

SLOW-COOKER MĀORI HĀNGĪ



Ingredients (serves 4 people):

- 1 chicken drum stick
- 1 pork strip or chop
- 1 lamb loin
- 1 ball of stuffing
- 2 potato pieces
- 2 kumara (sweet potato) pieces
- 2 carrot pieces
- 2 pumpkin pieces
- 3 cabbage leaves
- Salt to taste
- Pepper to taste
- Smoked paprika
- Manuka smoke concentrate spray (optional)

Stuffing for Slow-Cooker Māori Hāngī

4 slices bread

1 egg

1 onion

1 tbsp mixed herbs salt and pepper

Preparation:

1. For stuffing, tear bread into small pieces and place in food-processor to create breadcrumbs.
2. Finely chop onion, add remaining ingredients and mix into small balls.
3. Place meat, chopped vegetables and stuffing on a cabbage leaf, season with salt and pepper, smoked paprika and spray with Manuka Smoke.



4. Wrap up each parcel securely in tin foil.
5. Put 6-8 small rolled-up balls of tin foil or 2 ramekins upside-down in the bottom of the slow cooker and pour in water to just cover the balls or ramekins.
6. Place foil wrapped packages of meat and vegetables on top of tin foil balls.
7. Cover with a damp tea-towel over the top of the crock pot with the sides hanging down outside and place lid on top.
8. Cook for 6-8 hours on high.
9. Do not lift lid until time is up.
10. Open the foil packets and serve.