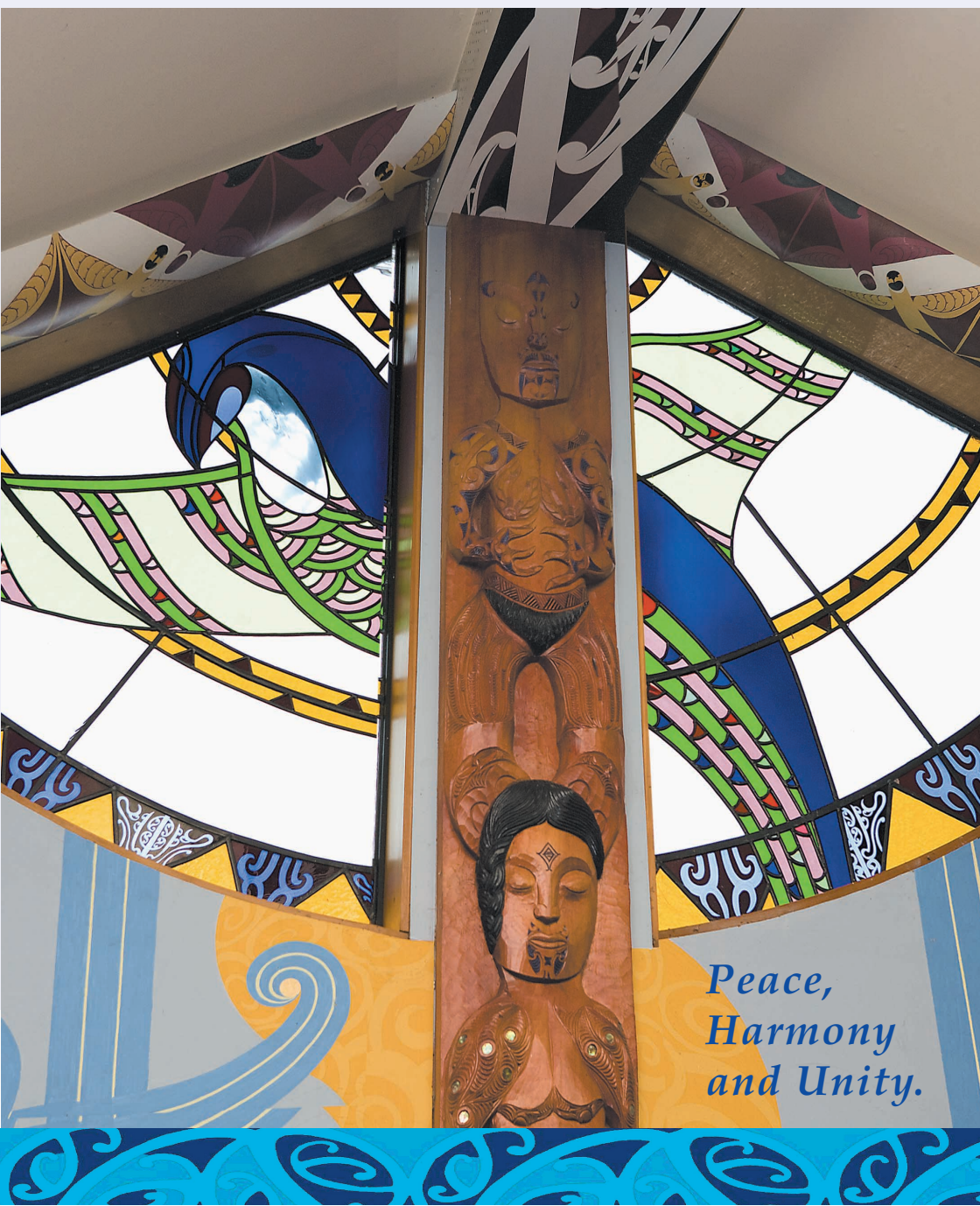


# Nga Wahine Atawhai o Matukutureia Recipe Book



*Peace,  
Harmony  
and Unity.*

The Design on the front cover of this publication  
is a reproduction of the stylised bird  
stained-glass feature window  
on the back wall of the  
Wharenuī “Matukuturua” at the Manurewa Marae.  
The window was funded by  
Nga Wahine Atawhai o Matukuturua MWWL Branch  
and gifted to the Manurewa Marae Trust.  
The bird not only links the legends and local history  
to this urban marae, but also welcomes and encompasses  
all who enter into the Whare, now and in the future,  
in Peace, Harmony and Unity.

