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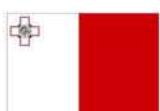
discover malta's culinary delights...



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Welcome to the second issue of "il-BORMA" The monthly newsletter dedicate to Maltese Gastronomy. The first issue proved to be a big success and we would like thank all of you who sent us comments and suggestions about the newsletter.

In our second issue we are featuring the traditional feast of San Martin celebrated each year in November. The newsletter includes information about the feast as well as traditional Maltese recipes related to this event.

Windmills first appeared in Malta as part of the Grand Harbour urbanization and defiance scheme during the time of the nights. In this issue of il-BORMA we are dedicating a feature about Ta'Kola Windmill found in Xaghra Gozo. This feature will be followed next month with a feature about Maltese Bread.

In this month's issue we are also including some recipes submitted by some of our regular bloggers – Gerogina Lawrence has been very busy experimenting and producing excellent quality Fresh and Peppered gbejniet. We are also publishing a delicious ricotta pie recipe by Georgina Lawrence. Linda Speight has contributed another seasonal recipe showing how to preserve Chestnuts in syrup as well as a chestnut cheese cake recipe.

This month's cooking club will be based on Christmas Food recipes. We're leaving the subject as open a possible so you can send us any kind of recipe as long as its related to Christmas time. Like this the next batch of cooking club recipes will be published just in time for Christmas!

Last month we launched the discussions page within ilovefood.com.mt since Facebook had decided to remove this feature from all the Fb pages. All the discussions have been moved from the FB pages into ilovefood and can be accessed at www.ilovefood.com.mt/discussions/ feel free to take part in existing discussions or open new topics. That's all for now, keep the comments coming in you can contact us on FB or reach us by email

Tony
ilovefood.com.mt

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by Patricia Azzopardi

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Gbejniet recipe *by Georgina Lawrence*

Warm 1 gallon of Whole Milk, two cups dried milk and about 2 tbs salt (to taste) till about 98 degrees. Take the pot off the stove and add 4 crushed Rennet Junket Tablets. Stir (not too much) and let set for three hours.

Fill baskets to the top and place on a non metallic surface over a pan to catch the whey. Store them in the refrigerator overnight.

Then there is the whole process of airing them dry outside for a few days and finally putting them in a little bit of oil and malt vinegar. Hope this helps :) Let me know if you have any questions...but know that I am new at this too :)



Cooking Club Submitted Pork Stew Recipes

October 2011



Majjal Bhal Fil-Forn by Patricia

<http://www.ilovefood.com/recipes/majjal-bhal-fil-forn-by-patricia-azzopardi/>



Succulent Pork stew by Sandra

<http://www.ilovefood.com/recipes/succulent-pork-stew-by-sandra-attard/>



Spare Ribs with Wine & Herbs by Graziella

<http://www.ilovefood.com/recipes/pork-spare-ribs-with-white-wine-herbs-by-graziella-la-manna/>



Pork stew with bacon & apples by Ruth

<http://www.ilovefood.com/recipes/a-delicious-pork-stew-with-bacon-and-apples-by-ruth/>



Pork Stew by Linda

<http://www.ilovefood.com/recipes/pork-stew-by-linda/>



Stuffat bil-pulpetti tal-majjal by Tony

<http://www.ilovefood.com/recipes/stuffat-bil-pulpetti-tal-majjal-by-tony/>



Smokin' Chipotle Pork Stew by Georgina

<http://www.ilovefood.com/recipes/smokin-chipotle-pork-stew-by-georgina-lawrence>



Pork Stew by Kenny

<http://www.ilovefood.com/recipes/pork-stew-by-kenny/>



ilovefood November cooking club

www.ilovefood.com.mt/cookingclub

In our first issue of "il-Borma" we launched the ilovefood.com.mt cooking club. In October a number of friends worked on recipes where pork was the main ingredient. We have published a number of succulent Pork Stew recipes which were submitted through the cooking club. The overall feedback was very encouraging and after we sent out the recipes to all subscribed users we received hundreds of emails with comments and feedback.

