



Te Kura

TE AHO O TE KURA POUNAMU

THE CORRESPONDENCE SCHOOL

Hāngī

XR405 2016/2



A person wearing a dark uniform and a cap is using a shovel to dig in the ground. The person is leaning forward, and the shovel is positioned vertically. The background is slightly blurred, showing other people and a vehicle. The overall image has a light, semi-transparent overlay.

Acknowledgements

Photographs: Nikki Slade Robinson, Ohiwa Harbour, Opotitki, New Zealand. Used by permission.

A photograph showing three men in work attire (hats, jackets, and trousers) working with a large metal wire cage filled with potatoes. The man on the left is wearing a dark cap with 'COMO' and 'COMO' visible. The man in the center is wearing a dark beanie with 'Puma' visible. The man on the right is wearing a dark beanie with a colorful patterned band. They are outdoors, with a wooden fence and a metal ladder in the background. The scene is slightly hazy or overcast.

Hāngi

This is a hāngī.



A hāngī is a way of cooking food in the ground.



Meat can be cooked in
a hāngī.





Potatoes, kūmara, pumpkin,
cabbage – and pudding can
be cooked in a hāngī.

What a treat!

To lay a hāngī:
Get some wood and some
stones. Put the stones on top
of the wood.



Set fire to the wood.
The stones on top of the
wood will get very hot.



Dig a pit.

The red hot stones will go into the pit.



Peel the potatoes and the
kūmara.

Chop the pumpkin.



Wash the cabbage.



Wrap the food.
Put the food into baskets.



Put the hot ashes and the hāngī stones into the pit.



Put the food on top of the stones.



Lift the hāngī when the food is cooked.



Say a karakia kai.



Come and eat! Kai pai!



Discuss with your student

1. What is a hāngī?
2. Why do you think the stones must be very hot?
3. How do the hot stones and the wet sacks cook the food?
4. Have you eaten a hāngī meal?
Tell me about it.