*The members of  
Nga Wahine Atawhai o Matukuturua MWWL Branch  
thank the Manurewa Marae Trust  
for allowing us to reproduce this taonga  
for Branch identity*



# HEALTHY EATING

Maintaining a balanced diet and an awareness of portion-size are important ingredients for having a long and healthy life.

By making small changes towards healthier cooking and eating you can improve the short and long-term health of you and your whanau. Healthy eating such as increasing your fruit and vegetable intake is associated with a reduced risk for a number of cancers and lifestyle diseases such as Type 2 Diabetes.

In your kitchen there are some basic rules that you can follow:

Whenever possible choose water as the drink of preference.

Avoid adding salt to foods and when you do, remember to use iodised salt.

Avoid energy-dense drinks and foods such as carbonated soft drinks, takeaways and confectionery.

Choose lean meats, trim fat from meat and remove the skin from poultry.

Drain fat from cooked meats such as stews, casseroles, mince and boil ups.

Eat a variety of fruit and vegetables from as many different colour groups as possible every day.

Limit sugar in cooking and reduce the portion sizes of sugary and dessert foods.

Swap saturated fats, such as butter and lard, with margarine or good quality oils such as rice bran, canola or olive oil when cooking, baking or dressing foods.

Increase your fibre intake by eating or cooking vegetables with the skin on, choosing whole-meal or wholegrain breads and cereals, and add grains and bran into your cooking when you can.

Swap from full-fat to low-fat milk and dairy products.

Included in this cookbook is a section on desserts. These recipes have been checked by qualified dietitians. It is their recommendation that desserts should be occasional foods eaten approximately once or twice a week. If you or one of your family members are at risk of or have Type 2 Diabetes it will be necessary to limit the portion sizes of meals and desserts.

Enjoy cooking and eating with your family.

## KARAKIA KAI

Whakapaingia e Ihoa a matou kai  
Hei oranga mo o matou tinana  
Whangaia hoki o matou wairua  
ki te taro o te oranga tonutanga  
Ko Ihu Karaiti to matou kaiwhakaora  
Amine

Bless our food oh Lord as it  
provides sustenance to our bodies.  
Nourish our spirits also with the  
bread of everlasting life  
Jesus Christ is our saviour  
Amen

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# GOLDEN SUMMER SALAD

SERVES 4

## Ingredients

*1 red capsicum*  
*1 green capsicum*  
*1 yellow capsicum*  
*1 bag mesclun salad mix*

## Method

Finely slice, strips of each coloured capsicum.

Mix with mesclun salad mix.

# KINAKI KAWAKAWA TOFU DRESSING

SERVES 4

## Ingredients

*200g fresh tofu*  
*1 tsp Kinaki Wild Herb Baste*

## Method

Mix tofu and Kinaki Wild Herb. Baste together

Blend for 1 minute.

## To Serve

Serves well with salad and organic maori potatoes.

## TOROII PIKO PIKOPIKO (Chilled Soup)

### Method

Wash pikopiko fern shoots, place in cold water with ham hock, and bring to the boil.

Remove pikopiko, skim and simmer ham hock for 1 hour.

Add clean mussels in the shell, to stock.

Simmer for 10 minutes.

Separate mussel meat from the shell.

Place pikopiko, ham hock and mussel meat with stock in a clean bowl.

Refrigerate until cold.

Serve with slices of lemon and vinegar.

## KAWAKAWA SPRITZER

### Ingredients

1 bottle soda water 1.25 litre

1 lemon

1 cup boiling hot water

2 scoops ice

1 dsp manuka honey

1/2 tsp dried kawakawa

### Method

Mix dried kawakawa, boiling hot water and mānuka honey together in a cup. Infuse and allow too cool.

