

# Kūmara coins with bonfire mayo

Season: Autumn, or year round if kūmara have been stored

From the garden: kūmara, lemon, parsley

Type: Side dish

Difficulty: Easy

Serves: 4 portions or 15 small tates

## Equipment

- Chopping board
- Chef's knife
- Measuring spoons
- 2 large baking trays
- Small bowl
- Spoon

## Ingredients

- 3 kūmara, about 600g
- 1 tablespoon olive oil
- Salt
- 2 sprigs parsley
- 3 tablespoon mayonnaise
- 1 teaspoon smoked paprika
- ¼ teaspoon ground cumin
- Pinch of chilli flakes
- 1 tablespoon lemon juice

## How to make it:

For the chips:

1. Preheat the oven to 200C
2. Slice the kūmara into 2-3mm thick rounds.
3. Divide kūmara between two large baking trays.
4. Drizzle each tray with olive oil and a pinch of salt.
5. Use your hands to evenly spread the oil on the kūmara .
6. Spread the coins into a single layer.
7. Bake for 10 minutes.
8. Remove from the oven. Caution – hot! Ask an adult to help you with this.
9. Flip the coins.
10. Bake for 10-15 more minutes until golden.

For the Mayo:

1. Chop the parsley.
2. Combine the mayonnaise, paprika, cumin, chilli, lemon juice and the parsley.
3. Scoop into a bowl to serve with the kūmara .



**GARDEN  
TO TABLE**  
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*This kōwhaiwhai (pattern) was designed by Michele Coxhead, for Garden to Table and Te Re Club collaborations.*



# He uka kūmara me te wairanu huamata

Te kaupeka o te tau: I te ngahuru, i te tau katoa rānei me i whakaputua te kūmara  
Mai i te māra: He kūmara , he rēmana, he pāhiri  
Te momo kai: Hei kīnaki i ngā kai matua  
Te paeuaua: He māmā  
Te rahi: E 4 ngā maramara, 15 rānei ngā kai  
He mea whakamāori e Michele Coxhead, Te Reo Club.

## Ngā taputapu

- He papa tapahi
- He naihi ringawera
- He koko ine
- E 2 ngā pae tunu
- He oko iti
- He koko

## Ngā kai

- Kia 3 ngā kūmara , tōna 600 karamu
- Kia 1 koko nui o te hinu ōriwa
- He tote
- Kia 2 tākupu o te pāhiri
- Kia 3 ngā koko nui o te wairanu huamata
- Kia 1 te koko iti o te paparika
- Kia ¼ te koko iti o te paura cumin
- He kininga rau hirikakā
- Kia 1 koko nui o te wai rēmana

## Ngā mahi:

Mō ngā uka:

1. Whakamahanatia te umu kia 200 te mahana.
2. Tapahia ngā kūmara kia 2-3 mitamano te nui.
3. Whakawehea ngā kūmara ki ngā pae tunu nui e rua.
4. Whakamāturutia ia pae ki te hinu ōriwa me te tote.
5. Kia ūhia ngā kūmara katoa ki te hinu ōriwa.
6. Whakaritea ngā uka kia kotahi te paparanga.
7. Tunua mō te 10 meneti.
8. Tangohia i te umu. Kia tūpato – he wera! Tonoa tētahi pakeke māna koe e āwhina.
9. Hurihia ngā uka.
10. Tunua mō te 10-15 meneti anō kia kōuraura rā āno.

Mō te wairanu huamata:

1. Tapahia te pāhiri.
2. Hanumihia te wairanu huamata, te paparika, te paura cumin, te hirikakā, te wai rēmana, me te pāhiri.
3. Raua atu ki tētahi oko hei kīnaki mō ngā uka kūmara .



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