



Projekt współfinansowany w ramach programu Unii Europejskiej „Erasmus+”

Maltese cuisine

The rocky island of *Malta is home* to some beautiful rustic recipes that sing of Mediterranean flavour and freshness.

Maltese cuisine is peasant cuisine, using vegetables in season, homemade cheeses, and cheaper cuts of meat. These are cooked slowly with fresh tomatoes, parsley and garlic to create tender stews with *lots of flavour*.

Maltese cuisine is the result of a long relationship between the Islanders and the many civilisations who occupied the Maltese Islands over the centuries for example by Great Britain and French colonies. The *Italian influence* is probably the strongest. *Ravioli* and



macaroni are popular but made in the Maltese way, with the ravioli are stuffed with ricotta cheese and generally larger than the Italian variety and cooked to a softer texture.





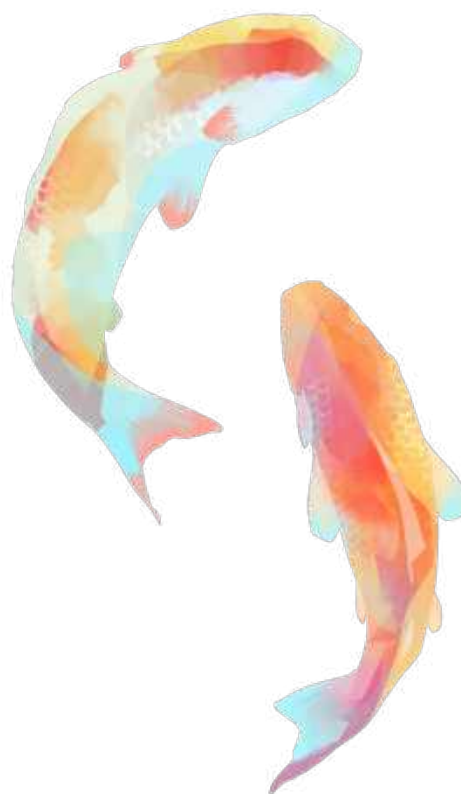
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*Traditional Maltese food is rustic and based on the seasons. Look out for **Lampuki Pie** (fish pie), **Rabbit Stew**, **Bragioli** (beef olives), **Kapunata**, (Maltese version of ratatouille), and **widow's soup**, which includes a small round of **Gbejniet** (sheep or goat's cheese).*



FISH

*Depending on the season, you'll see **spnotta** (bass), **dott** (stone fish), **cerna** (grouper), **dentici** (dentex), **sargu** (white bream) and **trill** (red mullet). **Swordfish** and **tuna** follow later in the season, around early to late autumn, followed by the famed **lampuka**, or **dolphin fish**. **Octopus** and **squid** are very often used to make some rich stews and pasta sauces.*





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Desserts



Favourite dessert delicacies are *kannoli* (tube of crispy, fried pastry filled with ricotta), Sicilian-style, semi-freddo desserts (mix of sponge, ice-cream, candied fruits and cream) and Helwa tat-Tork (sweet sugary mixture of crushed and whole almonds).

Moscato. The indigenous varieties are Gellewza and Ghirghentina, which are producing some excellent wines of distinct body and flavour.

Wine

Malta may not be renowned like its larger Mediterranean neighbours for wine production, but *Maltese vintages* are more than holding their own at international competitions, winning several accolades in *France, Italy* and further afield.

International grape varieties grown on the Islands include *Cabernet Sauvignon, Merlot, Syrah, Grenache, Sauvignon Blanc, Chardonnay, Carignan, Chenin Blanc* and





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Cheese

*Maltese cheese is simple and homemade – the soft fresh cheese called **gbejniet** is eaten during a meal or with fresh figs or grapes to finish. An aged version comes plain or rolled in fine black pepper and is eaten as a snack – both have a sweet slightly nutty taste.*