



Tussock Lodge

WHITIANGA • NEW ZEALAND



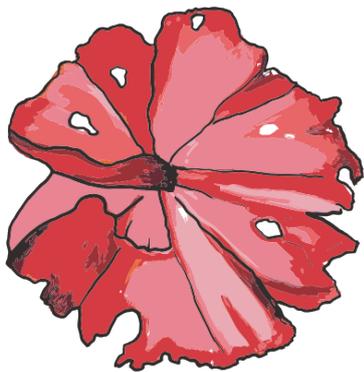
Horopito is also known as the New Zealand Pepper Tree (*Pseudowintera Colorata*). It has antioxidant & some antifungal properties, and when the leaves are chewed the effect is similar to that of chilli.

Horopito grows throughout New Zealand (apart from Northland) and varieties differ depending on if it is growing in lowland or mountainous regions.

The **Horopito** upland shrub variety grows to approximately 8 metres, and its elliptical leaves upper surface are light green, and splotted with red, especially if the plant is exposed to the light. The underside is blue-grey. Tiny greenish-white flowers appear in early spring, followed by black berries in autumn.

The lowland shrub variety grows to approximately 10 metres, and it is common in forests of the North Island up to about 700 metres and lowland forests in the northern half of the South Island. It has glossy green leaves, slightly larger than those of its upland relative. It also flowers in early spring, producing tiny lime-coloured flowers along its branches. Its fruit is a dark red berry.

Horopito is ideal as an infusion with avocado oils or as a marinade /masala.



Karengo (*Porphyra*) is a seaweed that is edible. It is fairly tasteless when fresh but has a distinctive fishy taste when dried. It is pulled from tidal rocks in winter and spring and usually air-dried before use.

Karengo was an important supplement to the winter diet of Māori because of its high nutritional value – up to 30% protein, and rich in vitamins and iodine. It reconstitutes readily in water and may be boiled or fried in fat. Dried **Karengo** was sent to members of the Māori Battalion in the Middle East during the Second World War

Cooking with **Karengo**:

Take a handful of dried **Karengo** and steam it for about an hour. Add 2–3 cups of boiling stock and a knob of butter, then simmer. Alternatively, wash and crush freshly gathered **Karengo**, then add 2–3 cups of boiling water, salt and butter, and boil for 20–30 minutes. You can also cook it with corned beef or bacon.

YOUR HOSTS - JANENE & ROB

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