

COOKING TECHNIQUES	TUKANGA TAO
Bake	Tunu -a
Boil	Kōhua -ngia
Chill	Whakamātao -hia
Cook	Tao -hia / Tunu -a
Cut	Kotikoti -a
Dry	Whakamaroke -hia
Fillet (A Fish)	Hōripi -a
Fold Carefully	Āta Pōkai -a
Freeze	Whakatio -ngia
Fry	Parai-ngia
Grill	Rorerore -a
Marinate	Whakamara -niga
Mix	Hanumi -a
Peel	Waru -a
Plate Up (Put On A Plate)	Hora -hia / Whakapaepae -hia / Whakapereti -hia
Poach	Āta Kōhua -ngia
Sauté	Parai Poipoi-hia
Serve	Tuari -hia
Shuck (Oyster)	Kōara -ngia
Slice	Tipi -a
Steam	Korohū -tia
Temperature	Pāmahana
Wash	Horoi -a