As a cooking topic for November we were about to choose Rabbit (stews, pies, baked...) but since the closing date for the cooking club recipes will be December the organizing committee has decided that we should open the topic to any for of Christmas Cooking. In Malta Christmas time is synonymous with big family lunches and 3 course dinners, lots of baked dishes and sweets.

Let us know what cooking you are planning for Christmas, the sweets and deserts. You are all being invited to send us recipes and photos of your creations. To participate in the cooking club please send us the photos and recipes on info@ilovefood.com.mt or upload the recipes and photos via the website at: <http://www.ilovefood.com.mt/cookingclub/>

The closing date for you to submit the recipes is the 4th of December 2011.



Chestnuts in Syrup by Linda

Ingredients

- 500grams chestnuts
- 1 cup sugar
- 2 cups water
- 1 vanilla pod or one teaspoon vanilla essence



Method

1. Soak the whole chestnuts in cold water for 20 minutes
2. Cut a slit in the fat side of each chestnut
3. Put in a pan with water to cover and boil for ten minutes
4. Drain and allow to cool slightly then peel the chestnuts with a sharp knife, making sure to remove the inner membrane
5. Put the sugar, water and vanilla in a pan and bring to the boil stirring until all the sugar is dissolved. Then let it simmer for five minutes
6. Add the peeled chestnuts to the syrup, cover the pan and cook for one hour at just less than a moderate heat on the hob
7. Soak an airtight jar in boiling water for a few minutes and drain
8. Put the chestnuts and the syrup in the jar and allow to cool for a few minutes before sealing the jar.
9. Keep in the fridge

When you want to serve them take them out of the jar with a clean spoon and drain off the syrup and place them in little petit four cases

Il-Festa ta' San Martin

Who was St. Martin?

St. Martin de Tours was born between 315 and 316 in Pannonia which was part of Roman territory. He died around the age of 80 and he was buried at the Cemetery of the Poor. When he was born, the Romans had stopped the maltreatment of Christians. However, Christianity was still a faith which was not yet established. Martin's father and mother both adhered to the old religion and suspected the new one. On the other hand, Martin wanted to know more about this faith and went at a Christian church when he was ten years in order to be a catechumen. Even though he had to join the army when he was 15 years old, he still attempted to live life as a monk would.

Something for which St. Martin will always be remembered...

While he was a soldier, something occurred at Amiens that has never been allowed to be forgotten. One very cold day, Martin was passing through the gates when he saw a beggar who was almost naked due to his tattered clothes. Martin removed his mantle, cut it in two and gave one half to the beggar. Some may have laughed when they saw this action, not realizing that it was a good Christian deed. That same night, Martin had a dream where Jesus was wearing half of the mantle that he had given to the beggar. Jesus told the saints and angels around him that it was Martin who gave him the mantle. Thus Martin went to be baptized at the age of eighteen. Later on he became the bishop of Tours.



When and where is the feast held?

Though the feast is celebrated in many countries around Europe, it is more popular in Sicily and Malta. The Feast of St. Martin is celebrated on the Sunday which is near November 11th. Normally during this period, we have some warm days. In Malta, the feast is celebrated in Bahrija, on the border of Rabat. In Bahrija we find the single chapel in Malta which is named after St. Martin. A procession is held, guided by the statue of St. Martin. There's a fair where one can find plants, vegetables, local honey and an exhibition of local animals. The fair is known as 'The Turkey's Fair' or 'il-Fiera tad-Dundjani' which originated in 1953. San Anton School, which is a private school, arranges a walk to the cave connected with Martin and then they walk back to school.





A Selection of "Boroz ta' San Martin" given out to Maltese children during an activity organised by the Association of Maltese Living in Belgium and the Malta Business Bureau held last year.

