



# Hangi



Hangi is a special way of cooking food under the ground using red hot rocks and steam.

Volcanic rocks which are light and easy to heat get heated on a pile of burning wood.

When the rocks are hot they need to be carefully rolled or lifted into a pit in the ground and the wire baskets of food quickly put on top.

The baskets get covered with wet sheets and the wet sheets get covered with wet sacks. Then the sacks are covered with dirt.

The water in the wet cloths turns into steam when it gets heated by the heat in the rocks and because the steam can't escape through the dirt it heats and cooks the food.

It takes about 7 hours to cook a hangi from start to finish but the food is delicious!

# Hangi

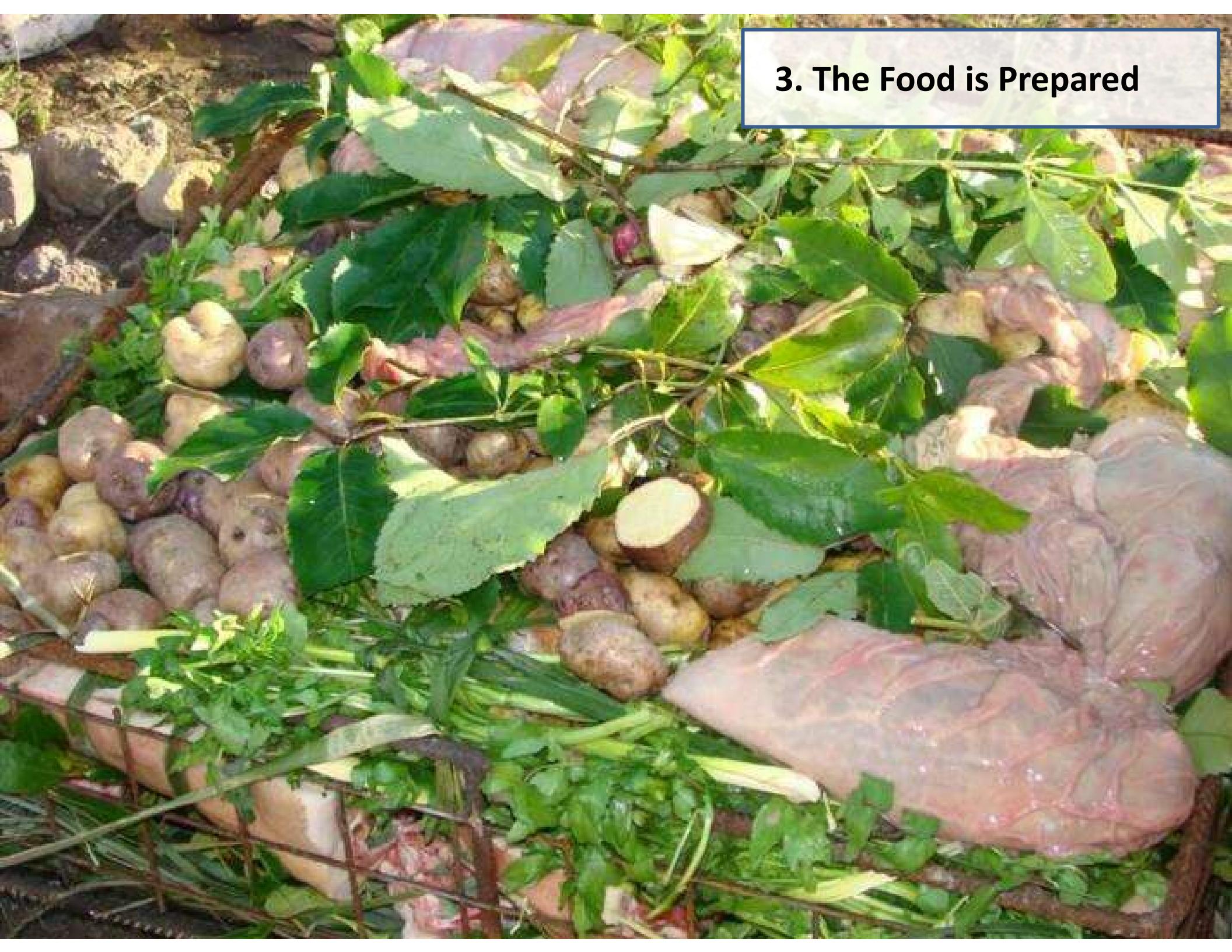
Maori have been cooking hangi for hundreds of years. The best kind of wood to use in a hangi is wood like Manuka or tea tree because of the way it burns and because of the lovely smoke flavour it gives to the food. The meat should be in the first basket and you can use meats like chicken, fish, shellfish, pork and lamb. Vegies like potatoes, kumara, pumpkin, and corn on the cob can all go in the top basket. You can even cook steam pudding in a hangi too!



