



IKA MATA REFRESHING RAW FISH SALAD AND KUMARA, PUMPKIN KARENGO SOUP BY JADE TEMEPARA

IKA MATA REFRESHING RAW FISH SALAD

INGREDIENTS:

- 1 kg of blue cod or Tarakihi
- 2 cups of apple cider vinegar
- 4 lemons juiced
- Fresh fennel, roughly chopped
- Fresh coriander, roughly chopped
- 1 can of peaches, drained and finely sliced
- 3 small sweet peppers finely diced
- Rock salt and pepper to taste
- 1 can of coconut cream
- 1 Tsp. ground coriander

METHOD:

Soak fish in lemon juice and apple cider vinegar for at least 4 hours in a covered bowl in the fridge.

In a large bowl, add chopped fennel, coriander, peppers and peaches.

Take fish out and drain liquid and slice the fish into chunks then add into the bowl with the other ingredients as well as the rock salt, pepper, coconut cream and ground coriander.

Mix well and refrigerate until ready to serve.

KUMARA, PUMPKIN AND KARENGO SOUP



SERVES:

8

INGREDIENTS:

- 1 whole pumpkin cut into 3cm cubes with skin on
- 8 large kumara into 3cm chunks with skin on
- 1 whole garlic bulb
- 2 tablespoons of coconut oil
- 2 onions finely diced
- 2 cans of coconut cream
- Salt and pepper
- 10 tablespoons of Karengo –dried

METHOD:

Preheat oven to 180°

Roast pumpkin and kumara chunks along with the whole garlic bulb in a bit of coconut oil until tender.

Pop a pan onto medium heat, sweat onions in a bit of coconut oil till translucent.

Once the oven roasted vegetables have cooled slightly, place the pumpkin with skin removed, kumara and garlic squeezed out of its shells along with the onions into a large pot and blitz with a stick blender.

Add the coconut cream, season to taste with salt and pepper and keep on the stove till the soup is heated through.

Dish up garnish with karengo and enjoy!

FURTHER LINKS:



<http://kakanocafe.co.nz>

<https://www.facebook.com/Kakano-Cafe-and-Cookery-School-792988347444201/>

https://www.instagram.com/kakano_cafe/

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