This year's activity will be held next Saturday 12th November at the offices of the Malta Business Bureau Avenue d'Auderghem 289, Brussels

The Traditional Bag of St. Martin

It is part of St. Martin's feast tradition, to give a bag to children on that day. Normally it consists of almonds, walnuts, hazelnuts, chestnuts, figs, mandarins, St. Martin's bread, orange, apples or pomegranates. These fruits and sweets are connected to the feast. Before, children were also given 75c, however nowadays things have changed.

A song that is sung when this period of the year comes is:

*Gewz, Lewz, Qastan, Tin
Kemmhobbu lil San Martin.
(Walnuts, Almonds, Chestnuts, Figs
I love Saint Martin so much.)*



Borza ta' San Martin
Picture shows a handmade San Martin Bag by Sandra Attard decorated with little antaccoli and beads





Ingredients

- 400g plain flour
- 1 sachet instant yeast
- 75g margarine
- 75g Sugar
- Few drops of Vanilla essence
- 250ml tepid milk

Glazing

- 50ml water
- 50g sugar

Method

Mix well flour and Margarine then add the yeast, sugar, vanilla, and stir well. Then add the tepid milk to make dough and knead well by hand for around 10 to 15 minutes, or until dough is elastic.

Leave to rise for around an hour, (by then the dough would have doubled in size) then knead the dough again until it becomes elastic once again.

The shape into small buns leaving enough space between the buns since these will grow in size over the next hour.

In the mean time prepare the glaze by melting the sugar in the water until it becomes like a syrup.

Glaze the buns with the syrup and place in preheated oven for around 20 minutes or until golden brown.

Slight variations to this recipe include, sprinkling the buns with sesame seeds and / or sticking a liquorices in the middle of the bun.





Ingredients

- 200 gm Shelled Hazelnuts
- 200 gm Shelled Walnuts
- 200 gm Pitted Dates
- 2 Eggs Separated
- 2 tablespoons Milk
- 5 tablespoons Flour
- 1/4 tsp ground cloves
- 1/2tsp cinnamon
- 5 tablespoons Sugar
- 1 14cm square tin
- Margarine for greasing
- Handful Whole Almonds to decorate
- 75 gm Sultanas
- 50 gm Candied Peel
- 100 gm Chopped Figs

Preparation method

Prep: 15 mins | Cook: 30 mins | Extra time: 10 mins, cooling

1. Pre-heat the oven to Gas Mk 4 /180c
2. Grease the tin and sprinkle it with flour shaking off any excess
3. With an electric whisk beat the egg-whites until they are fluffy
4. Then add the yolks, sugar, flour and milk
5. Combine them well and then fold in the dates, figs, nuts, sultanas and candied peel
6. Pour the mixture into the tin and bake for 30 minutes. Place some the almonds on top arranged in a circle.
7. Don't let the pie cool in the oven. Bring it out, leave it in the tin for ten minutes until it has steamed off and then turn it onto a wire rack to cool.





Spinach, Rikotta & Salmon pie by Patricia Azzopardi

Ingredients

- 200grm cooked fillet of salmon or if you like 100 grms of smoked salmon.
- 200grm of fresh frozen spinich , chopped
- 1 packet of filo pastry sheets(8 sheets)
- 50grm of slightly browned pine nuts
- 2 eggs, chopped fresh dill or thyme, fresh black pepper and sea salt
- 500grms rikotta





Method

Mix the Rikotta, chopped spinach, salmon flakes, pine nuts, herbs and seasoning in a mixing bowl, add the eggs and mix well till well combined and the ingredients are evenly mix.


For those who never work with filo pastry, this is made of just water and flower so its very fine and delicate pastry to work with, but if you keep it covered with a damp cloth and work quickly you be fine and love working with it!

All you need for this pastry is 1 tablespoon of melted butter or margerine! you can use oil but with rikotta and salmon spread tastes better then oil!

