

INGREDIENTS continued	HE KĪNAKI ANŌ
Soup	Hupa
Spice	Rau Kikini
Spinach	Rengamutu
Spoon	Koko / Pune
Stew	Tatao
Stock	Tōki
Sugar	Huka
Vegetable	Huawhenua
Venison	Mīti Tia
Yoghurt	Miraka Tepe