Pour into glass jug, fill with ice and top up with soda water. Serve with slices of lemon and fresh kawakawa leaves (optional)

*Tip: This drink is good for people that like fizzy drinks. It has lots of bubbles, a lot less sugar, and a spearmint flavour.*

# PIPI & MUSSEL CHOWDER

SERVES 4

## Ingredients

200g of shucked mussels and pipis  
4 potatoes diced  
1 bay leaf  
4 slices of fat free bacon  
Clove of crushed garlic  
1/2 cup low fat milk  
1 tsp Italian seasoning  
1 cup mussel and pipi juice  
1/2 tsp chopped thyme  
1/2 cup fish stock

1 Tbsp margarine  
salt and pepper  
1 cup celery  
cayenne pepper  
1 cup onions  
1/3 cup of flour  
1 tsp marjoram

## Method

Blanch the potatoes in boiling water for 5 minutes, or until tender. Drain and set aside.

Cook bacon until transparent.

Add margarine, celery, onion, basil, marjoram, Italian seasoning, thyme, bay leaves, garlic and peppers to taste.

Cook until vegetables are tender, about 10 minutes.

Stir in the flour and cook over low heat for 3-4 minutes.

Stir in the green milk, half and half, pipi mussel juice and fish stock and heat to just under boiling.

Add potatoes and chopped mussels and pipi. Bring to slow boil and cook for 2-3 minutes.

Discard bay leaves. Stir in dill and parsley.



# NANA'S REWENA DOUGH

## Instructions for making dough starting from scratch.

Make bug at least 3 days prior.

### Ingredients for Bug

*2 cups of flour*

*1 tsp sugar*

*3 slices medium-sized-potato*

Boil potato slices in 1 cup of water to mashing consistency and cool.

When lukewarm, mix all ingredients to a fairly firm texture. Add more warm water if required.

Cover and leave in a warm place to prove.

## REWENA FLAT BREAD

### Ingredients

*5 cups of flour*

*1 tsp salt*

*1 tsp baking soda*

*1 cup of Rewena Bug*

### Method

Put flour and salt into a bowl and make a well in the centre.

Put Rewena in and sprinkle with baking soda over all.

Add more water if mixture is too firm.

Either wrap in tin foil and throw into fire embers or place on a baking sheet and bake at 200° C for approximately 35 mins. Cooking time will depend on thickness of bread.

# COTTAGE PIE

**This family favourite helps meat go a little further.**

*SERVES 4-5*

## **Ingredients**

*500g cooked lean lamb or used minced meat  
400g tin whole peeled tomatoes  
1 Tbsp Worcestershire sauce  
1 Tbsp tomato paste  
1 tsp dried basil or 1 Tbsp chopped fresh basil  
1 onion roughly chopped  
Freshly ground pepper  
5 cups cooked mashed potato  
Add carrots, peas or capsicum to taste*

## **Method**

Cut fat off the meat and place in a food processor fitted with a metal blade, finely chop the meat and set aside.

Place the undrained tomatoes, Worcestershire sauce, tomato paste, basil onion and pepper in the food processor and meat and blend until smooth.

Combine with the chopped meat and turn into 20cm square pie dish. Cover with the mashed potato.

Bake at 180°C for 30-35 minutes or until golden brown serve with vegetables.

# SAVOURY MINCE

SERVES 4

## Ingredients

*2 onions*  
*3 cups hot water*  
*50g margarine*  
*chicken soup*  
*500g mince*  
*400g frozen mixed vegetables*  
*2 tsp curry powder*  
*1/2 cabbage, shredded*  
*1/2 cup long grain rice (cooked)*  
*2 tsp soy or worcestershire sauce*

## Method

Heat the pan and cook the onions in the margarine until they are light brown.

Add the mince, curry, rice, and sauce.

Stir until the mince is no longer pink then add the hot water, pour off the fat.

Cover and simmer for 10 minutes then add the frozen vegetables cabbage and the soup.

Cover again and cook for 4-5 minutes, until the cabbage is tender and crisp and the liquid has nearly all disappeared.

Serve with potato, rice or kumara.

# LAMB, ORANGE & KUMARA SALAD

SERVES 2

## Ingredients

*2 x 100g lamb leg steaks, trimmed of fat*  
*2 oranges*  
*1 carrot, coarsely grated*  
*2 large handfuls winter salad leaves*  
*Small bunch flat-leaf parsley leaves only*  
*3 medium-sized kumara boiled*

## Dressing

*1 tsp olive oil or canola oil*  
*1 tsp balsamic or sherry vinegar*  
*1 small clove garlic, crushed*

## Method

Grill lamb leg steaks.

Heat a griddle until very hot.

Rub the lamb steaks with a drop of oil, season, and then cook for 5 minutes, turning once for medium steak.