Open the pastry taking care when taking it out of the pack.

Brush a pie dish with butter and cover with pastry, brush the pastry with the melted butter, keep going, brush the pastry and layer at an angle (see photo) till all sheets are used.

Fill with the mixture and close layer layer keeping a hole in middle for moisture to escape and pastry wont get wet. finish with butter again and bake in gas mark 5 for 45 minutes or till you see its done.



Ta' Kola Windmill & House Museum at Xaghra, Gozo

Historical Overview

Prior the arrival of the Order of St. John in 1530, the most common device for turning grain into flour was the centimolo. The grinding mechanism consists of two circular and hard wearing stones place on top of each other. The one below is fixed to the supporting base, while the one on top is designed to rotate and crush the grain forced between the two touching surfaces. These devices are known as centimoli and are driven by beasts of burden (illustration).

Windmills first appeared in Malta as part of the Grand Harbour urbanization and defence scheme. However, the history of Maltese windmills as we know it today started during the reign of Grand Master Nicolas Cotoner (1663-1680). He imported the design of the mechanism and of the structure from his native of Majorca in the Balearic, and created a Foundation to build a number of such windmills and develop other properties. In due course, three more Grand Masters followed suit and created similar foundations to generate income for the Treasury of the Order. The construction and ownership of windmills was monopolized by the Order, and the said foundations erected a total of thirtythree windmills, five of them in Gozo. These were rented out to private individuals for a substantial annual fee.

In 1883, the British Government abolished this monopoly, and invited private entrepreneurs to undertake the construction of windmills for their own profit. In this respect, by the 1880's there were fifteen windmills operating in Gozo. Within a few years, though, these windmills were outdated by the introduction of more reliable and efficient steam-powered milling plants. Many windmills were forced to close down or became used mostly for grinding cereals for animal feed or broad beans to be used as bait in fish trips. Eventually, during World War II several Gozitan families exploited the surviving windmills to grind secretly their hidden supplies of wheat and barley.



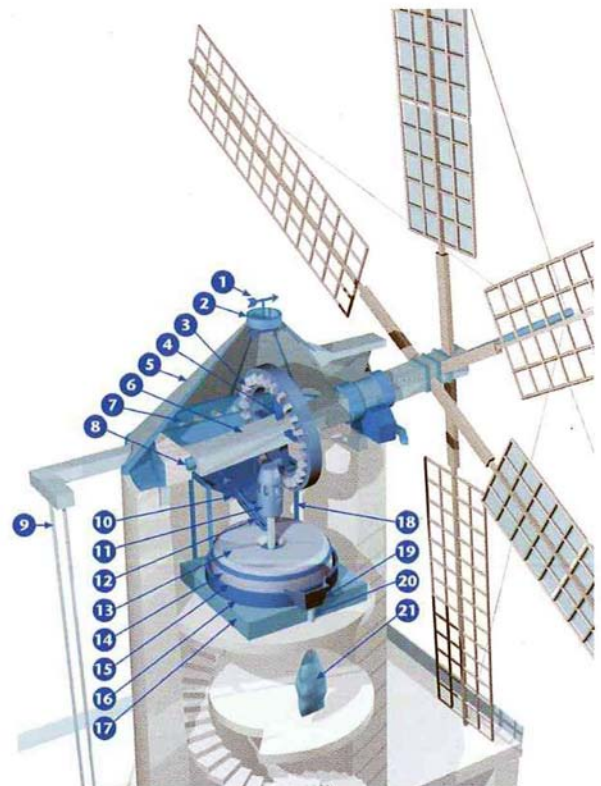
Ta' Kola Windmill

The origins of Ta' Kola Windmill go back to 1725, when the Manoel Foundation (the 4th and last of the above-mentioned foundations) decided to build a windmill in Xaghra. This windmill, however, seems to have incorporated bad quality stones and mortar and had to be dismantled and reconstructed during the 1780's. The first miller to run the renovated windmill was Marcello Scicluna. He was obliged to pay an annual rent of 400 scudi plus a total of seven roses to the President and two Commissioners of the Manoel Foundation on 1st May, and two healthy cocks to the Foundation's Treasurer on Christmas day.

