



**Rauawaawa**  
Kaumātua Charitable Trust

**Hei Manaaki Ngā Kaumātua.  
He Korowai Oranga Hei Tau Awhi I Ngā Kaumātua.**

Rauawaawa Kaumātua Charitable Trust is a non-profit charity, established and led by Kaumātua which services the needs of Kaumātua based in Hamilton, Waikato with its vision:

**Hei Manaaki Ngā Kaumātua**  
Enhancing the quality of life and wellbeing of Kaumātua.

For more information about the  
Rauawaawa Kaumātua Charitable Trust, please visit:  
[www.rauawaawa.co.nz](http://www.rauawaawa.co.nz)

## REKA Our Social Enterprise

REKA, Rauawaawa Enterprise for Kaumātua Aspirations, is part of our social enterprise journey to help enable Kaumātua Aspirations with the first one being agreed by Rauawaawa Kaumātua as creating a safer, warmer and better age friendly facility for the Kaumātua of today and tomorrow. Keeping in mind the facility was opened in 1941, Rauawaawa needed a method to generate an income to help Kaumātua and to upgrade the 1941 facilities, so Kaumātua at Rauawaawa developed and inspired the Kuki Reka Kani as part of our social enterprise, REKA.

The cutters and cookies made, packaged and sold locally, nationally and internationally provides a huge sense of success for Kaumātua belonging to the Rauawaawa community are often described as inspirational for what can be achieved by other Kaumātua roopu throughout Aotearoa.

After the pandemic, the Kaumātua of Rauawaawa wanted to support the local community. All cutters and packaging for the cutters are therefore created and manufactured in the Waikato.

## Kuki Reka Kani Kaumātua Inspired Cookie Cutters

The Kuki Reka Kani are unique cookie cutters, inspired, developed and named by our lovely Kaumātua at Rauawaawa Kaumātua Charitable Trust. The cutters were initiated to help Kaumātua with dementia, to engage in cooking therapy that promoted Te Ao Māori, cultural heritage, and whakapapa in a social and fun way. Cooking therapy stimulates smell, taste and touch senses in dementia patients which can bring back memories from decades ago.

Several hui were held with groups of Kaumātua to help identify the most appropriate Māori designs for use in kai. The chefs at Rauawaawa helped shape the development of the designs to ensure the cutters worked easily with people from Kaumātua engaged in cooking therapy, tamariki in schools, rangatahi in home economics classes, home cooks and their whānau and professional chefs.

The cutters are designed to cut through the dough and leave a pattern imprinted on the dough in one easy push. This makes them gentle on both elderly hands as well as providing a large grip for children to hold. The patterns reflect the look of a chiseled whakairo rākau (wood carving), an important aspect in Māori culture.



## Collect all of our cookie cutter sets!



Pāua



Kete



Pikorua  
(Single Twist)



Kawakawa



Kōwhai



Pōhutukawa

### Original Set

### Māra Set (Garden)



Hei Matau



Koru



Pikorua  
(Double Twist)

### Koru Set



Tūi



Pīwakawaka



Kea

### Manu Set (Birds)





## Kōwhai

Kōwhai is a Māori word meaning yellow, and the Kōwhai tree, a native of New Zealand is well known for their bright and beautiful yellow flowers that are also regarded as New Zealand's unofficial national flower. There are several species, some having healing properties such as solutions made from boiling the bark or leaves for applying to cuts, wounds and infections. In Māori folklore the Kōwhai is a Puawānanga tree.

Puawānanga was said to be the child of the stars Puanga (Rigel in Orion) and Rehua (Antares in Scorpio). In some traditions, the appearance of Puanga signalled winter and Rehua summer – Puawānanga trees flower in the months between them.

The Kōwhai cookie cutter design showcases the bright yellow of the Kōwhai flowers whilst also capturing the flowers, pods and leaf stem in its shape.



## Pōhutukawa

The Pōhutukawa for Māori is a sacred tree, legend tells of the young Māori warrior, Tawhaki and his attempt to find help in heaven to avenge his father's death. He subsequently fell to earth and the bright red flowers are said to represent his blood. Potentially the most famous pōhutukawa in Māori legend is a small, old tree near Cape Reinga where the spirits of the dead pass on their way to the next world.

Also known as the New Zealand Christmas tree, Pōhutukawa are often found in coastal areas and are well known for their large, red flowers on display around Christmas time. The Pōhutukawa cookie cutter represents the flower of the tree in all its beautiful whero/red glory.





