

JANE RANGIWAHIA

Location: Auckland

Jane Rangiwahia is a New Zealand food writer, food producer, and experienced live demonstrator with a career built from the kitchen up. Of Ngāti Ruanui descent and raised in Hawera, Taranaki, Jane brings a grounded, approachable style to cooking demonstrations that reflects her lifelong connection to food, whānau, and everyday eating.

Jane began her professional career in hospitality, opening her first café in Remuera, Auckland. That hands-on experience continues to inform her work today — she understands what works in real kitchens, with real time and real budgets. Her demonstrations focus on practical techniques, flavour-forward cooking, and making good food achievable without overcomplication.

She has worked extensively across television and print, including as a food producer on TVNZ's Eat Well for Less, where she developed and produced food content designed to help New Zealand families cook well on a budget. Jane has also appeared as a guest cook and stylist on Whānau Living, and has collaborated with Simon Gault on recipe development and food styling for his Herald on Sunday columns and cookbook projects.

Jane is the co-author of Kai and Kindness (2023), written alongside her brother Paul Rangiwahia. The book combines practical recipes with conversations around wellbeing, giving Jane a natural ability to connect with audiences beyond the plate — particularly when speaking about food as a tool for connection, care, and community.

As a speaker and demonstrator, Jane is warm, confident, and highly adaptable. She is equally comfortable presenting to large festival crowds, community groups, or intimate cooking events. Her demonstrations are clear, engaging, and generous, with an emphasis on technique, flavour, and empowering audiences to cook with confidence once they leave the room.

Jane Rangiwahia brings credibility, calm authority, and genuine connection to every cooking demonstration — making her a trusted and engaging presence on stage.

SKILLS

Languages	Te Reo Maori » Advanced
Other	Cooking, Cooking Demonstrations, Food Demonstrations, Food Stylist, Gardening, Private Catering