Eventually, by the 1850's Ta' Kola Windmill passed under the hands of the Grechs, an established family of millers from Mosta (Malta). The Grechs continued to run Ta' Kola Windmill till the 1980's. Guzeppi (photo), the last of the Grech millers operated, maintained and resided in this windmill until he died in 1987. He was an ingenious craftsman and many of the tools on display were created by him. Likewise, it is thanks to Guzeppi that one can still experience the way millers lived and operated these dominating landmarks. Besides, the windmill's name Ta' Kola is also synonymous with him as he was popularly known as Zeppu ta' Kola (Joseph son of Nikola).

Generally speaking the Maltese windmills are designed on the same lines whereby the centrally placed and cylindrical milling tower rises from a cubic block incorporating the living quarters for the miller's family and a number of workshops and stores. Evidently, a spacious underground cistern for the collection and storage of rain water was also included.

Il-Mithna tar-rih



- | | | | |
|-------------|--|-------------------|---|
| 1 Pinnur | Windvane | 12 Mizzieb | Feed shoe / spout |
| 2 Ċuplajis | Topmost part of windmill cap | 13 Ġebba ta' fuq | Runner stone |
| 3 Dawwwara | Brake wheel / cog wheel | 14 Ġebba ta' taht | Bed stone / nether stone |
| 4 Salib | Beams forming a cross | 15 Dawr | Wooden circular belt |
| 5 Parjol | Cone-shaped wooden cap | 16 Nasba | Millstone bed |
| 6 Arblu | Windshaft | 17 Bank | Bench |
| 7 Stringji | Horizontal wooden frame supporting base of cap | 18 Waqqafat | Wooden supporting frame |
| 8 Kastanjol | U-shaped notch | 19 Kavetta | Meal bin / cone-shaped wooden container |
| 9 Vitri | Ropes from which counterweight hangs | 20 Katusa | Meal chute / wooden spout |
| 10 Delu | Hopper / funnel-shaped container | 21 Xkora | Sack |
| 11 Laqqata | Wallower / wooden spur wheel | | |

Ground Floor

The first room on the right hand side of the entrance houses the workshop. The operation and upkeep of a windmill required the knowledge of several trades like carpentry, smiting and stone dressing as the milling mechanism was subjected to high wear and tear, while the windmill's antennas were often damaged by inclement weather.

