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PROVERBS	WHAKATAUKĪ
Cool, choice!	Tapatapahi ana
Awesome	Ka mau te wehi
You really nailed it, you got this	Koia kei a koe
There's no one else better than you	Kāore i kō mai, i kō atu i a koe
It's like he's a god (he's THE man!)	Anō nei he (noun) eg. Anō nei he atua
Hardworking, industrious, an old hand	Ringa raupā
Excitement (sound)	Wiiiiiii
My nose is succumbing	Ka warea taku ihu e te kakara o te kai
I'm salivating like a lion to that yummy smell	Mōwawai ana taku waha, anō nei he raiona
Man, they are the bees knees	Kei runga noa atu rātou
That's insightful, innovative (awesome)	Haramai tētahi āhua
I'm satisfied, satiated	Kua pūnaunau ahau
Full as a bull	Kua pī te tero
Secret weapon, x-factor	Te/ngā toki huna/kura huna
Off like a bat outta hell, speed gonzales	Parahutihuti ana te haere
Trial and tribulation, learning through their mistakes	Mā te hē ka tika
Bummer, down and out	Kei raro e putu ana
Bummer, how sad, sorry bout it	Ka aroha
Nek minnit	Mea rawa ake...
Going from bad to worse	Nāwai ka hē, kātahi ka hē kē atu
Something is afoot, something's going down	He raru/mate/whawhai kei te haere
They're floundering/struggling	Kei te mānu noa rātou
They're REALLY struggling	Kei te tino mate/raru/toremi
What use will that do, what will that achieve?	Mā te aha i tēnā
Seek guidance from both young and old, the two will balance each other out	Mā te tuakana e tōtika te teina, mā te teina e tōtika te tuakana
Team A is in front of Team B	Kei mua a <group>, kei muri a <group>
How creative, tō koretake - you suck/you're useless	Tō (māori adjective) eg. tō waihangā
Is that the time!	Ira te wā!

KITCHEN CHATS	NGĀ KŌRERO A TE KĀUTA
How's it going?	Kei te pēhea te haere/mahi?
What are you cooking?	He aha ngā kai kei te tunua/e tunua ana e koe/koutou?
Have you tasted it?	Kua whakamātauria e koe?
Will you get it done in time?	Ka oti/tutuki rānei i a koe i te wā kua tohua?
Have you made this before?	Kua mahia tēnei e koe i mua rā? OR He tuatahi tēnei ki a koe?
May I taste it?	Māku e whakamātau?
Hurry up	Kia tere, kia kamakama, kia horo!
Come on guys, get moving!	Kia kaha koutou/e hoa mā, e koke, hukea!
Good luck	Kia angitu! OR Kia niwha!
I look forward to seeing how it ends up	Kia manawanui mai ahau/tātou ki te hua ka puta
Wow that looks interesting	Wauuuu, te hmmm, rerekē hoki o tēnā/tērā
That's ambitious	Te hīkaka hoki!
Are you sure that's interesting enough	He whakamere rānei tērā/tēnā ki a koe?
Be careful, that could be a bit bland	Kia tūpato, ka āhua mākihakiha tērā/tēnā
Use every second you have because that time is going to fly by	Whakapaua tika te wā, kāore e kore ka pau.
Don't be caught with only half a kaimoana platter	Kia tūpato, kei noho hukihuki tā koutou rīhi/pereti kaimoana

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	Heihehi / Pīkaokao
Cocoa	Kōkō
Coleslaw	Roi Huamata
Eel	Tuna
Egg	Hua Heihehi / Hēki
Fish	Ika
Flour	Parāoa Puehu
Fork	Tīrou / Paoka
Fruit	Huarākau
Gravy	Wairaraua
Ham	Wāmu
Herb	Otaota
Honey	Mīere / Honi

<b>INGREDIENTS continued</b>	<b>HE KĪNAKI ANŌ</b>
Icing	Pani Reka
Icing Sugar	Huka Puehu
Knife	Ripi / Naihi
Lamb	Reme
Lettuce	Rētihi
Mayonnaise	Wairanu Huamata
Meat	Mīti
Milk	Miraka / Waiū
Mince	Nakunaku
Mussel	Kūtai
Onion	Aniana / Riki
Oyster	Tio
Pasta	Parāoa Rimurapa
Pepper	Pepa
Pork	Mīti Poaka
Poultry	Whānau Heihei
Pumpkin	Paukena
Rice	Raihi
Salad	Huamata
Salt	Tote
Sauce	Wairanu
Shellfish	Mātaitai

