

Hangi Cooking

It is not necessary, of course, to change one's entire standards of food to enjoy a meal prepared in the Maori manner. The unusual need not be included.

Try a hangi with familiar foods and it's a strange person who won't enjoy it.

To make your hangi — try to give that "a" a long sound as if it were written "haangi" and not "hangey" — dig a shallow pit and build a heap of good firewood in it. On the wood place your stones, chosen for roundness and density and preferably fired beforehand so that those liable to crack can be discarded.

It will need to burn for about an hour, during which time you can prepare meat, potatoes, kumara, pumpkin. Have ready a bucket of water, clean sacks and a seemly white cloth.

When the stones are really hot, clear away any unburnt wood and toss the meat on the stones, turning with a sharp stick or a pitchfork until the pieces are grilled, which won't take long. Then put all the meat together on the stones, place the vegetables on them, souse with water so that a dense cloud of steam rises, and enclose the food in your white cloth.

Over this goes the clean sacks, and over this again the earth from the excavation. Stand by to watch for any escape of steam and halt it with more earth. Give the hangi about an hour and a half and then uncover carefully.

The fragrant steam will rise like an offering to the gods of good eating. The ancient elements of earth and fire and water have combined to bring you a meal such as a king would envy. Serve speedily, season to taste, eat piping hot — and don't forget to shout (in the sense of the word which means pour a drink) for the cook, who has been biting his fingernails and hoping that he hasn't made a mistake.

Poultry tastes magnificent done in a hangi. But a hint: Partly boil your chook first; it seems to cook much slower than other food.

This land of food 1964

KOKAKO SCHOOL REUNION — LABOUR WEEKEND 1986

Past pupils, teachers or interested persons, please contact Mrs P.R. Lambert, Box 9, Tuai.

Apology — In the last issue of Tu Tangata Aug/Sep '85 there was an incorrectly captioned photograph on page 5. The front row should have included Rumatiki Wright at far right instead of Mrs M. Swainson. In the second row, far right was Mrs M. Swainson instead of Mrs I. Ratana.

Te painga a miraka mo nga mahi

FOOD PLAYS A PART IN FITNESS

Sportsmen have one thing in common — fitness.

"And an essential ingredient of being fit is the right diet," says Dr Hugh Barry, Medical Controller of the Accident Compensation Corporation, and a member of an advisory committee to the Council for Recreation and Sport.

He says there is no magical potion which will make a person win his or her race.

"But, interestingly, it is still the traditional basics such as milk and cereals which give us the best balance of energy and nutrients, according to recent American scientific research."

Dr Barry points out that some foods are better at providing those vital nutrients than others.

While it has had its critics in the past, milk is such a food. It is again finding favour overseas on scientific grounds.

"For anyone, whether he or she is training at sport or not, milk provides a better range of essential nutrients when compared with most other foods.

"The calcium in milk is especially important for strong bones; the protein for firm muscles; and the natural milk sugar — lactose — along with the milk fat provides energy. Milk also provides a good selection of most vitamins and other trace minerals."

Dr Barry says for people such as jockeys, who are concerned about their weight, non-fat milk provides all the nutrients of whole milk with only half the calories.

Milk is also not as high in cholesterol as many people imagine. A 250ml glass of whole milk has half the cholesterol of

a skinless chicken breast, or 100g of fresh flounder.

"Add to your diet a selection of fruit and vegetables daily, preferably fresh or lightly cooked, some meat or meat alternatives, plus some cereals and you are building up an excellent diet for your everyday needs as well as sporting activities," Dr Barry says.

He warns that it is also important for parents to watch the diets of their children if they are involved in lots of active sport.

"Children and especially adolescents need energy and nutrients for growth as well as for heightened physical activity."

Building up for the sporting season requires a carefully planned programme of diet and exercise for months — "not weeks" — before the season starts, Dr Barry says.

"You can't expect any miracles from crash courses of good food before your big event either," he notes.

"Success requires both the right balance of foods and the right training programme mapped out well ahead of time."

The bottle of milk in your refrigerator provides the average person with:

- one fifth of his energy needs
- one third of the protein
- nearly all of the calcium and phosphorous
- one quarter of the vitamin A
- most of the B vitamin riboflavin
- 70 percent of the vitamin B12
- one fifth of the vitamin thiamin

Ngarimu VC & 28th (Maori) Battalion Post-graduate Scholarship

Me he toto Māori ōu, ā, me kua riro mai i a koe te tohu Māhita a te wharewānanga, e āhei ana koe ki te tuku mai mo tenei karahipi hei āwhina i a koe ki te ako mo tētahi atu tohu wharewānanga teitei, ki te āta titiro rānei ki tētahi atu kaupapa motuhake nāu anō.

Ko te Wāriu: \$4,000 me te tīkiti rererangi ngāwari te utu, hei kawhe hei whakahoki mai hoki i a koe i tāwahi. \$200 te moni tāpiri me he tamariki tonu āu kei te kāinga.

Ko te Roanga: Piki atu ki te rua tau kā mutu.

Kei te Hēkeretari o te Ngarimu VC Fund Board, Department of Education, Private Bag, Wellington, ngā pepa tono mo tenei karahipi. A te 1 o Tīhema ka katia e te Hēkeretari ngā tono.

Ngā moni kā pau i a koutou mō te utu waka mau mai, whakahoki atu hoki i a koutou i tenei uiuinga, ka whakahokia atu e te poari a tōna wā. Tērā pea ka uiuia ētahi o koutou i Pōneke nei a te marama o Hānuere 1986.