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discover malta's culinary delights...



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dear friends

A warm welcome to "il-Borma" the monthly ilovefood.com.mt newsletter. The name of this newsletter was suggested by one of our FaceBook friends, and will focus specifically on traditional Maltese food and cuisine. The newsletter is being published as part of the ilovefood.com.mt project.

In each newsletter we will include 3 different recipes, a starter or appetizer, main course and desert. In addition to this, once a month we will choose a recipe that was submitted by one of the subscribers and we will publish it in the newsletter.

As you might know ilovefood.com.mt is seeking to link Maltese cuisine to our national heritage. In future newsletters we will choose one particular such location and will publish a review about it. In our first newsletter we are focusing on 4 different events organised during the month of October (Notte Bianca, Festubru, festival tat-Tin and BirguFest) which are a celebration of Maltese culture, tradition and gastronomy.

One very important initiative that we are launching with this newsletter is the ilovefood.com.mt Cooking Club. Each month we will choose a particular Maltese dish and we will invite you to experiment with your own version of the recipe. Like this we can have a hands on discussion about particular Maltese dishes.

"Il-Borma" is being sent to all newsletter subscribers but will also be placed in the newsletter section on the website a week later. Make sure to tell your friends to subscribe so that they too may receive "il-Borma" as soon as its published!

We value your feedback, so feel free to send us suggestions, comments and ideas which you would like us to include in the newsletter and the website. If you would like to contact us send us an email at info@ilovefood.com.mt

l-ikla t-tajba
Tony

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Il-Festa ta' San Martin

Malta celebrates the feast of Saint Martin (Festa ta' San Martin) on the 11th of November.

Our next Feature on www.ilovefood.com.mt will be dedicated for this traditional celebration. The feature will contain lots of traditional recipes related to this feast such as "Kejk ta San Martin", the traditional sweet buns with liquorice known as "Hobz ta' San Martin" and the "Borza ta San Martin". This bag includes St. Martin's Bread (Hobza ta' San Martin), walnuts (gewz), hazel-nuts (qastan), almonds (lewz), chestnuts (gellewz), figs (tin), oranges (laring), tangerines (mandolin), apples (tuffieh), pomegranates (rummien) amongst other things.

We will also be listing information about the feast which is organized in Bahrija which hosts the old chapel dedicated to San Martin. Make sure to check out the feature which will be made available on www.ilovefood.com.mt in November.



ilovefood cooking club
www.ilovefood.com.mt/cookingclub

Following some of your suggestions we have decided to launch the ilovefood.com.mt cooking club.

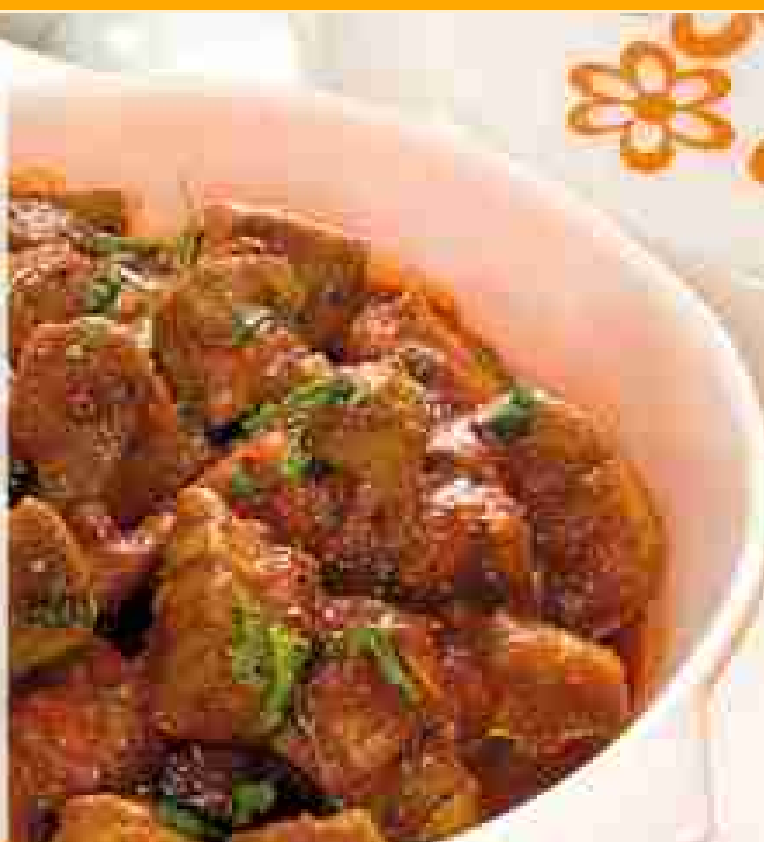
At the cooking club we will choose a Maltese dish, and everyone can prepare the dish using their own variations to the recipe. This is not a competition but more of a community activity where everyone is being invited to participate. Participants will be able to submit their recipes and photos of their finished product. All the participating recipes and photos will be published on ilovefood.com.mt within the cooking club page.

October Cooking Club Recipe

As our first recipe assignment we are choosing "Stuffat tal-Majjal" Pork Stew - ideally you would use fresh Maltese pork if this is available in your area. You can use any part of the meat as long as it's pork! Feel free to experiment and be creative with the recipe. There are no good or bad recipes, so don't be shy!

The closing date for submission is 31st October, 2011 so you have ample time to prepare your version of pork stew.

To participate in the cooking club, you simply have to submit your recipe and photo by filling in the cooking club form at ilovefood.com.mt/cookingclub. You can upload as many pictures as you want to be included with your recipe.





Maltese Food on Facebook

More than 5,000,000 post views on Maltese Food FB page in 6 months is pretty impressive. In just six months more than 10,000 individuals from all over the world have joined the ilovefood.com.mt FB page dedicated to Maltese food.