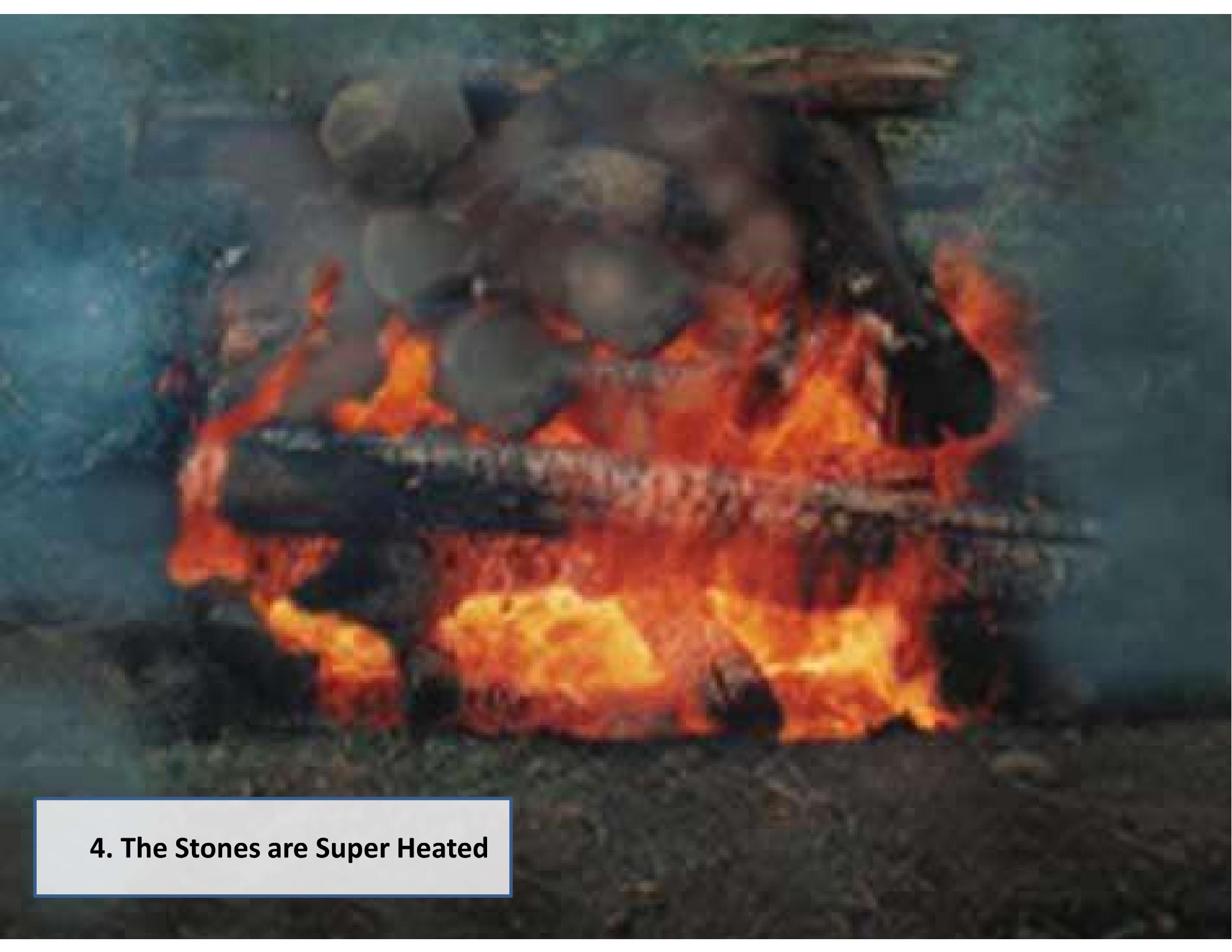
**1. The Cooking Oven is Prepared**



## 2. The Wood & Stones Prepared



### 3. The Food is Prepared



4. The Stones are Super Heated



5. The Basket is Prepared



6. More Food is Added



**7. Water splashed over the hangi to cause steam & covered**



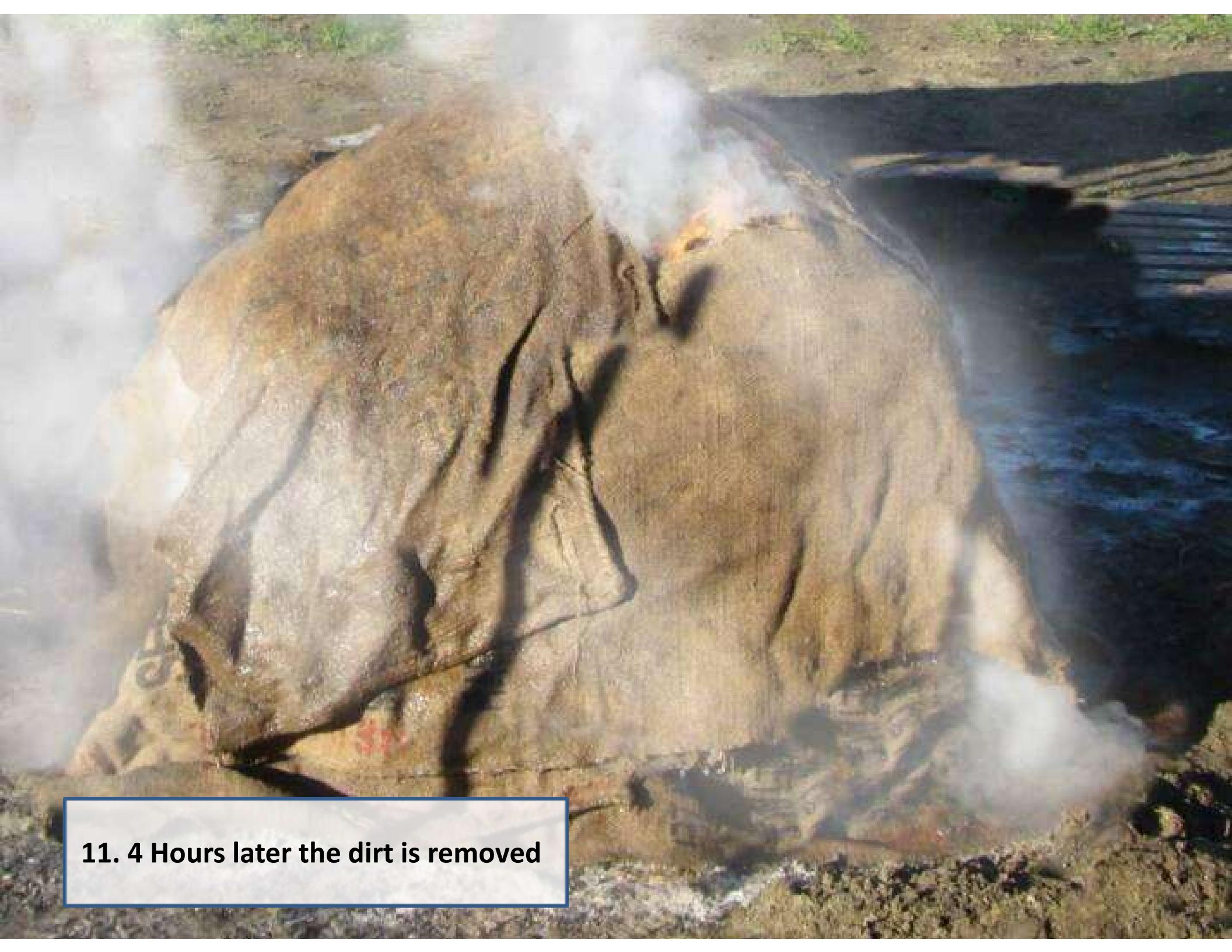
**8. Steam builds up fast**



**9. Critical the hangi is swiftly buried**



10. Hangi is left to cook 3-4 hours



11. 4 Hours later the dirt is removed



**12. Then the Sacking is removed**



**13. Then the Hangi is exposed**



14. Then the Hangi is exposed



15. Hangi well cooked ready to serve