Cover with foil and set aside.

Cut away the skin and pith of the oranges and thinly slice. Drain off the excess juice.

Whisk the dressing ingredients together and season to taste.

Pour orange juice into the dressing, then toss with the kumara, carrot, organs, leaves and parsley.

Slice the lamb and serve on top of the salad.

# HANGI IN A POT

SERVES 4

## Ingredients

*Slow-roasted Potatoes*

*3-4 corn cobs*

*3-4 kamokamo*

*Balsamic vinegar*

*1 small chicken*

*4 riverbed or volcanic stones*

*Extra virgin olive oil or canola oil*

*Fresh herbs, such as tarragon, thyme, rosemary*

## Method

Cut the potatoes in half and place them in an ovenproof dish, and season with salt and pepper.

Sprinkle with balsamic vinegar and olive oil.

Place in the oven and cook at 160°C for 1 -1 1/2 hours.

When ready to cook the meat, place the stones into a large pot with plenty of room between them and heat on a low to medium heat.

Lay on the hot stones the meat so that it is flat (cut if you need to) and place the fresh herbs in pot.

Cook for 45 minutes to 1 hour, depending on the size of the meat.

Towards the end of cooking, add whole corn cobs in the sheaths, whole kamokamo. Cook for an additional 10-15minutes.

Remove food from the pot and discard the sediment. Serve with the slow-roasted tomatoes, watercress, a squeeze of lemon, a healthy sprinkling of finely chopped parsley.

*Tip: cut skin off the chicken, cut fat off the meat.*

# TASTY OPEN TOASTIES

SERVES 2

## Ingredients

*4 slices of grainy bread*

*2 slices of lean ham*

*2 tomatoes, sliced*

*2 eggs*

*1/2 Tbsp white wine vinegar*

*1 1/2 Tbsp light crème fraiche*

*1 Tbsp chopped herbs, such as parsley or tarragon*

*salt and pepper*

## Method

Toast the bread on both sides, and then top each piece with a slice of ham and 2 tomato slices.

Poach eggs by bringing a large pan of water to the boil, add vinegar and stir water rapidly in a circular motion.

Break an egg into the centre of the pan to allow the white to wrap around the yolk. Cook for 3 minutes then remove from the pan and keep warm.

Repeat with the remaining eggs, then place 1 egg on each piece of toast.

Mix the crème fraiche and herbs together, season to taste with salt and pepper and serve with the toasties.

Serve with salad.

# TENDERLOIN OF PORK WITH PEAR & POTATO

SERVES 4

## Ingredients

400g pork tenderloin  
2 garlic cloves cut into slivers  
1 Tbsp seasoned flour  
900g new potatoes, parboiled  
2 pears, quartered and cored  
1 Tbsp oil, canola, olive or sunflower  
150ml dry cider or use apple juice  
2 thyme sprigs  
Salt and pepper  
3 Tbsp light crème fraiche

## Method

Make a few small cuts in the pork with a sharp knife and push a sliver of garlic into each cut.

Rub the pork all over with the seasoned flour.

Grill the pork until browned on all sides.

Add the cider and simmer until reduced by half.

Transfer the pork and juices to a shallow ovenproof dish with the potatoes, pears and thyme.

Place in a preheated oven at 200°C for 20 minutes or until the pork is cooked through and the potatoes are tender.

Stir the crème fraiche through the cooking juices and season to taste with salt and pepper. Serve with vegetables or salad.

# PORK BALLS WITH TOMATO SAUCE & SPAGHETTI

SERVES 4

## Ingredients

300g dried spaghetti  
300g minced pork  
1 onion, finely chopped  
1 garlic clove, crushed  
1/2 tsp paprika  
2 tsp tomato puree  
700g pasta sauce  
Salt and pepper

## Method

Cook the spaghetti according to packet instructions.

Mix the mince, onion, garlic, paprika, salt and pepper.

Shape the mixture into 12 balls and place on a grill pan. Cook under a preheated grill for 6-7 minutes, turning occasionally, until browned and cooked through.

Drain the spaghetti, return it to the saucepan and stir in the tomato puree, pasta sauce and the meatballs.

Season to taste with salt and pepper, heat through and serve.