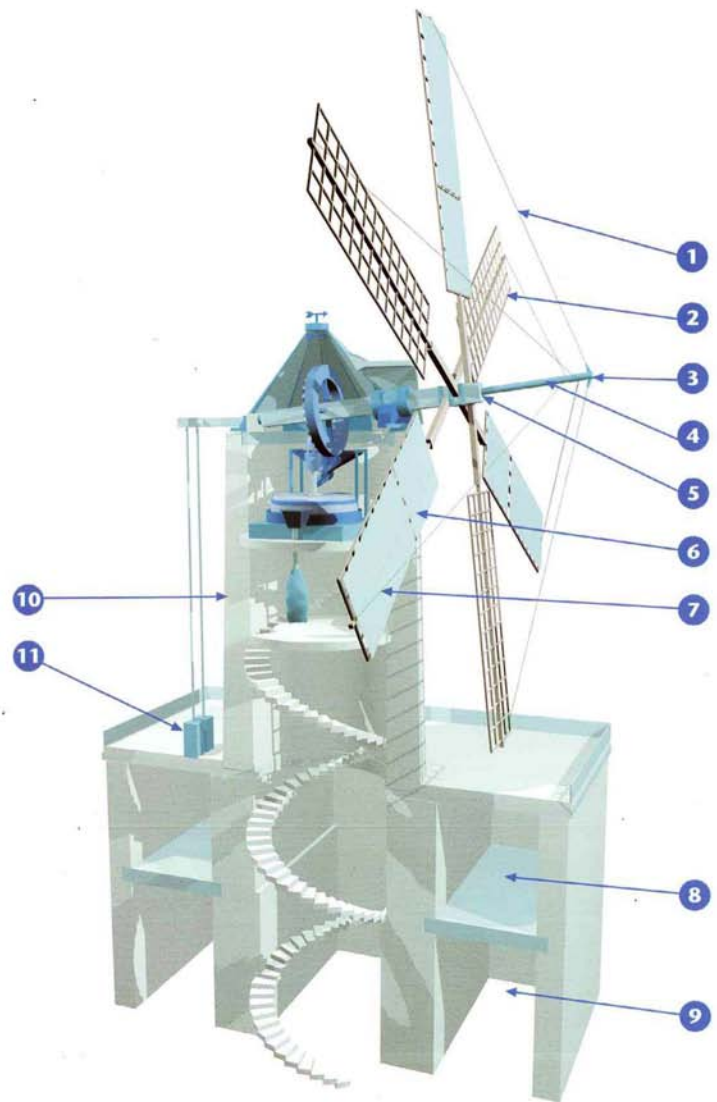
Likewise, when the miller was not operating the mill due to the weather conditions (strong winds or no breeze at all) he used to exploit his skills and tools in other secondary jobs like the sharpening of tools, the repairing of carts and wine barrels, and horseshoeing.

The next two rooms served as stores. The former features different types of scales and grain measures and various implements employed in the process of threshing the harvest, while the latter is dedicated to a permanent display on bread sponsored by the Trimed project. In the third room one is to note also the wide door leading to the small backyard. Originally this yard was not screened off and the said door opened directly on the street.

