

colours of **malta**



travel and incentives

"The difference between the ordinary and extraordinary is the little 'extra' "- colours of malta

What are the Maltese Culinary specialities? colours of malta



What are the origins of Maltese Food?

The Maltese food is a delicious mixture of the gastronomy influences left behind by the successive conquerors of the islands of Gozo and Malta. So, expect to be surprised by eating a variety of dishes which can taste like food you had in Italy, the North of Africa, Eastern Mediterranean region, and even Britain. All these flavours put together make for an extremely rich cuisine in Malta.

Because of its location and landscape, Malta's gastronomy is mainly rustic and based on season products and sea food. Many classic recipes include a tart base filled up with vegetables, cheeses, meat, fish, pasta or rice. There are also a lot of stew dishes, following the traditional maltese cooking method of putting the food in mud vessels over a hot stone named *kenur*, since there were no firewood ovens because trees aren't abundant. Another different way of preparing food is the filling of meats and sea fruits. When you visit Malta, don't lose the opportunity to taste some of the following dishes that you can eat only in the Maltese islands.

Snack – ing in Malta

Food in Malta – snacks and appetizers

- **Pastizzi** and **Qassatat** – Pastizzi are some of Malta's favourite snacks and you can find stalls or bars that sell them everywhere. They are made of ricotta cheese or a green pea mixture stuffed inside pastry. Qassatat are almost the same, but made of a lighter pastry and round, instead of diamond-shaped. Take these two delicacies with you as you walk or drive in Malta.
- **Gbejniet** – These are small round cheeselets made from goat or sheep's milk. You can find them plain or peppered. The spicy one is absolutely delicious with local bread and a slice of tomato, Maltese style.
- **Maltese bread** – Malta is the perfect place for bread lovers because, some say, it is the best bread in the world. Try the hobz (small soft rolls) and the ftira (a ring shaped loaf).
- **Hobz Biz-zejt** – Served as an appetizer in fancy bars and restaurants, these pieces of bread with olive oil and a mixture of chopped tomatoes, onions and herbs was once what poor Maltese people could afford to eat.



What you Choosing for main course ?

Food in Malta – main meals

- **Soppa Tal-Armala** – There are many tasty soups in Maltese gastronomy, including *minestra*, vegetable soup. Soppa Tal-Armala (widow's soup) got its name from the simple ingredients: tomatoes and other vegetables combined with ricotta cheese or gbejniet cheeselets.
- **Aljotta** – Boiled fish soup with tomatoes and garlic.
- **Fenek** – Rabbit meat (Fenek) is the most popular one in Malta. Locals eat it in many different ways but some of their favourite are rabbit stew with wine and herbs, roast rabbit, fried rabbit or even as a sauce to go with a spaghetti dish.
- **Torta Tal-Lampuki** – This is a delicious pie prepared with lampuki, a fish the Maltese love but can only find from September to November. Also inside the pie, you can find vegetables, walnuts, olives and raisins.
- **Bragioli** – Slices of beef or veal stuffed with a combination of cheese, ham and herbs cooked gently on the stove or in an oven.
- **Ross Il-Forn** – Baked rice with minced pork, beef, bacon, eggs and ricotta cheese.
- **Stewed octopus** – A sauce octopus with onions, tomatoes, olives and capers.
- **Timpana** – A macaroni plate with minced beef and pork, eggs, cheese, chicken liver and bacon.
- **Swordfish in caper sauce** – fried swordfish with a sauce of capers, tomatoes and onions.



Food in Malta – desserts and sweets

- **Quabbajt** – Similar to nougat, this sweet is made with almonds and honey. Past tradition said you would eat it only at festivals or special events but now you can find it year-round in stalls and local shops as you visit Malta.
- **Mqaret** – Pastry parcels filled with a date mixture and deep fried. Buy some in a stall and eat as a snack. They are delicious.



Where to dine!

Malta is full of local favourite spots to snack or dine...

From large restaurants offering full menus to little taverns tucked away in narrow alleys offering only local snacks..

An all time favourite snack is 'pastizzi ' – pastizzi shops are spread in multitude over the whole island – it's a take away snack best washed down with a cold local kinnie drink..

Local food tasting can take place in the most idyllic places – on a cliff edge, in an old farmhouse or field..

Here at Colours of Malta we can tailor make a food tasting session to satisfy all your needs – be it seated with an idyllic backdrop or cosy in a cellar – Express your wishes and they will be granted!

In an Eco location

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In a Taverna

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On a cliff edge...

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