



MINISTRY FOR AGRICULTURE, FISHERIES,
FOOD AND ANIMAL RIGHTS
AGRICULTURE DIRECTORATE

**Applications submitted to be included in the Register for Traditional Agro-
Food products open for public consultation.**



1. Soppa tal-armla – Widow's soup

Area: Żebbuġ, Malta

Production period: All year round

Description of the method for preparation: To make the fried vegetables with cheeselets dish, first fry the onions until they are lightly browned. Stir in tomatoes, parsley and kunserva (tomato concentrate) and immerse in water. Once the water boils, add the sheep's milk cheeselets, some salt and pepper and other vegetables, including potatoes, cauliflower or marrows or the shelled green broad beans, depending on the season when this recipe is being cooked. The pot is left to simmer on a medium heat for around two hours and once the vegetables are cooked, add the eggs and some pasta, like thin spaghetti or vermicelli.

Variant 1: Also known as fried vegetables with croutons, garlic can be added together with the onions however cauliflower and pasta are not used. Prior to serving the soup, the bread or crackers are placed in the plate and then the fried vegetables is served on top of it.

Variant 2: Also known as egg and cheeselets stew, the ingredients are placed layer by layer and are never stirred. The bottom layer consists of the onions and garlic. Next, add tomatoes, cauliflower, potatoes, fresh sheep's milk cheeselets and some chopped parsley on top. Add water to the pot until the ingredients are immersed, after which add tomato puree, pepper, salt and cinnamon. Once the vegetables are cooked, add the eggs.



2. Kawlata - Chunky meat soup

Area: Żebbuġ, Malta

Production period: All year round

Description of the method for preparation: Kawlata is made by immersing the vegetables in water, namely marrows, cabbage, kohlrabi, pumpkin, white pumpkin, long marrows in summer, tomatoes and celery. Next add some kunserva (tomato concentrate), pepper, salt and meat which may be belly pork, shank, pork tongues or bacon. The pot is left to simmer on a medium heat for around two hours and once the vegetables are cooked, throw in some barley.

Variant: Also know as Kawlata bil-ful imgiddem – Chunky soup with shelled broad beans, this is very similar to the Kawlata however, for this recipe, only vegetables are used, without any meat. Dried broad beans, peas, bay leaves and barley are also added.



3. Stuffat tal-bebbux - Snail stew

Area: Żurrieq

Production period: Autumn and winter

Description of the method for preparation: To make the snail stew, first rinse the snails thoroughly and steam them. In a pot, fry an onion with a little oil and kunserva (tomato concentrate). Next, add the steamed snails, carrots, potatoes, olives, two bay leaves, herbs including marjoram, basil and mint, a pinch of cinnamon and pepper. All these ingredients are soaked in water and left simmering on a low heat until cooked. The snail stew is served with bread.



4. Girgentina

Area: Northern and western Malta

Production period: September

Product description: The grape is large, has a round shape, and a light yellowish-green colour. The average weight of the grape is 2.73 grammes. The seed is of an average size and there are approximately 2 in each grape. The bunch is big and has an average weight of 400 grammes and is not compact. At full maturity, the grape has a sweet taste and a transparent colour where you can almost see the seed. When the grape is exposed to the sun, the sugar level increases substantially and the grapes sometimes take a slightly rosy colour

Productive process: The Girgentina variety has a high vigour and a phenological phase of new growth and blossoming of an average season. The fruit normally matures in September, however the grapes without any disease would normally withstand remaining on the vine, at times even until mid-October. The fruit harvesting period therefore varies on whether the grapes are meant for fresh consumption, where generally they are picked beforehand, or for wine, where at times it would be picked later.

In days gone by, the grape vine was grown as a low sprawling shrub, without support and without irrigation. Nowadays, besides this, the Girgentina is grown even on a trellis system, pruned with systems which are more compatible with viticulture that can be partially mechanized and irrigated. Pruning takes place in winter, normally in the months of January and February when the branches of the previous year are removed and new twigs and spurs for the next season are left on. Towards the end of spring and at the beginning of summer, green waste and unwanted foliage are pruned. Disease control over the summer months is somewhat less intensive when compared with non-native varieties.



