

INGREDIENTS	KĪNAKI
Bacon	Pēkana
Baking Powder	Pēkana Paura
Beef	Mīti Kau / Pīwhi
Broccoli	Puananī
Broth	Wairenga
Cabbage	Puka / Kāpeti
Carrot	Uhikaramea / Kāroti
Cheese	Tīhi
Chicken	Heihei / Pīkaokao
Cocoa	Kōkō
Coleslaw	Roi Huamata
Eel	Tuna
Egg	Hua Heihei / Hēki
Fish	Ika
Flour	Parāoa Puehu
Fork	Tīrou / Paoka
Fruit	Huarākau
Gravy	Wairaraua
Ham	Wāmu
Herb	Otaota
Honey	Mīere / Honi