

# Let's eat, Invercargill, and celebrate Neighbours Day

Your neighbour has shared this much-loved recipe for you to take, make and share with your friends, whānau and neighbours. Enjoy!

## Marcus' Kuku Toroi (Pickled Mussels)



Ngā Kīnaki 'Kuku Toroi'  
Kia kotahi taihana o ngā kuku  
Kia kotahi te pūhā pūtoi nui  
Kia kotahi te kanekane rearea  
Kia kotahi te hirikakā  
E rua ngā rita o wai Māori  
E toru he koko nui a tote

Te Tukanga:

Horoia ngā kuku, makaia ngā kuku ki roto i te kohua nui ki he wai wera. Ua huakina tīmatanga ngā kuku, ka tāpiritia ngā tōti ki ngā kuku, tangohia ngā kuku me waihotia kia mātaotao te kai.

Tātāritia mai i te kohua nui te wai ki roto anō i a kohua nui anō, kia tango ngā kirikiri

Horoia ngā puha, ā, miria ngātahi ngā rau o ngā puha kia tango atu te kawa

Ā tērā, i whakawerahia te wai wera, makaia te puha ki roto i te kohua nui mō kotahi miniti ā tērā waihotia.

Topitopia ngā puha, ā, tangohia i ngā angoango kuku, ngā kuku katoa, a, tapatapahia ngā kuku kia puta mai ēnei i a hauwhā.

Tangohia ngā kākano i roto i te hirikakā, me ka topitopi angiangi ngā hirikakā me ngā kanekane rearea hoki.

Please turn over ...



Makamaka ngā kai whakauru, hāunga te wai, ki roto i te ipu nui. Kōrorihia ki ō ringaringa.

Makaia ngā kai whakauru, ki roto i te karāhe rongoā tiā. Māripitia ki hurahura ki roto i te tiā, ki te wetewete ngā pupū iana hīri.

Kia muri tēnei i roto i tō koutou kāpata hoki ki runga ki te tau. Kia whakatuwheratia te tiā, whakapututia te kai ki roto i to koutou pouaka makariri. Ka mahia pēnei mō e whā ngā rā.



- 1 dozen mussels**
- A large bunch of puha**
- 1 clove of garlic**
- 1 fresh chilli**
- 2 litres of fresh water**
- 3 tablespoons of salt**

Wash the mussels, put them in a large pot of boiling water.

When the mussel shells begin to open, and the mussels are heated through, remove the mussels from the pot and put to one side to cool.

Drain the cooking water into another large pot and remove any sand.

Wash the puha and wring it out to remove any bitterness.

Next, bring the cooking liquid back to the boil, submerge the puha in the liquid for one minute and then remove it.

Chop the puha. Remove the mussels from their shells and cut into quarters.

Remove the chilli seeds, and finely chop the chilli and garlic.

Place the mussels, puha, chilli, garlic and salt into a large bowl. Use your hands to mix the ingredients together until well combined.

Place the ingredients into a glass preserving jar, and fill with the reserved cooking water. Press the ingredients down into the jar and ensure you remove any air bubbles, seal the jar.

The mussels will keep in the pantry for up to a year. Once the jar is opened, refrigerate and eat within four days.