5. Ġellewża

Area: Northern and western Malta

Production period: September

Product description: The grape has a round shape, is of a large size, with a bluish-black skin and a light greenish pulp. The seed is of an average size and there are 1 to 2 seeds in each grape. The bunch is big-sized, with an average weight of 288 grammes and is not compact. At full maturity, the grape has a sweet taste, juicy and with a dark and intense skin.

Productive process: The Ġellewża variety has a medium-high vigour and a phenological phase of new growth and blossoming of an average season. The fruit normally matures in September, however the grapes without any disease would normally withstand remaining on the vine. The fruit harvesting period therefore varies on whether the grapes are meant for fresh consumption, where generally they are picked beforehand, or for wine, where at times it would be picked later.

In days gone by, the grape vine was grown as a low sprawling shrub, without support and without irrigation. Nowadays, besides this, the Ġellewża is grown even on a trellis system, pruned with systems which are more compatible with viticulture that can be partially mechanized and irrigated. Pruning takes place in winter, normally in the months of January and February when the branches of the previous year are removed and new twigs and spurs for the next season are left on. Towards the end of spring and at the beginning of summer, green waste and unwanted foliage are pruned. Disease control over the summer months is somewhat less intensive when compared with non-native varieties.



6. Bigilla - Djerba bean dip

Area: Siggiewi

Production period: All year round

Description of the method for preparation: To make Bigilla, first boil the dried Djerba beans immersed in water for around nine hours. These are boiled until soft. When the beans are soft, these are mixed and mashed with the parsley, garlic and olive oil.

Variant: Cayenne pepper can also be added.



7. Aljotta – Fish soup

Area: Żurrieq

Production period: Between August and December

Description of the method for production: To make Aljotta, first fry onions and garlic in oil. Next, add tomatoes, potatoes, some kunserva (tomato concentrate), a bay leaf, a slice of lemon and some herbs including mint, basil and marjoram. These ingredients are immersed in water and left simmering on a low heat until cooked. Once cooked, the fish is added; these may be pieces or heads of dorado, bogue, damsel fish, depending on the season, and these are left to simmer until done. In a separate pot, boil the rice so that this can be served altogether in one plate.



8. Hawh ġol-ilma biz-zokkor - Peaches in sweetened water

Area: Żurrieq

Production period: Between May and September

Description of the method for preparation: In order to preserve the peaches in this method, the peaches are peeled and stoned. The peeled peaches are placed in a bottle or jar filled with sweetened water, warmed up in a bain-marie and left to simmer until the water in the pot starts to boil. After it starts to boil, it is left on heat for around another fifteen minutes. The peaches are preserved in the same bottle or jar used for the bain-marie and are also left in the sweetened water.



9. Tin fil-hall - Figs in vinegar

Area: Żurrieq

Production period: Between August and October

Description of the method for preparation: To preserve figs using this method, the figs need to be picked when ripe but they still need to be slightly hard and a part of the stalk is left on. This is because if they are too ripe, they would burst when boiled. To start the preservation process, first make a mixture of vinegar, sugar and water. This mixture is brought to boil and once it starts bubbling, the whole figs are added. These are left to simmer on a low heat for some time until they soften slightly. Once the figs are done, these are placed in jars together with the vinegar, sugar and water mixture. These can be left preserved in jars for up to three years.



10. Laham taċ-ċanga fuq il-fwar - Steamed beef

Area: Gozo

Production period: All year round

Description of the method for preparation: The beef is cut in thin slices and placed in a heat-resistant glass dish, together with garlic, parsley and olive oil. The beef dish is placed instead of the lid of the pot containing the soup and left on high heat for around twenty minutes. The meat cooks with the steam from the pot.



11. Bebbux mimli - Stuffed conchiglie

Area: Gozo

Production period: All year round

Description of the method for preparation: To prepare this recipe, boil the pasta for a few minutes, after which remove from the pot and leave to cool. To prepare the filling, fresh sheep's milk cheeselets are used. These are mashed, then add some chopped parsley and grated cheese. Mix these ingredients together and fill the pasta shapes. Place the pasta in a dish, cover with milk and grated cheese, then place in a pre-heated oven at a temperature of 180°C for around twenty-five minutes.