# PORK, APPLE & KUMARA CASSEROLE

SERVES 4

## Ingredients

*8 small or 4 large Pork Chops*    *2 cups tomato juice*  
*1 Tbsp chopped parsley*            *2 Tbsp sugar*  
*Salt and pepper*                        *3 Tbsp lemon juice*  
*4 medium kumara, thinly*            *2 sliced onions*  
*sliced*  
*1 1/2 cups cooked apples or 1 tin sliced apple*  
*1/2 tsp mixed herbs*

## Method

Cut fat off the pork.

Pre-heat oven to moderately hot, 180-200°C.

Dry-fry pork chops in frying pan or grill for 15 minutes pour off the fat. Remove and place in casserole.

Cover with onions, chopped parsley, mixed herb, salt and pepper and tomato juice.

Place lid on and cook for 20 minutes.

Combine apple, lemon juice and sugar, bring to the boil and place on top of casserole.

Place kumara on top of hot mixture and cook with lid off for a further 30 minutes to 1 hour.

Serve with vegetables or salad.

# STEAK SANDWICHES

SERVES 4

## Ingredients

*4 pieces thin cut sirloin steak, about 120g each*  
*1 Tbsp oil*  
*1 onion, sliced*  
*2 Tbsp light crème fraiche*  
*1 Tbsp wholegrain mustard or ordinary mustard*  
*Wholemeal bread rolls or grainy bread*  
*60g rocket or other salad greens*  
*2 tomatoes, sliced*  
*Salt and pepper*

## Method

Heat a griddle or non-stick frying pan until very hot.

Place steak on the griddle and cook for 2 minutes on each side, grill or barbecue until cooked to taste.

Remove the steak and leave it to rest for 5 minutes.

Add the oil to the griddle and fry the onion for 2-3 minutes.

Mix together the crème fraiche and mustard.

Assemble the sandwich by placing the steak in the bread, and then add rocket, tomato and onion.

Finish with a dollop of the mustard and crème fraiche mixture and season to taste with salt and pepper.

# FISH AND VEGETABLE CAKES

*SERVES 4*

## **Ingredients**

*250g lemon fish  
1 cup mashed potato  
1 cup mashed pumpkin  
1/2 tsp mixed dried herbs  
2 eggs  
1/2 cup flour  
1/2 cup milk low fat (green top)  
About 1 cup soft breadcrumbs  
1 Tbsp oil for shallow frying*

## **Method**

Gently poach the fish in water until tender. Drain and flake.

Put fish, potato, pumpkin, herbs and one egg into the mixing bowl. Mix until thoroughly combined.

Divide the mixture into eight even sized portions. Roll into rounds about 5cm in diameter.

Dip fish cakes into flour, patting off the excess.

Lightly beat the second egg and milk together with a fork.

Dip the fish cakes in the egg mixture then breadcrumbs, shaking off the excess.

Refrigerate cakes for about 15 minutes.

Shallow fry both sides until golden and drain on kitchen towel.

Serve hot with boiled potato or kumara and vegetables.

## WHITEBAIT FRITTERS

*SERVES 4*

### Ingredients

2 eggs *Salt and pepper*  
 2 Tbsp self raising flour *500g whitebait*  
 1 Tbsp oil

### Method

Beat eggs, flour and salt and pepper. Add whitebait.

Cook in oil until golden brown.

Serve immediately with lemon slices and parsley or with wholemeal bread and salad.

(Do not keep in oven or warming drawer as this will impair the flavour of the fritters.)

## WHITEBAIT OMELETTE

### Ingredients

2 eggs *2 Tbsp oil*  
 1/2 tsp salt *1 cup of whitebait*

### Method

Beat eggs and salt together with a fork.

Heat oil in a medium-sized frying pan until hot. Pour in eggs.

Reduce heat slightly and cook until the omelette is half set. While the top of the omelette is still liquid, carefully spread the whitebait over it.

Continue to cook until the egg is almost set.

Remove the pan from heat and leave the omelette for a few minutes, then roll it and leave it with the join at the bottom until cold.

Serve in 1.5cm slices as a party supper dish or serve with salad and potatoes, kumara or bread.

# DRIED EELS

## Ingredients

*Eels (Silver bellies are the best eels for drying)  
100-150g per person*

## Method

Clean the eels, and then grill over a hot fire, taking care to only half-cook them.

String eels on flax and hang out to dry in a strong wind. Do not leave the eels lying about for any length of time between the grilling and drying processes.

