

colours of **malta**



travel and incentives

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

Maltese food is rustic in character, full of the flavour and colour **typical of a central Mediterranean Island**. Our food is influenced by Malta's proximity to Sicily and North Africa but with a special slant all our own.

WHY IS RABBIT ONE OF MALTA'S MOST TRADITIONAL DISHES?

Rabbit meat was relatively affordable during the Middle Ages and was considered the 'beef of the lower classes'. In fact, both rabbits and hares were hunted in large quantities until prohibited by the Knights of St John in order to safeguard the island's meager resources. The dish became popular after the lifting of the hunting ban in the late 18th century, and today it is a rabbit recipe that claims the title of 'national dish'.

A *fenkata* would typically consist of two courses – the first dish would be a huge bowl of spaghetti tossed in a rabbit ragu, wine and herbs. The second dish would be the actual rabbit meat cooked in one of many different ways. every Maltese family has their preferred way to cook rabbit.

1. RABBIT STEW

RABBIT STEW

Ingredients:

- 1 rabbit, (approx 1.5kg, cut in small portions)
- 2 onions, chopped
- 4 garlic cloves, peeled
- 5 large tomatoes
- 2 tsp kunserva (tomato paste)
- 5 potatoes, peeled and quartered
- 3 carrots, peeled and chopped
- 200 g peas (fresh or canned)
- 6 bay leaves
- Pinch mixed herbs
- Freshly ground pepper & Salt to season
- 500ml red wine
- 1 tsp olive oil

Method:

Marinate the rabbit overnight in the red wine (marinade to include the garlic, salt & pepper). In a large pot, heat the olive oil, and add the rabbit until slightly brown. Add the onions, carrots, potatoes and the tomatoes, and pour half of the marinade on the ingredients.

Bring to boil on a high flame for about 15 minutes. Add the remaining wine, peas, bay leaves, kidney and liver and simmer on low heat for about 2 hours, stir occasionally and add some more wine if the sauce begins to dry up.

Cooking variations - you can choose to make the rabbit stew to look more brown by reducing the amount of tomatoes and kunserva use, I personally prefer the rabbit stew to have very little tomato paste even if it is served with spaghetti.

Spaghetti with rabbit sauce as a starter

Boil some spaghetti (leave al dente) Cover with some sauce from the rabbit stew, do not add any rabbit pieces if you are serving rabbit stew as a main course, but you can add some of the rabbit liver to the sauce serving Finely grated Parmesan cheese can be added on top.

Difficulty: **Medium**



2. FRIED RABBIT

FRIED RABBIT

Ingredients:

- 1 Rabbit
- Sunflower Oil
- Fresh Garlic
- Dry White Wine
- Thyme
- Salt
- Pepper

Method:- Cut rabbit in medium sized pieces, (not too big so they can marinade well) Chop some garlic.

In a large bowl place the rabbit and cover with red wine – local!. Mix in the garlic, Thyme, and add some salt and pepper. Cover and leave in the fridge overnight or for approx. 6 hrs . In a large shallow frying pan heat some sunflower oil. Add some garlic to the oil and fry for a few minutes on moderate heat (do not fry till golden brown) . Take the rabbit pieces and fry in large frying pan, turning occasionally, till rabbit cooks well. You may add salt, pepper and thyme. Sprinkle some red wine occasionally

Chef's Note:

You may also add Marsala local wine whilst cooking, if you like sweet wine, for the Rabbit not to become chewy i recommend to add chicken stock and let it cook on a low flame.



3. RABBIT IN WINE AND GARLIC colours of malta

RABBIT IN WINE AND GARLIC

Rabbit with garlic & wine (Fenek fit-tewm u l-inbid)

1 rabbit cut into pieces

375ml red wine

3 whole garlic bulbs, peeled and chopped

2 tablespoons olive oil

2-3 bay leaves

salt and pepper

Pour the wine over the rabbit and leave overnight. In a large frying pan, sweat the garlic in olive oil. Do not brown them. Remove the cloves and reserve them in a plate. Take rabbit out of the wine but do not discard the wine as this will be used for cooking. Brown the separate pieces of rabbit on all sides. Transfer the pieces into a large casserole. Add the wine used to marinate the rabbit, bay leaves, garlic and seasoning. Cover and slow cook until the rabbit is tender for approximately 1 hour. Add a little more wine if the liquid dries up. Serve hot with potatoes and marrowfat peas.



Malta has many local rabbit restaurants to visit all oozing traditional characteristics both culinary and ambience.. Can we tempt you?

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