## Kawakawa

The Kawakawa for Māori is a source of rongoa, used for medicinal purposes in matters ranging from stomach ailments, bladder problems and even toothache.

Wāhine Māori in certain areas will also wear a wreath of Kawakawa on their head during a tangi/funeral ceremony as a sign of mourning.

Also known as the pepper tree, the Kawakawa is a small, densely-branched shrub/tree with gorgeous heart-shaped leaves.

The Kawakawa cookie cutter represents the beautifully shaped leaf in a striking deep green.



## Pāua (Abalone)

Pāua are a taonga (treasure) to Māori. Pāua is a valued resource for traditional and contemporary art.

Pāua shell are often used to represent the eyes in Māori carvings and are traditionally associated with whetu, the eyes of the ancestors that look down on us from the night sky. The way the colours of the shell move in the light is a symbol of change and transition in Māori culture.

Pāua meat is a kaimoana (seafood) delicacy and played a significant role in manaakitanga ki ngā manuhiri (hosting of visitors) for many Māori tribes, especially if the visitors were of importance.





## Kete (Basket)

The kete is a traditional based made and used by Maori, traditionally woven from harakeke (flax), pingao (coastal grass) or kiekie. Strips of the leaves are woven using the technique known as 'raranga.' Patterns symbolising elements of nature were often woven into the kete, which were carefully protected between iwi and passed down generations. Raranga is a powerful symbol that evokes tribal memories of their ancestors, representing togetherness and unity through weaving people into families and tribes.

The kete itself is a symbol for the three baskets of knowledge and wisdom that Tane brought down to earth from the heavens: Te Kete Tuatea, Te Kete Tauri and Te Kete Aronui.



## Pikorua (Single Twist)

The Pikorua, twist, symbolises the path of life in Maori as it takes many twists and turns but carries on despite everything.

It shows the joining of two people for eternity, representing how they may come together and move away from each other on their own journey in life, however their love, loyalty and friendship will last forever.

It is believed to be based on the weaving of the kete (basket.) The kete is a food gathering basket that is typically used to house food from the ocean or the land.





## Hei Matau (Fish Hook)

Māori legend is embodied in the design, with the belief that the North Island of Aotearoa was once a large fish pulled from the ocean floor by Māui with a fish hook made from his grandmother's jaw bone.

Māori legend says that the shape of Hawkes Bay is that of the Hei Matau, which caught in the side of the fish, Te Ika a Maui, The North Island.

The Hei Matau symbolises a strong connection to the ocean and also to Tangaroa, God of the sea. It is a taonga (cultural treasure) and represents not only the land but also fertility, prosperity and safe travels over water.



## Koru (Spiral)

Koru translates to "loop" or "coil" in Te Reo and is a spiral shape based on the new unfurling silver fern frond and therefore symbolises new life, growth and new beginnings.

The circular shape represents the idea of eternal movements as the inner coil of the koru suggest returning to the point of origin.

The Maori proverb that speaks of rebirth and growth says:  
"Ka Hinga atu he tete-kura – ka hara-mai he tete-kura."  
"As one fern frond dies – one is born to take its place."

The edible fern fronds, known as bush asparagus, are pale green with brown speckles. Picked before the leaves unfold, the fronds add a unique 'forest' flavour to dishes.





## Pikorua (Double Twist)

The Pikorua, twist, represents the lives of two groups or cultures joining together as one. It is based on the arms of the pikopiko fern and is a powerful expression of loyalty, love and friendship; staying strong for eternity, as there is no end point to the twist.

It depicts two new shoots growing together. It also refers to the three baskets of knowledge that were brought back to earth by Tane when he returned from his climb to the highest heavens after his parents Ranginui and Papatuanuku were separated. The three baskets are Te Kete Tuatea (basket of light,) Te Kete Tauri (basket of darkness) and Te Kete Aronui (basket of pursuit.)

Today, foragers find pikopiko shoots, which taste a bit like green beans or asparagus, growing in damp, shady areas.

## Recipes

The Kaumātua of Rauawaawa have included a few of their favourite recipes on the following pages that have been tried and tested with our beautiful cookie cutters.

Give them a go and share a photo of your home baking! Remember to tag us on facebook or instagram!

@rauawaawa\_kukirekakani

**Tamariki Lolly Kuki Reka**

**Chocolate Chip Kuki Reka**

**Shortbread Kuki Reka**

**Sesame & Poppy Seed Kuki Reka**

## Other Ideas

Our cookie cutters can be used for a variety of uses. Try some of these other ideas out, or share your creative ideas with us.

