



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

**Applications submitted to be included in the National Register of
Traditional Agro-Food Products of Malta open for public consultation.**



1. 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 almost cooked. Next, add potatoes, onions, cauliflowers, marrows, pumpkin, white pumpkin or bottle gourd, depending on which season this recipe is cooked, some kunserva (tomato concentrate), oil, pepper and salt. These ingredients are immersed in water and left simmering on low heat until cooked. Once the vegetables are cooked, add the small bead-shaped pasta to the soup and leave to simmer until cooked.

Variant: Dwarf beans, lentils, carrots, tomatoes, kohlrabi or chayote, depending on which season this recipe is cooked, celery, fresh sheep cheeselets and pasta in the form of penne can also be added. The soup can be served with grated cheese on top.