

## Hāngi

### Activity 1

Mark these statements true T or false F

1. Hāngi means 'steam oven' in Maori. \_\_\_\_\_
2. It is a very quick method of cooking. \_\_\_\_\_
3. It is simply a pit in the ground. \_\_\_\_\_
4. Women are allowed to help at each stage of the preparation. \_\_\_\_\_
5. Food is wrapped in leaves than can be eaten. \_\_\_\_\_
6. When stones are red-hot, people move them with their bare hands. \_\_\_\_\_
7. Water is sprayed over the oven to keep the food clean. \_\_\_\_\_
8. Cooking lasts 2 or 3 hours. \_\_\_\_\_

### Activity 2

Answer the following questions:

1. What is the first thing to do when preparing a hāngi?

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2. What is the women's task?

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3. What kind of stones are suitable for a hāngi?

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4. What are the baskets made of?

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5. What is typical Hāngi meat?

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6. How many baskets do people prepare?

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7. Why do people put some of the stones at the bottom of the pit and others on top of the baskets?

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8. What do people use to cover the oven?

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### Activity 3

#### Listen and complete the gaps:

Hāngi, or earth oven, is an ancient Maori \_\_\_\_\_ of cooking, considered one of the most popular forms in this culture. This is a great way to eat and to enjoy the \_\_\_\_\_ of lots of people. But the hāngi is not a quick thing, like preparing a meal in a modern oven. The earth oven needs a long time to get prepared, at least one day in \_\_\_\_\_.

Firstly, the native New Zealanders dig a pit in the ground. This is usually the men's job as women aren't allowed to take part in this \_\_\_\_\_: instead their task is to prepare the food. Then, they choose suitable hard volcanic stones and heat them in a large wood \_\_\_\_\_.



While the fire is burning down, they prepare the baskets to be placed in the pit. Each wire basket contains a \_\_\_\_\_ food. Traditionally, hāngi food is pork, mutton or lamb, and chicken, accompanied by \_\_\_\_\_ and normal potatoes, onions, carrots and large pieces of pumpkin, and cabbage, all wrapped in edible leaves. When the stones are red-hot, the people lay them in the hole, as quickly as possible, in order to \_\_\_\_\_

heat loss.

Now, they place the baskets in the pit with some of the stones at the bottom, and others on top to ensure an \_\_\_\_\_ cooking, and cover everything with soaked canvases. Water is sprayed over it to keep the food clean and ensure there is enough \_\_\_\_\_ to cook it.

Finally, they rapidly cover the oven with earth for several hours, watching for any escaping steam and sealing any \_\_\_\_\_ with more soil. The earth does the rest! After two or three hours, they dig out the baskets and the food is now ready to be \_\_\_\_\_.

Let the hāngi begin!

## Transcript

Hāngi, or earth oven, is an ancient Maori method of cooking, considered one of the most popular forms in this culture. This is a great way to eat and to enjoy the company of lots of people. But the hāngi is not a quick thing, like preparing a meal in a modern oven. The earth oven needs a long time to get prepared, at least one day in advance.

Firstly, the native New Zealanders dig a pit in the ground. This is usually the men's job as women aren't allowed to take part in this stage: instead their task is to prepare the food. Then, they choose suitable hard volcanic stones and heat them in a large wood fire.

While the fire is burning down, they prepare the baskets to be placed in the pit. Each wire basket contains a separate food. Traditionally, hāngi food is pork, mutton or lamb, and chicken, accompanied by sweet and normal potatoes, onions, carrots and large pieces of pumpkin, and cabbage, all wrapped in edible leaves. When the stones are red-hot, the people lay them in the hole, as quickly as possible, in order to prevent heat loss.



Now, they place the baskets in the pit with some of the stones at the bottom, and others on top to ensure an even cooking, and cover everything with soaked canvases. Water is sprayed over it to keep the food clean and ensure there is enough steam to cook it.

Finally, they rapidly cover the oven with earth for several hours, watching for any escaping steam and sealing any holes with more soil. The earth does the rest! After two or three hours, they dig out the baskets and the food is now ready to be served.

Let the hāngi begin!

Thanks to Erika Carcassi from Cagliari, Italy for kindly researching and writing this podcard.