- Play-doh Stamping. • Clay Christmas Tree Decorations. •
- Chocolate Moulds. • Cake Decorating. • Sandpit Play. •
- Pastry Pie Toppers. •



# Tamariki Lolly Kuki Reka



Single Recipe Yield Approx. 20 Single Kukis

Spray and line 2 large baking trays that will fit in the fridge.  
No baking required. Just rolling, cutting, and chilling time!

Store in an airtight container, with baking paper between the layers in the refrigerator, where they will easily last a couple of weeks, if not munched up sooner!

## Ingredients

1 packet/250 g Malt Biscuit Crumbs  
1 packet/150 g Pascall Explorers Lollies  
100 g Melted Butter  
1 Tbsp Vanilla Essence  
200g Sweetened Condensed Milk (freeze the left over, it stays soft in the freezer)

**For Rolling:** 1 cup Fine Desiccated Coconut for sprinkling on the bench.

**For Finishing:**  
230g of Milk Chocolate Buttons

**For Cookie Cutting:** Plain Flour for dusting the cutter to prevent sticking.

## Method

1. Place the Malt Biscuits in a sealed plastic bag and using a rolling pin, smash the biscuits into a fine crumb, or use a food processor.
2. Chop the Explorers into half-lengthwise, and then chop across, several times into very small pieces and put together in a large bowl.
3. Melt the butter gently until just becoming liquid; add the condensed milk and vanilla essence, stir until well combined, then add to the biscuit crumb and lolly mix.
4. Stir thoroughly until well mixed and form a ball shape in the bowl.
5. Sprinkle Coconut generously onto the bench to assist rolling and prevent sticking.
6. Roll the mix into a ball on the bench and flatten into a disc shape and sprinkle with more coconut, cover with plastic cling film. Start rolling 5 mm to 6 mm thick at most.
7. Sprinkle the 2 lined trays with a little coconut.
8. Dust the Kuki Kani cookie cutter with the plain flour, knock off the excess, pressing firmly, cut out the shapes, cutting all the way through to the bench, use a palette knife to lift, and place the Kuki onto the tray.
9. Repeat this process until all the mix is used up, using coconut to prevent everything getting too sticky.
10. Chill the Kuki in the refrigerator for an hour or until firm.
11. Melt 230g of Milk Chocolate in a dry bowl, over a pot of simmering water, ensure no water or steam gets near the chocolate, remove from the heat, and stir with a fork until melted.
12. Use a dessertspoon to spread the Kuki underside of the Kuki, neatly to the edges.
13. Place onto the trays, then place in the refrigerator until the chocolate is set hard.



# Chocolate Chip Kuki Reka



Single Recipe Yield Approx. 27 Single Kukis

Spray and line 2 baking trays.  
Oven Fan 160°C.

## Beat

160g Butter at room temperature.  
160g Baking Margarine or similar  
70g Caster Sugar and 70g Icing Sugar  
1 Tbsp Vanilla Essence  
1 Tbsp Condensed Milk

## Sift

380g Plain Flour  
70g Cornflour  
60g Milk Powder  
A good pinch of Salt  
100g Chocolate Chippies

## Possible Allergens

Wheat/gluten, soy, milk.

## Method

1. Beat butter and sugar until light, add vanilla essence & condensed milk.
2. Sift dry ingredients into the butter mix, add chocolate chippies to form the dough.
3. Form and flatten dough, wrap in plastic, chill/rest for 20 minutes.
4. Place dough on a lightly floured bench and roll out 5 mm thick using plastic wrap over the dough to smooth the surface.
5. Dust the cookie stamp with flour, press & transfer cookie to lined trays.
6. Re-roll remainder of dough, repeat until all the cookie dough is used.
7. Bake 13 minutes at 160°C fan bake. Take care as they can burn easily.
8. Turn the tray around once or twice during baking.
9. Cool on tray for 10 minutes.
10. Transfer to a rack to cool completely.

Date & store in an airtight container, using baking paper between layers prior to packaging.

Once packaged, store in a cool dark place. Refrigerate for up to 3 months, or freeze for up to 6 months for longer storage.

We recommend bringing cookies to room temperature before eating.



# Shortbread Kuki Reka



Single Recipe Yield Approx. 17 Sandwich Kukis

Spray and line 2 baking trays.  
Oven Fan 160°C.

## Beat

160g Butter at room temperature.  
160g Baking Margarine or similar  
70g Caster Sugar and 70g Icing Sugar  
2 Tbsp Vanilla Essence

## Sift

380g Plain Flour  
70g Cornflour  
60g Milk Powder  
A good pinch of Salt

## Flavouring

Use any flavours of choice, keeping to the basic ratios for best results.

