

## NEW ZEALAND TYPICAL FOODS



New Zealand is famous for its culinary delights, but there are certainly some meals, snacks, desserts and even drinks that Kiwis, as New Zealanders are known, are very proud to claim as New Zealand.

A country with about 15,000 km of coastline is not surprising that seafood is especially a favorite among New Zealanders with a wide variety of seafood and fish.

The ingredients of typical New Zealand foods range from cheese and lamb to seafood, and the taste is surprisingly delicious. Also, people know very well how to receive and in a casual way, but without losing the charm.

English influences by colonization and Southeast Asia and India by the largest number of immigrants in the oceanic country make up much of New Zealand's cuisine which is quite diverse. Sandwiches, soups, coffee, ice cream, rice dishes and pies are the favorite of Kiwis and common in many regional restaurants.

In cafes that are everywhere, it is possible to have lunch options, where a full meal is not the rule, as breakfast is substantial and dinners are usually served without drinks or with some wine from the various vineyards of the country.

Although there are many typical New Zealand foods that can be added to the following list the ones presented should be tasted when in New Zealand.



## 1. HĀNGI



because it has to be prepared all day long.

Traditional Māori Hāngi involves meat and vegetables cooked slowly in an underground oven. Although it has been a common cooking method for thousands of years in New Zealand, nowadays a hāngi is saved for more special occasions mainly

## 2. KAIKOURA LOBSTER



Ideally, take a position on the rocks by the sea and enjoy the crayfish freshly prepared by local chefs and enjoy the sea view of Kaikoura.

Crawfish also known as lobster is a favorite of the Kiwis mainly because it is something that many anglers and divers are proud to catch.



### 3. POKEY HOKEY ICE CREAM



Among typical New Zealand foods, the kiwis prefer Hokey Pokey ice cream, which is a caramelized honeycomb over just about anything.

### 4. KINA



New Zealanders love their seafood, and Kina is the local name for a type of sea urchin with a pointed, thick, edible outer shell and has been a New Zealand delicacy for centuries.

### 5. KIWI BURGER



A Kiwi Burger has beetroot and a fried egg along with the standard burger ingredients and anything else between two burger buns.

## 6. JAFFAS



Jaffas are a confectionery favorite among New Zealanders and are small sugar-coated chocolate balls with an orange flavor. In Dunedin there is the Jaffa Race, where the candy is rolled down the world's steepest residential street to Baldwin Street.

## 7. PAVLOVA



Pavlova is a much-loved New Zealand dessert made with meringue, whipped cream and fruit.

For almost a century in the real New Zealand feast or happy family celebration would be without the crowning treat a classic Kiwi pavlova topped with cream, kiwifruit or summer berries.

## 8. L & P



L & P stands for Lemon & Paeroa in honor of the North Island town in which it was invented and is as common as any soda in New Zealand and has a slightly stronger lemon flavor and is sweeter than other lemon sodas.

## 9. WHITEBAIT FRITTER BALLS



New Zealand cuisine offers a spectacular surprise. Goldfish are fished in the South Island's West Coast rivers, mixed with eggs and served with the beer produced in the region.

Whitebait is a collective term for immature fish usually around one to two inches long.

## 10. MANUKA HONEY



Manuka Honey is widely recognized for its antibacterial properties thanks to the Methylglyoxal (MGO) compound which is produced when the bees process the Manuka Nectar into Manuka Honey.

## 11. KUMARA



Not only is Kumara a sweet potato, it is an epic sweet potato that was brought to New Zealand by early Maori settlers and still remains a favorite vegetable in New Zealand. The best way to try kumara is in a hangi, but there are other ways to incorporate kumara into everyday cooking.



## 12. PAUA OR ABALONE FROM NEW ZEALAND



squeezed lemon.

A seafood delicacy is paua or abalone the local name of a large sea snail and you can eat it in many ways from simply raw to paua sauces.

In addition to its beautiful shell, New Plymouth-grown seafood is served ground and breaded and accompanied with a freshly

## 13. CANTERBURY LAMB



lamb is on the menu of most upscale restaurants and even in some pubs.

In Christchurch the typical New Zealand food to be tasted is lamb and preferably paired with a local red wine.

As New Zealand's largest and highly praised export beef worldwide, lamb is a must-have tasting in New Zealand. Roast

## 14. SALTY PIES



Salty-filled pies such as ground beef and cheese, steak and cheese and even fish pies are the lunch found at any gas station or bakery. Kiwi pies warm the soul and feed.

## 15. FISH AND CHIPS



With over 15,000 km of coastline you can bet on some good fish n` chips in New Zealand. A simple meal of fried fish and chips found in most New Zealand coastal cities.

Typical New Zealand foods are not always rare and different, and the British darling of the country is breaded fish and chips. The fish served may vary by region of the country and is affordable.

## 16. BLUFF OYSTERS



A typical New Zealand dish is to be especially enjoyed in Southland, where the freshest bluff oysters are uniquely flavored, succulent and tasty, famous and enjoyed all over the world.

## 17. GREEN-LIPPED MUSSELS



The city of Marlborough is known as the world capital of green-lipped mussels, and the suggestion is to enjoy accompanied by a delicious sauvignon blanc wine produced in the region.

## 18. FARM FOOD



Homemade honey, pickles, grandma's jams and home-made bread, and New Zealand's agricultural exuberance allows so-called Farmer's Markets to offer the earth's produce like freshly harvested fruits and vegetables.

## 19. NEW ZEALAND BLUE CHEESE



Eltham is the town where the country's first blue cheese was produced in 1952 and is a typical New Zealand delicacy to try.

## 20. CHICKEN TO CURRY



With a large number of Asian immigrants, New Zealand also has a large number of typical Asian restaurants. A large amount of spicy food has taken up space and Thai cuisine has become stronger and stronger like curried chicken a typical dish in Thailand.



## 21. BLUE COD



much more common south of the Cook Strait.

In Southland mainly Invercargill and Stewart Island it is recommended to order a dish with the regional blue cod a type of temperate blue cod.

Fish are found exclusively in New Zealand in shallow water around rocky shores to a depth of 150 m and