Store in a dry and airy place. Do not let them go damp as they will go mouldy.

When needed, steam eels for 15 minutes.

Serve with white sauce made with low fat milk, bread, potato or kumara and salad.

# PERKY GROPER CASSEROLE

## Ingredients

2 Tbsp margarine  
1 medium onion, finely chopped  
120g low fat or Edam cheese, grated  
4 groper cutlets  
1/2 cup milk low fat  
1 tsp salt  
1/2 tsp pepper  
1/2 tsp dry mustard  
1/2 tsp Worcestershire sauce

## Method

Combine onion and half the cheese and spread over the bottom of a casserole dish. Place the fish on top.

Cover with remaining cheese.

Combine milk, salt, pepper, mustard and Worcestershire sauce then pour over fish.

Bake at 210°C for 25-30 minutes.

Serve with baked potatoes and salad.

(If groper is not available, this dish can be made with snapper).

# STUFFED MULLET

SERVES 4

## Ingredients

*1 whole mullet*  
*Salt and pepper*  
*1 cup dry breadcrumbs, white*  
*1 bunch spring onions*  
*1 cup chopped oysters*  
*2 knobs margarine*

## Method

Wipe fish dry and sprinkle it inside with salt and pepper.

Mix breadcrumbs with chopped spring onions, oysters, salt and pepper to taste, and add sufficient margarine to bind it all together.

Stuff the fish and place on buttered foil, wrapping it securely.

Bake in a baking dish at 175°C for 35-40 minutes.

Remove the foil, and serve the fish garnished with lemon wedges and sprigs of parsley.

This dish is ideal to barbeque, serve with vegetables or salad and potato or kumara.

## Tartare Sauce

*1 red onion, finely sliced*  
*1 tsp capers, rinsed and finely sliced*  
*2 tomatoes*  
*2 tsp gerkins, finely diced*  
*2 Tbsp parsley, chopped*  
*2 spring onions, finely sliced*  
*1/2 cup quality low fat mayonnaise*

Mix together all ingredients for tartare sauce and season with salt and pepper.

# TAKAKAU BURGER

SERVES 4

## Ingredients

4 tarakihi fillets

4 takakau loaves

1/2 cup flour

4 tsp margarine

1 egg

1 Tbsp canola or olive oil

1 cup coarse whole grain breadcrumbs

4 large lettuce leaves

## Method

Crumb the fish fillets, dust the fillets with flour and place on a dinner plate.

Mix together the egg, milk and a pinch of salt in a shallow bowl. Whisk with a fork until well combined.

Place crumbs on a dinner plate. Dip the fish first into the egg until coated all over and then into the crumbs, coat well and put aside until ready to fry.

Cut the pieces of takakau in half through the middle and spread sides with margarine. Place on an oven tray and put under a low grill to warm.

Heat oil in a preheated frying pan until hot.  
Cook fish fillets for 2 minutes on each side until golden.

Take warm bread from oven.

Place layer of lettuce on each base, top with tomatoes, cheese then a fish fillet.

Spoon the tartare sauce onto each fillet. Cut in half and serve with onion rings and top with the remaining takakau.



# HOROPITO SEAFOOD JAMBALAYA

SERVES 4

## Ingredients

*1/2 kg assorted seafood*                      *2 cups rice*  
*16 fresh mussels*                              *1 chopped onion*  
*1 grated carrot*                                *1 tsp chopped garlic*  
*1 tsp horopito infused avocado oil*  
*Sprinkle of kawakawa rub*  
*4 Kinaki Pīkopiko salad shoots*  
*1 900gm tin of whole peeled tomatoes*

## Cooking Instructions

Place rice in pot, add horopito infused avocado oil and mix thoroughly.

Cover with water and cook for 1 hour.

While rice is cooking, sauté onion, garlic and carrot until tender. Add chopped tomato.

Bring to boil and place on low element with lid on for 1 hour.

Once rice is cooked, lightly sauté seafood in oil. Lightly mix seafood into salsa and place hot rice in a lightly oiled ramekin dish.

Serve tomato and seafood in a soup bowl. Garnish with lightly sautéed piko piko shoots and cooked mussels in the shell. Finish with a light sprinkle of Kinaki kawakawa rub.

