

Stuffed kamo kamo

Ingredients

Serves 4

- 1 kamo kamo
- 1 tablespoon oil
- ½ onion, diced
- 1 clove garlic, crushed
- 1 cup finely diced mushrooms
- ½ red capsicum, diced
- 1 tablespoon tomato paste
- ½ cup cooked rice
- 1 tomato, diced or ½ can chopped tomatoes
- ¼ cup cheese, grated
- ¼ cup dried breadcrumbs

Method

1. Preheat oven to 180°C.
2. Cut kamo kamo in half lengthways. Scoop out the insides, discarding seeds and leaving a hollowed out centre. Place in a baking dish.
3. Heat oil in a frying pan over a low heat and cook onion until soft.
4. Add garlic, mushrooms, capsicum and tomato paste, stir and continue to cook until soft.
5. Remove from heat and add cooked rice, tomatoes and cheese. Mix well.
6. Fill each kamo kamo half with vegetable and rice mixture.
7. Sprinkle with breadcrumbs.
8. Bake in preheated oven for 45 minutes until kamo kamo is soft inside when pierced with a skewer and top is golden.
9. Remove from oven and place on a board.

Variations

- Use marrow in place of kamo kamo.
- Add 2 teaspoons of Moroccan spice with the tomato paste.



Equipment

- Baking dish
- Cutting board and knife
- Dessert spoon
- Frying pan
- Measuring cups
- Measuring spoons
- Wooden spoon

Preparation and cooking skills

Bake, chop, dice, fry, grate.

Nutrition

- Kamo kamo (also known as kumi kumi) are a traditional Māori food and are in season from December to April.
- Immature kamo kamo have soft green and white-green flesh, and are used like courgettes. Mature kamo kamo have hard green skin and white flesh, and are used like a squash.