

Food skills

Povi/pulu masima

Povi masima or salted beef is a favourite with many Pacific families, but it contains a lot of unhealthy fat (saturated) and salt, that can damage our hearts. The good news is that with a little preparation, the beef can be made into a delicious heart-healthy recipe that the whole family will enjoy.

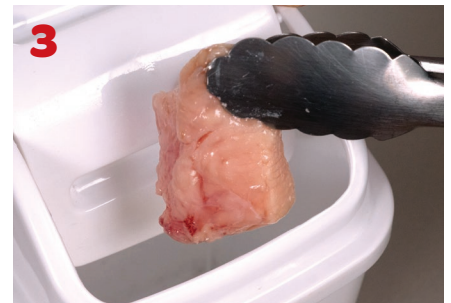
How to prepare povi



1 Remove meat from the bucket and drain any fluid off it.



2 Remove any visible, white fat from the meat with a sharp knife.



3 Throw away fat into the bin.



4 Place trimmed beef into a large pot and cover with water. Boil until meat is cooked.



5 Remove cooked meat from the pot and drain the fluid down the sink.

If there is any fat on the surface of the liquid, scoop it into a cup or bowl and scrape it into the bin once hard – this is good for the pipes in your heart and your sink!

Cook with



Soup



Roast



Stir fry



Povi/pulu masima boil up (serves 6)

Ingredients

1 tbsp **oil**

750-1kg **povi/pulu masima**
(cooked)

2 **onions**, sliced

2 **carrots**, diced

¼ small **pumpkin** peeled
and chopped

1 clove **garlic**, crushed

1 tsp grated **ginger**

Approximately 6 cups **water**

6 **silverbeet** leaves roughly
chopped

If you don't have fresh ginger
or garlic, you can swap for
crushed jar varieties.

Method



Heat oil in a large pot and
add cooked meat (as shown
on previous page) and onion.



Add carrot, pumpkin, garlic
and ginger and just cover
with water.



Boil until all vegetables
are cooked, skimming fat
from the pot surface with
a spoon.



Add silverbeet and pepper
and cook until soft. Serve
with taro or green bananas.

For more recipe ideas and cooking tips visit
heartfoundation.org.nz/recipes