# PIRIPIRI SEAFOOD JAMBALAYA

SERVES 4

## Ingredients

*1/2 kg assorted seafood*  
*16 fresh mussels*  
*2 cups rice*  
*1 900gm tin of whole peel tomatoes*  
*1 chopped onion*  
*1 grated carrot*  
*1 Tbsp horopito infused avocado oil*  
*1 Tbsp of piri-piri spice*  
*4 pikopiko fiddle head shoots*  
*1 tsp chopped garlic*

## Method

Place rice in pot.

Add horopito infused avocado oil and mix thoroughly, then cover with water and cook for 1 hour.

While rice is cooking sauté onion, garlic and carrot until tender.

Add chopped tomato.

Bring to boil and allow to simmer for 1 hour.

Once rice is cooked, lightly sauté the seafood in oil and mix seafood into the tomato salsa.

Place with hot rice in a lightly oiled ramekin dish.

# GRILLED LEMON CHICKEN

*SERVES 4*

## **Ingredients**

*1 Tbsp Margarine*  
*2 Tbsp lemon juice*  
*1/2 tsp paprika*  
*Approx 4 chicken pieces*

## **Method**

Remove skin from chicken pieces.  
Melt butter over a low heat, add lemon juice and paprika.  
Heat gently. Line a sponge roll tin with foil and place chicken pieces in it. Brush with lemon mixture.

Grill 15cm from the grill, turning pieces after about 15 minutes, and brushing them with remaining lemon margarine mixture.

If the pieces brown too quickly, move them slightly further down from the heat.

Cook until the juice from a pierced drumstick is yellowish rather than pink.

Serve hot or cold accompanied by potato or kumara, with vegetables, salad or rice.

*Tip: take the skin off the chicken to reduce fat.*

# CHICKEN POT PIE

SERVES 4

## Ingredients

2 Tbsp margarine  
1/2 cup celery  
1/2 cup onions  
1 bay leaf  
3 Tbsp flour  
Tabasco, salt and pepper to taste

2 cup skinless chicken (cooked)  
1 cup potatoes  
1 cup carrots  
1/2 cup peas  
1 cup chicken stock

## Topping

1 cup flour  
1 1/2 tsp baking powder  
Pinch of salt

3 Tbsp lite margarine  
1/2 cup low fat milk  
3 Tbsp chopped dill

## Method

Melt the margarine over low heat in a large saucepan.

Add celery, onion and bay leaf, cover and cook until the vegetables are soft.

Sprinkle the flour over the vegetables, stir well and cook for about 5 minutes. Stir in the chicken stock and milk.

Cook the sauce over a low heat for 15 minutes, stirring occasionally. Remove the bay leaf and add the Tabasco, salt and pepper. Stir in chicken, potatoes, carrots, peas or beans and dill.

Keep the filling warm while you make the dough.

Sift the flour, baking powder and salt together in a bowl. Make a well in the mixture and cut the margarine into the dry ingredients.

Add the milk and the dill, and then stir the mixture with a fork for about a minute, or until the dough leaves the sides of the bowl.

Transfer the chicken and vegetable mixture to an ovenproof casserole dish.

# CHICKEN & WATERCRESS PESTO

SERVES 4

## Ingredients

*1/2 cup canola or olive oil*                      *1 clove garlic, crushed*  
*1/2 cup fresh oregano, chopped*              *1/2 tsp honey, warmed*  
*2 x 300g skinless chicken breasts*          *2 Tbsp lemon juice*

## Pesto

*2 Tbsp olive oil or canola oil*                      *2 cups watercress*  
*2 Tbsp white wine vinegar*                      *1 green pepper*  
*1/2 red onion, finely diced*                      *2 cloves garlic*  
*4 spring onions, finely sliced*

## Method

Cook the chicken under the grill or bake in the oven.

In a small bowl whisk together the garlic, honey, lemon juice, olive oil and oregano.

Slice each chicken breast in half horizontally and lengthways to make 4 even-sized steaks.

Season the chicken to taste, put into a shallow dish and pour the marinade over. Turn steaks and coat well in marinade, then put aside.

## Pesto

Combine watercress, garlic, green pepper, spring onions and red onion. Pour in olive oil and vinegar, and season to taste.

Toss pesto with a spoon, coating it in oil and vinegar. Transfer to a serving bowl.

Preheat grill to medium. Place chicken on grill and rather than oil add a little marinade to cook it.

