

Toroi

Toroi is a traditional Māori dish, made from mussels and leaf vegetables, usually [pūha](#) or [watercress](#). The ingredients are cooked together in mussel broth and stored in jars, preserved by undergoing fermentation. Toroi can also be seasoned with ingredients such as chilli and garlic during the fermentation process.

- 1 kg mussels
- 2 bunches pūha
- 1 chilli
- 1 garlic clove
- 1.5l water
- 1 tablespoon salt

1. Wash & clean mussels and place in a large pot with water & salt.
2. Cook mussels to open them and then strain off water into another pot. Set mussels aside to cool.
3. Clean pūha & rub leaves together to get rid of bitterness
4. Put pūha in the pot of leftover mussel water and cook for just 1 minute, then remove.
5. Chop up pūha, remove mussels from shells and chop in quarters.
6. Chop up garlic & chilli
7. Place all ingredients except water into a bowl and mix together.
8. Put in a jar and leave to ferment for 48 hours

Have a kai!