12. Ghagin il-forn - Baked Pasta

Synonyms: Baked macaroni

Area: Gozo

Production period: All year round

Description of the method for preparation: To prepare the sauce for the baked pasta, first fry the onions. Then, add mince, bacon and some kunserva (tomato concentrate). These are left simmering on a low heat until done. The pasta is boiled in a separate pot, after which it is mixed with the sauce and mince, grated cheese and eggs. This is then baked in the oven at a temperature of 180°C for around forty minutes.

Variant: Fried pork chops can be added and placed in the middle of pasta dish.



13. Timpana

Area: Gozo

Production period: All year round

Description of the method for preparation: Timpana is very similar to baked pasta. The same ingredients and methods are used to make timpana. To prepare the sauce, first fry the onions. Then, add mince, bacon and some kunserva (tomato concentrate). These are left simmering on low heat until done. The pasta is boiled in a separate pot, after which it is mixed with the sauce and mince, grated cheese and eggs. The only difference from baked pasta is that a layer of pastry is placed under and on top of the pasta. Normally some sesame seeds are sprinkled on top of the pastry. The dish is placed in the oven at a temperature of 180°C for around forty minutes.



14. Pulpetti tal-makku - Whitebait fritters

Area: Gozo

Production period: All year round

Description of the method for preparation: To prepare whitebait fritters, first fry the onions. Then these are mixed with the whitebait fish, boiled and mashed potatoes, grated lemon and some herbs. From this mixture, small fritters are made which are covered with flour and then fried in olive oil. These can be served with caper sauce.



15. Qaghaq tal-ghasel - Treacle rings

Area: Nadur, Gozo

Production period: Between November and January

Description of the method for preparation: The pastry used to make treacle rings is made from a mixture of crushed biscuits, generally those unsold, or from a mixture of flour, margarine and eggs, wheat bran, semolina and water. For the preparation of the filling, boil the water and add the treacle, sugar, cloves, cacao, cinnamon, mixed spices and clementine zest. All ingredients are mixed together and then added with semolina and are left simmering until the mixture gets a thick consistency. Once the filling is ready and cool, the pastry is rolled out and cut in forms of rectangles where the filling is then placed upon. These are rolled in the shape of circles and baked in the oven.



16. Torta tal-qara ahmar - Pumpkin pie

Area: Siggiewi

Production period: All year round especially after August

Description of the method for preparation: The ingredients used to make the pastry are flour, margarine, salt and water. Sift the flour into a large bowl and stir in the margarine, salt and finally water. To prepare the filling, boil the pumpkin and onions. Some pepper, salt and other herbs including cinnamon are added as well. These are left to cook until ready and then mashed together. In another pot, rice is boiled for a few minutes however it is not left to be fully cooked. The rice is added together with the mixture of pumpkin, tuna, black olives and olive oil. Once the mixture has cooled down, lay half of the pastry in the pastry dish, place the filling and cover with the remaining pastry. This is then baked in the oven at moderate temperature for around forty minutes until the surface gets golden colour. This can be served warm and also cold.



17. Sidra tad-dundjan bil-patata l-forn - Roasted turkey breast with potatoes

Area: Siggiewi

Production period: All year round especially during the Christmas festivities

Description of the method for preparation: To prepare the turkey, the beef is minced and mixed with bacon, parsley, oregano, pepper and salt. This mixture is placed on top of the cut turkey breast. In the middle place hard-boiled eggs with a carrot going through them. Roll the eggs together with the mixture to form a cylinder and use an egg as a thickener. The turkey breast is rolled around the filling and is passed through a pipe to put it into a net.

For the preparation of the dish, first the onions are sliced, fried and placed at the bottom. Then add peas, carrots, parsley, turkey breast, garlic, oregano, pepper and salt. At the top add the potatoes with some fennel, water and olive oil on top. This dish is baked in the oven at a moderate temperature for around ninety minutes until the meat is cooked and the potatoes get a reddish colour.