Sear chicken for approx 3 1/2 minutes on each side until cooked. Serve chicken topped with watercress pesto, a crispy salad, or fresh stir fried vegetables, potato or kumara.

# STIR FRIED MUTTON BIRD

## Ingredients

*2 Mutton bird breasts*

*1 cup celery*

*1 cup red onion*

*1/2 tsp flour*

*Sprig of thyme, sage or clove of garlic  
and pepper to taste*

*1 Tbsp extra virgin olive oil*

## Method

Cut mutton bird breasts into finger-sized strips, cutting with the grain. Roll each in a mixture of 10 parts flour to sage and pepper.

Brown on an iron skillet with extra virgin olive oil, keeping heat very low and turning often to avoid burning.

When brown remove meat.

Add mushrooms, onion and celery to the skillet and cook until soft.

Add mutton bird, thyme and garlic and sauté for 30 minutes stirring frequently.

Serve alone or over rice or noodles.

# FEIJOA & RICE PUDDING

SERVES 4

## Ingredients

*1/3 cup rice*  
*2 Tbsp sugar or sweetener*  
*3 cups low fat milk*  
*1 cup peeled and chopped feijoas*

## Method

Rinse and drain rice. Place the rice, sugar and milk in a 6 cup capacity baking dish. Bake at 150°C for 2-2 1/2 hours or until the rice is tender.

Stir frequently during cooking, adding extra milk if necessary. Lift the skin and fold in the feijoas.

# GINGER YOYOS

## Ingredients

<i>1/2 cup boiling water</i>	<i>12 tsp gelatine</i>
<i>1 1/2-2 tsp ginger</i>	<i>3 Tbsp sucaryl</i>
<i>200g natural yoghurt</i>	<i>2 egg whites</i>
<i>60g shelled walnuts, finely chopped</i>	
<i>4 Tbsp cold water</i>	

## Method

Soak gelatine in 4 Tbsp cold water for a few minutes. Add boiling water to gelatine mixture and stir in until dissolved. Cool this mixture until cold but not set.

Beat mixture until frothy. Add ginger, sucaryl and yoghurt and fold together.

Beat egg whites until stiff and add to gelatine and yoghurt mixture and mix together until smooth.

Pour into a flat tin and leave to set. Cut into 64 pieces and roll into the walnuts.

# APPLE CRUMBLE

SERVES 6

## Ingredients

6 large apples  
2 cups chopped rhubarb  
1 Tbsp sugar or sweetener  
1 1/2 cup self raising flour

## Topping

2 Tbsp water  
1/2 cup colled oats  
1/2 tsp cinnamon  
3 Tbsp margarine  
1/2 cup brown sugar

## Method

Combine peeled and sliced apples, rhubarb, sugar and water in a saucepan. Simmer until apples are just soft.

Spoon into a shallow baking dish.

Sift flour and cinnamon in a bowl, add rolled oats, rub in margarine and stir in sugar. Sprinkle topping over fruit mixture.

Cook in moderate oven at 180°C for 25 minutes.

# LOW SUGAR MERINGUES

SERVES 4

## Ingredients

4 egg whites  
1 tsp cream of tartar  
1 tsp vanilla essence  
2 Tbsp sucaryl

## Method

Beat egg whites until foamy. Add cream of tartar and continue beating until stiff with glossy peaks. Fold in vanilla essence, and sucaryl.

Line a cold tray with kitchen paper. Place spoonful drops of meringue mixture on the tray. Bake at 150°C for 30 minutes to an hour.

Serve with fruit or wedged together with softened diabetic jelly or yoghurt.





# HOMEMADE YOGHURT

SERVES 8-10

## Ingredients

*3 1/2 cups of water*

*2 cups skim milk powder*

*2 Tbsp (store-bought) full cream natural yoghurt*

## Method

Place water in medium saucepan, sprinkle in milk powder and whisk well to blend. Heat at a low temperature to lukewarm then remove from heat.

Spoon two tablespoons of room temperature bought yoghurt into milk mixture and whisk until combined.

Pour mixture into warmed bowl and stand in a warm place until set 12-24 hours.

In winter turn oven to low setting, turn off and let yoghurt rest in this warm environment until it is set. Always reserve 2 tablespoons of homemade yoghurt as a starter for the next batch. After 4-5 batches start again with commercial yoghurt.

Serve as is or mixed with 1 tsp of honey or as a side to stewed fruit.

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