## Possible Allergens

Wheat/gluten, soy, milk, corn, maize.

## KUKI

1. Beat butter and sugar until light, add essence.
2. Sift dry ingredients into the butter mix to form a crumbly dough.
3. Form and flatten dough, wrap in plastic, chill/rest for 20 minutes.
4. Place dough on a lightly floured bench and roll out 5 mm thick using plastic wrap over the dough to smooth the surface.
5. Dust the cookie stamp with flour, press & transfer cookie to lined trays.
6. Re-roll remainder of dough, repeat until all the cookie dough is used.
7. Bake 13 minutes at 160°C fan bake take care as they can burn easily.
8. Turn the tray around once during baking. Cool on tray for 10 minutes.
9. Transfer to a rack to cool completely.

## ICING FILLING

10. Warm the essence & place icing sugar in a warmed mixer bowl.
11. Add 66g Butter or Margarine  
1 level Tbsp warmed Vanilla Essence  
Beat in 210g Icing Sugar  
25g Milk Powder
12. Keep the Icing warm while spreading generously on one side and press another cookie on top, and smooth the edges clean. Leave to set firm before storing.

Date & store in an airtight container, using baking paper between layers prior to packaging. Refrigerate, or freeze for longer storage.  
Once packaged store in the fridge for 5 weeks shelf life or 1 week in a cool dark place. We recommend bringing cookies to room temperature before eating.



# Sesame & Poppy Seed Kuki Reka



Keto Style. High Protein. Low Carb. Gluten Free.

Single Recipe Yield Approx. 24 crackers.

Spray and line 2 baking trays. Preheat oven to 170°C, no fan.

## Ingredients

3 Eggs, beaten lightly.

Reserve 1 Tbsp for the egg wash for brushing the crackers.

4 Tbsp Olive Oil

1 Tbsp Cold Water, plus a few drops if needed to bring it together.

1 cup Sesame Seeds

3 Tbsp Poppy Seeds

2 ¼ cups Ground Almonds or Almond Flour

½ cup Coconut Flour

¼ cup Sunflower Seeds

½ tsp Baking Powder

½ tsp Baking Soda

¼ cup Parmesan Cheese Granules, plus extra for sprinkling before baking.

¼ cup Grated Tasty Cheese

½ tsp dried Thyme or Mixed Herbs

¼ tsp Garlic or Onion Powder

¼ tsp of both Salt and Pepper

Sprinkling of Herb Salt just prior to baking

Dusting Mix:

½ cup Coconut Flour, placed into a bowl for dipping Kuki Kani.

Egg Wash:

1 Tbsp beaten egg from ingredients list and add 1 Tbsp water to mix.

## METHOD

1. In a large bowl, mix all the ingredients by hand, or use a mixer until thoroughly combined. Add few drops more water, if the dough is too dry or not coming together to form a ball.
2. Dust the bench with coconut flour and sprinkle the dough with the flour. Cover with plastic cling film, and roll the dough to approx. 6 mm thick.
3. Dust the Kuki Kani with coconut flour and press out the shapes. Knock out on the bench, and using a pallet knife, transfer to the lined baking tray.
4. Bring the left over mix together with wet hands and repeat the above until all cut out.
5. Brush the Kuki lightly with the egg-wash, and sprinkle with herb salt and parmesan granules.
6. Bake at 170°C for 15 minutes until lightly golden, turn the cookies upside down on the tray to bake the reverse side. Bake a further 5 or 6 minutes until dried out and crispy with a light golden colour.
7. Leave to cool on tray. When Kuki are cold transfer to storage as below.

These crackers last weeks, if stored in a dry airtight container in the refrigerator. Use baking paper between the layers.

Enjoy with a slice of brie or avocado, tomato, basil, hummus, and cracked pepper for lunch, or add to your antipasto platter, to share with pre-dinner drinks and friends.



**Designed and manufactured in Hamilton, New Zealand.**

Made from food-grade polypropylene.

Aluminium dowel insert.

Dishwasher safe.

We recommend washing your cookie cutter prior to use.

Allow cookie cutter to cool completely prior to use  
when washed at high-temperatures.

Dry thoroughly before using on cookie dough.

Our pop-starch packaging fill is made from corn starch.

It is sustainable, renewable, compostable and will dissolve in water.

Be kind to the environment, please recycle this cardboard packaging.



Recycle Me



3+ Years



NZ Made

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