18. Torta tal-ġbejniet - Cheeselets pie

Area: Siggiewi

Production period: All year round

Description of the method for preparation: The ingredients used to make the pastry are flour, margarine, salt and water. Sift the flour into a large bowl and stir in the margarine, salt and water. To prepare the filling, fresh sheep cheeselets are mashed with a skimmer in a large bowl. Add the beaten eggs, parsley and a bit of pepper and salt. Part of the pastry is laid in the pastry dish, place the cheeselet filling and cover the remaining pastry. Brush the pastry lid with egg yolk and sprinkle with sesame seeds. This is then baked in the oven at moderate temperature for around fifty minutes.

Variant: Peas can be added with the mixture



19. Tin taċ-ċappa - Figs' lumps

Area: Mgarr, Malta

Production period: Summer

Description of the method for preparation: To preserve figs using this method, the figs are cut in halves and are placed in trays under the sun. These take around four to five days to dry. Once dry, these are packed in a container layer by layer together with some bay juice, bay leaves and fennel seeds. At the top, a lid or a piece of wood with a stone on top it is placed to compact the figs.



20. Ravjul bil-ġbejniet tan-nagħaġ - Fresh sheep cheeselets' ravioli

Area: Mġarr, Malta

Production period: All year round

Description of the method for preparation: The ingredients used to make the pastry are flour, semolina, eggs and water. Sift the flour and semolina into a large bowl and stir in the eggs and finally water. The filling used for the ravioli is made from a mixture of fresh sheep cheeselets, eggs and parsley. To make the ravioli, the pastry is spread and cut into circles. The filling is placed in the middle of the circles and then the pastry is folded in half to form a semi-circle. The edge of the pastry is pressed with a fork to form bumps and contain the filling. These can be cooked either fried or boiled. These are served together with tomato sauce which is made from tomatoes, fried garlic, olive oil and a bit of salt and pepper.



21. Stuffat tal-qarnit - Octopus stew

Area: Siggiewi

Production period: Summer

Description of the method for preparation: To make the octopus stew, first boil the octopus on low heat. In a pan, shallow fry the onions and garlic in olive oil until they get a reddish colour. These are then placed in a pan together with the octopus, tomatoes, potatoes, parsley, kunserva (tomato concentrate), olives, bay leaves, mint and some wine, sugar, pepper and salt. These are left simmering for around fifty minutes. The octopus stew is served together with spaghetti and some finely chopped parsley on top.



22. Basal tal-pikles - Pickled onions

Area: Żebbuġ, Malta

Production period: Summer

Description of the method for preparation: The onions, which are used for preservation, should be slightly small in size. These are peeled and some coverings from the root area are removed. After, the onions are placed in jars filled with vinegar and are left on the window sill to ripen, which takes around three months.



23. Kappar fis-salmura - Capers in brine

Area: Żebbuġ, Malta

Production period: Between May and June

Description of the method for preparation: Once the capers are harvested these are washed and left in water for three days. The water is changed once a day to reduce the bitterness in the capers. For the preparation of the brine, a cup of coarse salt is mixed with ten cups of water. The capers are placed in jars filled with the brine and left exposed to sunlight for about a week. This is ready for consumption after a month.



24. Żebbuġ fis-salmura - Olives in brine

Area: Żebbuġ, Malta

Production period: Between September and November

Description of the method for preparation: After the olives are harvested these are placed in a bowl filled with water. The water is changed twice a day for five days to reduce the bitterness of the olives. For the preparation of the brine, a cup of coarse salt is mixed with ten cups of water. The olives are placed in jars filled with the brine and some oil is added on the surface so that the olives at the top won't rot. The olives are ready for consumption after two months.



25. Kappar fil-hall - Capers in vinegar

Area: Żurrieq

Production period: Between May and June

Description of the method for preparation: Once the capers are harvested these are washed and left in water for three days. The water is changed once a day so as to reduce the bitterness of the capers. After these are stored in jars filled with vinegar and are ready for consumption after a month.