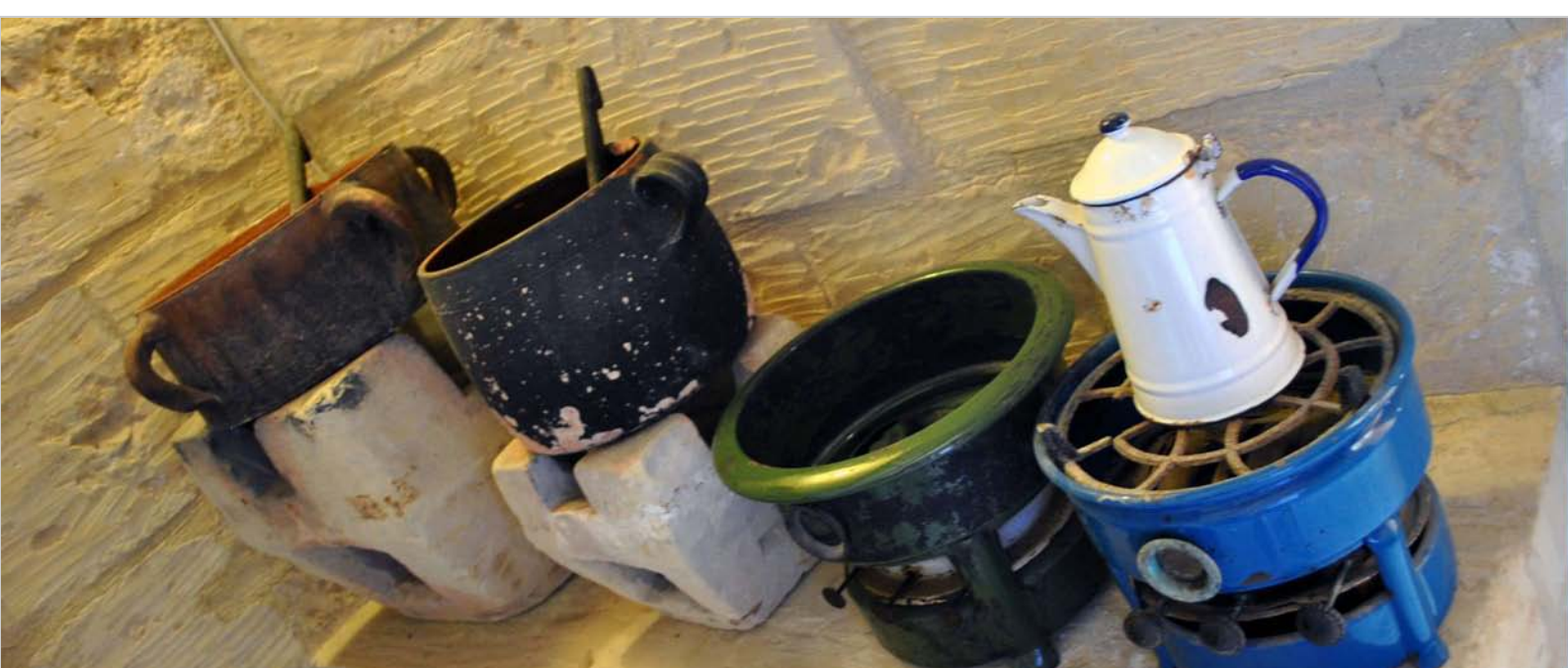
Likewise, this wide door opening was not part of the original building design, but was created at a later stage, possibly in the latter half of the 19th century when due to the great competition between the several windmills operating in Gozo the respective millers took the trouble of providing the service of collecting the wheat and related cereals from households and eventually deliver it back as flour and bran by a mule or horse-drawn cart. In this respect, the beast of burden employed could have been stationed in the small stable, at present housing the toilets.

