



## He Mana tō te Kai

# Traditional Cooking and Preserving Techniques

Traditional cooking and preserving techniques are listed in the below table with an example kai that could be cooked or preserved in this way.

Cooking and Preserving Technique	Example Kai Suitable for this Technique
drying in embers or on hot rocks	kūmara, shellfish (e.g. pīpī), fish (e.g. sharks, eels)
drying in the sun and wind	kūmara, shellfish (such as pipi), fish (such as shark and eels), meat, fruits, seeds, karengo, harore
hung from lines or whata (platforms) to dry	tuna, ika
preserving birds in own fat, in hue or pōhā	tītī, kererū
steaming (hāngī, geothermal)	birds, kūmara
mara kai - fermented, prepared for eating by steeping in freshwater	Fish, crayfish and later corn
grilling on sticks over embers, or wrapping in clay (birds) or leaves (fish) over embers	birds, fish
prolonged boiling followed by drying then pounding	karaka berry kernels