26. Pastard - Cauliflower

Area: Maltese Islands

Production period: Between September and June

Product description: Cauliflower heads have a white yellowish colour and the size depends on the variety and harvest time. Considering that the whiter the cauliflower (and the more compact it is) the more desirable it is deemed on the market, some farmers opt to cover the developing cauliflower head with its own leaves to protect it from the sun's rays that would render the cauliflower more yellowish.

Cauliflower can be generally found on the market between September/October and June and takes between 2.5 and 4 months to grow in the field depending on the variety and season during which it grows.



27. Qaqoċċ mimli - Stuffed arthiokes

Synonyms: Boiled arthiokes

Area: Żurrieq and Mgarr, Malta

Production period: Between March and May

Description of the method for preparation: Artichokes are stuffed with finely chopped parsley, garlic and olives. Whole olives are also stuffed in the artichokes. These are placed in a pot together with small potatoes and are immersed in water. At the top, add some oil, vinegar, salt and pepper. These are left simmering on low heat until cooked. Stuffed artichokes are served together with Maltese bread with tomato concentrate and tuna in oil.

Variant: Capers, tuna or anchovies may be added as part of the mixture for stuffing while endive may be added together with potatoes.



28. Caponata

Area: Żurrieq

Production period: Summer

Description of the method for preparation: Caponata is done by first chopping the eggplants in circles which are then left in salted water for around an hour to reduce their bitterness. In a pan, fry the onions and garlic. Next, add and slightly fry the chopped eggplants and green peppers. Tomatoes and some wine are also added. Lastly, pickled onions, capers and basil are added and left to simmer on low heat until cooked.



29. Balbuljata

Area: Żurrieq

Production period: All year round especially in summer

Description of the method for preparation: Balbuljata is done by first chopping and frying the onions. Next, add peeled and chopped tomatoes, some pepper and salt and fry with the onions. Once ready, whisked eggs are added and mixed with the rest of the mixture until the eggs are cooked.

Variant: Corned beef can be added.



30. Fenek moqli - Fried rabbit

Area: Żurrieq

Production period: All year round

Description of the method for preparation: Fried rabbit is done by first frying the garlic. Then, remove the garlic from the pan and fry the cut rabbit pieces in oil and some wine. This is left to cook until red. Once cooked, this is served together with the fried garlic and Maltese bread.



31. Stuffat tal-fenek - Rabbit stew

Area: Żurrieq

Production period: All year round

Description of the method for preparation: Rabbit stew is done by first frying the garlic and slightly the pieces of rabbit. In a pot fry the onions and carrots and then add water with kunserva (tomato concentrate) or tomatoes. Once it starts boiling, rabbit pieces, potatoes, peas, bay leaves and herbs are added. All the ingredients are immersed in water and are left simmering on low heat. Once boiled, add wine. Rabbit stew can be served together with spaghetti.



32. Brodu tal-bċieċen - Pigeon broth

Area: Żurrieq

Production period: All year round

Description of the method for preparation: To make pigeon broth, first remove the interior of the marrows and then mix it with grated dry sheep's milk cheeselets, an egg and fried onions. This mixture is stuffed in the marrows and is placed in a deep pot with water together with the pigeons, potatoes, onions, carrots, celery and a tot of kunserva (tomato concentrate). These are left simmering for around an hour and a half. Once cooked, some liquid of the broth is used to boil the pasta normally chopped vermicelli or farfalle.



33. Stuffat tal- qaqoċċ - Arthiċokes stew

Area: Żurrieq

Production period: Between March and May

Description of the method for preparation: Artichokes stew is done by first frying the onions and carrots. Next, add the sliced heart artichokes, potatoes, olives, mint, basil, marjoran and some kunserva (tomato concentrate). These ingredients are immersed in water and some wine and are left simmering on low heat until cooked. Once cooked, add tuna in oil.



34. Kunserva mmellha - Salted tomato concentrate

Area: Mgarr, Malta

Production period: Summer

Description of the method for preparation: Making tomato concentrate using this method, first tomatoes are chopped and left fermenting in a pot for three days. Then these are removed from the pot, placed on a net and squeezed. The tomatoes are left on the net for a couple of hours to drain any remaining water and then salt is added. This is stored in jars and can last for around a year.



