



Linksammlung Rezepte

Sapa Sui

<https://www.wowakocht.de/rezept-datenbank-seite-4/chop-suey-cook-islands-rezept/>

Mainese (pinker Kartoffelsalat)

<https://manui.com/that-pink-potato-salad-from-the-cook-islands/>

Ika Mata

<https://manui.com/how-to-make-simple-cook-island-style-ika-mata/>

Cook Islands' Poke

<https://www.food.com/recipe/cook-islands-poke-457883>

Tiopu kuru / Brotfrucht Stew

<https://www.breadfruitpeople.com/tiopu-kuru-breadfruit-stew/>