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

<b>EQUIPMENT</b>	<b>TAPUTAPU</b>
Barbeque	Hūhunu
Blender	Whakahanumi
Bratt Pan	Parai Matatini
Breadknife	Ripi Parāoa
Chopping Board	Papa Hahau
Cleaver	Ripi Hahau
Dishwasher	Pūrere Horoi Maitai
Fork	Paoka
Freezer	Whakatio
Fridge	Whakamātao
Frying Pan	Parai
Gas Hob	Mura Kapuni
Gloves	Kahuringa
Knife	ripi / naihi
Ladle	Kōtutu
Marquee (Tent)	Atorua
Oven	Ōmu
Paring Knife	Ripi Tārai
Plastic Wrap	Takai Kirihou
Pot	Kōhua
Serviette	Parehūhare

<b>EQUIPMENT CONTINUED</b>	<b>HE TAPUTAPU ANŌ</b>
Serving Platter	Paepae Mahora
Sharp Knife	Ripi Matua
Spoon	Koko
Table Cloth	Takapapa
Tea Towel	Titaora
Tongs	Pīnohi



<b>COOKING TECHNIQUES</b>	<b>TUKANGA TAO</b>
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

KITCHEN TERMS	KUPU KĀUTA
Be careful	Kia tūpato
Be quick	Kia horo
Canapé (finger food)	Kai Timotimo
Clean the bench	Horoia te raumanga
Dessert	Purini
Do you need help?	He āhwina māu?
Entrée	Kumamatanga
Garnish	Kīnaki / Whakarākei
Have you seasoned it?	Kua totehia?
Have you washed that?	Kua horoia tēnā?
How is it going?	E pēhea ana te haere?
How long is that going to take?	E hia te roa o tēnā mahi?
How Long Till The Deadline (How Long Have We Got Left) (when is this due to end?)	E hia te roa e toe ana? / Ā hea mutu ai tēnei?
Hurry (more urgent)	Kia whitawhita / Kia teretere
I need some help	Homai koa he āwhina
It needs more flavour	Me whakareka ake
It's time to serve	Ko te wā tuari
Main	Kai Matua
That looks great	He āhua reka tēnā
That smells great	He kakara tēnā
That tastes great	He reka tēnā
Wash your hands	Horoia ngā ringa / Horoia ō koutou ringa
Who is doing what?	Me pēhea te tohatoha mahi?
Will you finish in time?	Ka taea e koe i te wā tika?

<b>FOOD DESCRIPTIONS</b>	<b>ĀHUA O TE KAI</b>
Bitter	Kawa
Bland (Lacking Flavour)	Waimeha / Mākihakiha
Burnt	Wera
Crisp	Mato
Crunchy	Pakapaka
Delicious	Kakato / Whakawaiwai
Horrible	Mōrikarika
I'm Full (Satisfied)	Kua ngata te puku/ Kua ea.
I'm Hungry	Kei te hiakai au
It Looks Beautiful	He mea whakawaiwai kamo
Lumpy	Pukupuku
Over Cooked	Kaimāoa
Salty	Mātaitai / Totetote
Smells Good	He kakara pai
Smooth (Silky Texture)	Māenēne / Maheni
Sour	Hīmoemoe
Spicy	Namunamuā
Sweet	Waitī
Too Dry	Raki Rawa
Too Runny	Waiwai Tonu
Under Cooked	Kaimata

PHRASES	KĪ WAHA
Awesome	Tau kē
Excellent	Hara mai rā
Food Fit enough for a King	He Kai mā te Rangatira
My friends, this is the essence of life When someone is surprised or satisfied. Generally at the dinner table from a guest who is appreciative of the meal received.	E hoa mā, inā te ora o te tangata
My tastebuds are dancing	E kanikani ana ōku tāwara
My, my	Pae kare
Now my appetite has been sated	Kua ea tōku waiwai i te kai.
Remarkable	Mīharo
That's delicious	Te reka hoki.
That's just right up there	Kei runga noa atu
That's very tasty	Inā te reka
The kūmara (sweet potato) does not say how sweet he is remaining humble Presenters can turn this around to say I'm not the kūmara but you sure are and...	Kāore te kūmara e kōrero mō tōna ake reka
There is food at the end of my hands Said by a person who can use his basic abilities and resources to create success. Presenters can Turn this around 'Kei Ō / Ō Koutou Ringa'	He kai kei aku ringa
There's nothing like this	Kāre i tua atu i tēnei
What a surprise	Hika mā
What an awesome surprise	Ka mau te wehi
What an excellent job!	Kei whea kē mai te pai o te mahi nei!
Wicked	Tumeke
You sure know how to cook	Koia kei a koe / koutou mō te mahi kai