Moving on the stair case, one is to note the Triton-shell (Maltese bronja). Its pointed end was sawn off and when blown in a trumpet-like fashion from the roof of the windmill, it produced a sound that echoed all over the neighborhood. All parishioners were, thus, informed of the favorable wind and were invited to bring their cereals for grinding.

II-Mithna tar-rih



- | | | |
|----|--------------------|------------------------|
| 1 | Bur/Bonnijiet | Heavy ropes or cables |
| 2 | Antenni/Dirghajn | Arms / blades / vanes |
| 3 | Brazzol tal-bum | Mast cap |
| 4 | Bum | Jib boom / spar / mast |
| 5 | Arblu | Windshaft |
| 6 | Kultellazz | Smaller sail |
| 7 | Maġġura | Main sail |
| 8 | Sular residenzjali | Residential level |
| 9 | Hanut tax-xoghol | Workshop |
| 10 | Tromba | Round stone tower |
| 11 | Kontrapiz | Counterweight |





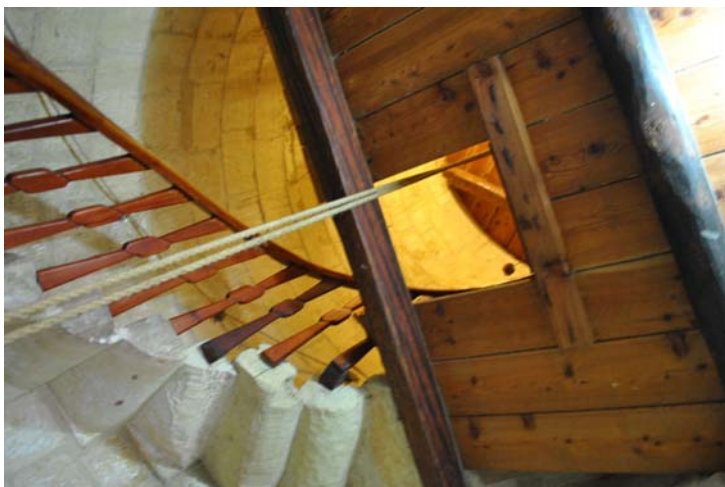
First Floor

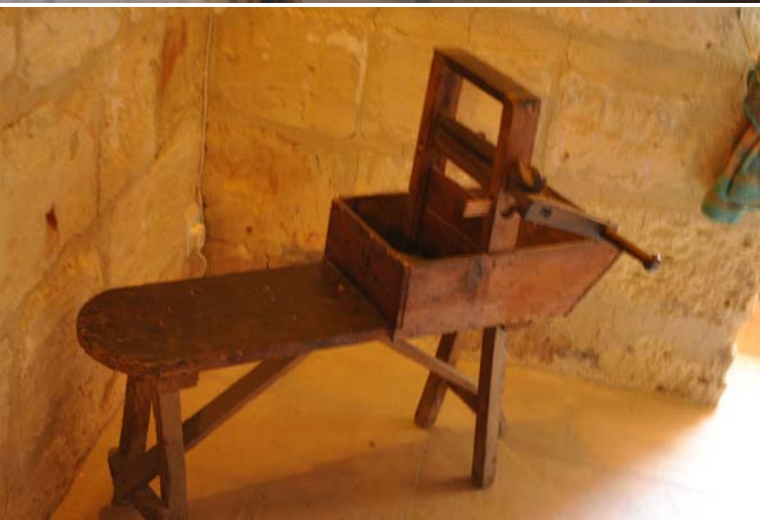
The rooms upstairs served as living quarters for the miller's family. The first room houses the dining room and some typical vernacular loose furniture. However, had the miller's family been numerous, this would have most probably been used as an extra bedroom. The next room served as a kitchen, and the present display features a small selection of local vegetables, preserved foodstuffs and kitchen utensils. Included in the display of the outer bedroom are a cotton gin (to separate the seed from the cotton) and a weaving loom. Weaving was a very popular cottage craft and was taught to almost every girl in the family. To note in the inner bedroom is the baby hammock above the double bed and Maltese lace motif on the pillow case.

Milling Tower

The spiral staircase leads up to the upper part of the tower housing the milling device. The set-up is very similar to the one described in the discussion on the centimoli. In this case, though, the upper grinding stone is powered by the robust shaft and external fanned antennas. When in operation the sails must be facing the direction of the wind, and the main shaft and lightweight conical roof had to be turned around according.

This awkward manoeuvre involved the removal of the heavy iron pins and brackets anchoring the roof of the milling tower and the skilled use of levers. For the spreading of the white canvas-sails the miller had to climb up the respective antennas, while the rotational speed of the said antennas and of the upper grinding stone was controlled by moving in a vertical direction the lever inserted between the grinding stones. When pressing down the lever the upper grinding stone is lifted and freed to rotate with relative ease. Conversely, by lifting the lever the upper grinding stone lowers, makes contact with the stationary grinding, and brakes down.







Crab and prawn ravioli

By Patricia Azzopardi

It is best to use fresh prawns, but you can use frozen ones. they must be very cold and dry before they go in the processor, otherwise the mixture will be too watery, so when you add the cream it will split.

Ingredients

500 grams of either fresh or frozen tiger prawns or a mix of prawns.

250 grams of crab claws tinned or fresh.

hand handful of fresh flat parsley

handful of fresh dill

2 garlic cloves

6tbspoons of fresh cream

fresh black pepper and salt

3tspoons of smoked paprika.

1 quantity pasta dough recipe was given 2 wks ago

Method

Put the herbs into a food processor and blitz until chopped, add the garlic and blitz again. Then add the crab, the paprika and seasoning, blitz again. Finally add the prawns and be quick to blitz. do not over do it or the prawns will cook with the heat of the motor! slowly add the cream. the whole process shouldn't take more then 2/3 minutes.

Put the mixture into a container and keep in the fridge until ready to use.

Make the ravioli using a fluted cutter square or round as you like.

