

KAI TIME ON THE ROAD - STEAMED

KAI TIME KAANGA WAI

2 cups Rotten corn
Little water
4 tblsp Sugar
Cream

Step 1
Heat the corn with a little water, add the sugar and cook till hot and thick.

Step 2
Serve with a little cream and extra sugar if needed.



KAI TIME STEAMED MUTTON BIRDS AND PUHA

3 Mutton birds
2 Bunches puha
6 Potatoes
4 Kumara
Salt



Step 1
Place everything but the puha into a pot with enough water to fill half the pot. Place the lid on and place straight onto the steamer with a wet sack over the top. Cook for 2 hours.

Step 2
Place the puha into a muslim cloth, tie the ends, and blanch hard in the hot steam or water for 2 - 3 minutes.

Step 3
Add to the mutton birds when they are ready. Serve hot.

KAI TIME STEAM PUDDING

6 cups Self raising flour
6 cups Milk
³/₄ cup Castor sugar
250gms Butter
¹/₄ tin Golden syrup
6 tsp Baking soda

Step 1
In a saucepan add the butter, sugar and golden syrup. Heat till the butter melts and the sugar dissolves.

Step 2
Add the milk but save some to dissolve the baking soda.

Step 3
Add flour, mix well to remove all the lumps. Add the milk and baking soda.

Step 4
Pour mixture into an A10 tin lined with a bread bag and tie the top. Steam for about 1 ½ - 2 hours.