35. Haruf - Lamb

Area: Maltese Islands

Production period: All year round especially for Easter

Product description: Nowadays lamb meat is a by-product of the sheep milk industry. Female lambs are kept and reared for milk production and subsequent production of *gbejniet* whilst the males are eventually slaughtered for meat. Male lambs are weaned after forty to sixty days and reared on the farm, feeding on concentrate based on cereals and forage in the form of straw and hay. Some rams are kept for mating but these can also be replaced by younger rams after some time. Some of the commonest breeds of sheep reared in Malta are the Friesian, the Maltese sheep and mixes between these two.

Sheep breed once or twice a year. After a gestation period of five months, lambs are born. The commonest season for mating is October which gives rise to the lambs used for Easter.



36. Zalzett tal-Malti - Maltese sausage

Area: Maltese Islands

Production period: All year round

Description of the method for production: To make the Maltese sausage, pork meat such as belly or shoulder parts which are generally quite fatty, giving a pinkish colour to the sausage are used. The meat is minced and then roasted coriander and anise seeds, pepper grounded in small pieces and salt are added. All these ingredients are mixed altogether and stuffed in natural casings which take the shape of a long sausage.

Variant: Parsley and rosemary can also be added.



37. Tadam - Tomatoes

Area: Maltese Islands

Production period: All year round

Product description: To meet market demand, tomatoes can be cultivated in greenhouses between September and June or in open fields, trained on stakes or untrained between June and September. The varieties of tomatoes used in these cases are those that continue producing crop for an extended period of time, generally between 2 to 6 months. Tomatoes destined for processing are cultivated between April and July. At the end of the season plants are uprooted.

Varieties of tomatoes which are produced for fresh consumption include tomatoes on vine, plum tomatoes, beefsteak tomatoes, round cherry and plum cherry tomatoes.



38. Minestra – Vegetable soup

Area: Żurrieq and Żebbuġ, Malta

Production period: All year round

Description of the method for production: Minestra is done by first shelling the dried broad beans and boiling them in water until well cooked. Once done, these are then mashed into small pieces. In another pot, throw in onions, potatoes, carrots, cauliflower, marrows, pumpkin, white pumpkin and long marrows, celery, and some kunserva (tomato concentrate), oil and pepper. These ingredients are immersed in water and left simmering on a low heat until cooked. Once cooked, add the beans and some water and stir everything. As it is coming to boil, throw in the pasta (small bead-shaped pasta) and leave to simmer until cooked.

Variant: Dwarf beans, lentils, tomatoes, cauliflower or long pumpkin or kohlrabi or chayote, depending on which season this recipe is cooked and fresh sheep cheeses can also be added. The soup is served with some grated cheese on top.



39. Torta tal-lampuki - Dorado pie

Area: Żurrieq and Siggiewi

Production period: Between August and December

Description of the method for production: The pastry used for the dorado pie is made with a mixture of flour, margarine, eggs, orange juice and water. The dorado used to make the pie may be cooked with the fish soup, then set aside for the pie or to be fried. To prepare the filling, boil the cauliflower, carrots and potatoes, then set aside to drain. Next fry an onion and mix with the boiled vegetables, the dorado pieces, some kunserva (tomato concentrate), sliced olives, basil and lemon juice. Once the mixture has cooled down, lay the pastry in the pastry dish, place the filling and cover with the remaining pastry. Pierce the pastry lid with a fork so that it does not lift up and rise. This is then baked in the oven at a moderate temperature for around fifty minutes.

Variant: Peas, rice and raisins can be added with the mixture while the pastry lid can be brushed with egg yolk and sprinkled with sesame seeds.



40. Tonn immellah - Salted tuna

Area: Gozo

Production period: Summer

Description of the method for production: The fresh tuna is cut in large portions and placed in glass jars. Then the jar is filled with salt and left to rest for a minimum of thirty days.



41. Tin imqadded - Dried figs

Area: Żebbuġ, Malta

Production period: Summer

Description of the method for production: To preserve figs with this method, the figs are cut in halves and placed next to each other in trays under the sun. These take around four to five days to dry. Once dry, these are stored in containers.



42. L-irkotta - Ricotta

Area: Żurrieq

Production period: All year round

Description of the method for production: The first part of the process to make ricotta is to warm up the sea water in a bain-marie. Once the water is warm, add the sheep's milk and leave on a medium heat until it warms up. Stir the milk and sea water continuously while it is warming up. Once warm, remove some of the blended mixture and stir in the flour. Then, stir in this mixture into the pot and continue stirring until a cream forms on the surface. This should be left on low heat until it thickens. Once this has thickened, remove from the pot and place in a cheese-mould to set and at the same time to drain the water naturally. The ricotta remains good for consumption for four days.



43. Braġjoli - Beef olives

Area: Gozo

Production period: All year round

Description of the method for production: In order to cook the beef olives, the beef has to be cut in thin slices. These are pounded until the piece of meat has stretched slightly. Then, on top of the slice of meat, place a slice of ham, then the mince from beef and pork mixed with garlic and parsley, and a hard-boiled egg in the middle. The meat with the mince on top is then rolled and held together with a skewer. This is then floured lightly and fried in oil. In the same pan, add the polpa and peas and leave to simmer for around ninety minutes. This is served with fresh Maltese bread.

Variant: Pork can be used instead of beef.



44. Qarabagħli – Marrows

Area: Maltese Islands

Production period: All year round

Product description: There are two common types of marrows cultivated in Malta - elongated and round. The elongated marrows are either light or dark in colour and can be variegated. The round marrows are generally light in colour. These two types of marrows are commonly used for different culinary purposes and the round zucchini are usually preferred to stuff. The marrow plant has separate male and female flowers and the former can also be harvested for consumption. The female flowers give rise to the marrow fruit.

Description of the method for production: Marrows are either cultivated under protection or in open fields. Protection in the form of greenhouses or plastic tunnels is used when marrows are planted between November and April. In greenhouses, marrow plant is supported by strings suspended vertically to assist in its proper growth. If after April, marrows are planted in open fields. Harvesting starts 1 to 2 months after transplanting and continues for 1 to 2.5 months. These timings depend mostly on the season during which marrows would be growing.



45. Qassata

Synonyms: Cheese qassata

Area: Mġarr, Malta u Nadur, Għawdex

Production period: Tul is-sena kollha

Description of the method for production: The pastry which is used for the cheese pie is made from a mixture of flour, margarine, water and salt. For the preparation of the filling fresh sheep cheeselets or ricotta are mixed together with dry grated sheep cheeselets or cheese, eggs and some pepper and salt. In order to make the pies, the pastry is cut into small circles, the filling is placed in the middle and then the pastry is closed to contain the mixture. A small hole is left in the middle of the pastry. Before putting them in the oven, brush the pastry lid with egg yolk and sprinkle some sesame seeds. These are baked at moderate temperature until golden brown.

Variant: Broad beans, raisins and peas can be added with the filling mixture.



46. Xarba tal-bajtar tax-xewk – Prickly pears drink

Area: Siggiewi

Production period: Between August and September

Description of the method for production: The prickly pears drink is made by first peeling the skin of the prickly pears. Then, the prickly pears are soaked whole in a jar full of rum and kept in a dark place for seven days. After the seven days have passed, the prickly pears and the rum are mixed with water and sugar and, once again, kept in a dark place for a few days. Once a few days have passed, the prickly pears are separated from the drink mixture and the liquid is poured into bottles.



47. Majjal il-forn bil-patata - Roasted pork with potatoes

Area: Siggiewi

Production period: All year round especially during the Christmas festivities

Description of the method for preparation: To make roasted pork with potatoes, the onions are cut into slices and then placed at the bottom of the dish. Then add peas, carrots, parsley, pork thigh, garlic, oregano, salt and pepper. At the top add the potatoes with some water, olive oil and fennel seeds. The dish is baked in the oven at a moderate temperature for around forty-five minutes until the meat is cooked and the potato are browned.

Variant: A beaten egg can be added on top of the dish.