The online FB community of Maltese food lovers is growing daily attracting friends from all over the world. Half of the visitors to the page come from outside Malta, with the main countries being Australia, Libya, United Kingdom, Italy, United States and Canada.

We would like to thank all of you who visit and post on the FB page, especially some of our most regular contributors including Georgina, Linda, Alex, Mark, Patricia, Kathy, Susan and so many more!

No more discussions with FaceBook!

Just a few days ago, a Facebook message / warning started appearing on the admin page of Maltese Food. Facebook are saying that *"the best way to encourage conversation and feedback is through posts and comments on your Wall, so we're removing the Reviews and Discussions tabs for now. We're working on tools to help you moderate, filter and manage content in one powerful place. Stay tuned. You won't be able to access your reviews and discussions once they're removed, so please save this content if you'd like to keep it for future reference."*

Since the Discussions tab on the Maltese Food Facebook page is very popular with you all, FaceBook's decision will cause problems. Discussions were not only used to discuss topics related to Maltese Food, but were also used to create reference posts for visitors. One of the most popular discussions was The Maltese Ftira discussion thread, which is constantly being referred too and discussed on the wall.

We have decided that first of all want to archive all the discussion we had, and open up a discussions board on ilovefood.com.mt.

To be able to discuss any topic related to Maltese food you simply have to visit the discussions area, login using your Facebook account and participate in any of the discussion or open a new thread yourself. We are confident that you will find this feature useful.

Discussions can be found at:
www.ilovefood.com.mt/discussions



START A NEW MALTESE FOOD DISCUSSION TODAY
ON: www.ilovefood.com.mt/discussions



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Festubru

Festubru is a festival of tradition, folklore and Maltese food. The event was held over on the 6th, 7th and 8th October in one of the most picturesque valleys of our islands - The Lunzjata Valley in Kercem. "Festubru" was organised by the Għaqda Muzikali San Ġirġor of Kercem, in collaboration with the Ministry for Gozo and the Department of Culture within the Ministry.

Amongst the various exhibitions, visitors could see the different farming animals and tools that our previous generations made use of. The spectators could also observe the making of Gozitan cheeselets, as well as traditional wool weaving.

We visited the festival on Saturday evening, the valley was floodlit and the whole place was full of people drinking home made white and red wine, sampling peppered cheeselets and Maltese Bread with tomato paste.

The small chapel in the Valley was open for visitors and the whole scene reminded me of Don Camillo and Peppone's Village.



A festival of tradition at the Lunzjata Valley



festival tat-tin

"The Festival tat-Tin (Fig Festival) was organised in Xaghra Gozo in the first weekend of October. The project part of "FICUSNET" an EU project, bringing together fig producers from Italy, France and Greece. This will be the second time that the event is being organised."

On Sunday in the Village, Pjazza l-Vittorja, exhibitions of fig products including Jams, liquors, sweets and dried figs.. The event was held between 8am and 1pm. Other products that were sold were the 'biskuttini tar-rahall', gulepp tal-Harrub, 'ilma zahar', 'qaghaq ta' l-ghasel', traditional ricotta pies and many others.

Traditional Maltese and Sicialia folk music and dances entertained those present for the event..



NOTTE BIANCA

1ST OCTOBER 2011
ALL NIGHT LONG
VALLETTA



This year's edition of Notte Bianca was held during the first weekend of October. Ilovefood.com.mt teamed up with a local catering company and participated in the event by setting up its own stall in Valletta. Many people visited the stall which was setup in Merchant's street.

The stall was obviously called ilovefood.com.mt specialized in Maltese food. The menu include two different types of rabbit pies - Torti tal-fenek (based on our own special recipe), Bebbux, Konnoli tar-Rikotta, Ghadam, Pasta Frolla, Pudina tal-Hobz and pasti tal-lewz. The rabbit pies, Kannoli and pudina were a big success and they were completely sold out! We enjoyed participating in the event since we had an opportunity to promote the Maltese Food - ilovefood.com.mt project and meet some local friends who follow the project on facebook.



MALTA COUNCIL FOR CULTURE & THE ARTS

NOTTE
BIANCA

Birgufest

2011

7 - 9 October

Red Electrick - Rug - Cruz - Texanna - The Crowns

Birgu by Candlelight - Traditional Maltese Games - Maltese & Foreign Traditional Music



Birgufest - Discovering Birgu

Birgufest has become one of the main events in Malta's cultural calendar, and is one festival that should not be missed! Organised by the Birgu local Council, the 6th edition of this year's Birgufest was held in the first weekend of October (7th, 8th and 9th October). The event has been taking place since 1990, celebrates Birgu's past. The city of Birgu played a very important role during the Great Siege of 1565.

During the three day event visitors were spoilt for choice with things to see, do and visit. These included historical re-enactments, street theatre, concerts, open-air events, cheaper museum entrances, dance, entertainment and palaces open to visitors. Such a festival would not be complete without sampling of various Maltese traditional foods. Each day events started from around nine in the morning and ended very late at night.

The 'Birgu by Candlelight' is a unique experience, where the streets are illuminated by thousands of candles. This creates a surreal, magical, yet romantic atmosphere. You can wander around the old streets of the city and imagine how the city would have looked at the time of the knights.





Recipes

STUFFED OLIVES

Ingredients:

- Bieba tal-bobz / breadcrumbs
- Incova / Anchovies
- Kappar / Capers
- Tursin / Parsley
- Bzar u melh / Salt & Pepper
- Zejt taz-zebbugia / Olive Oil



Method:

Mix everything in a bowl, and mash everything together into a paste, add some olive oil to soften the paste if required. Use paste to fill olives.

ROSS IL-FORN (SERVES 4)

Ingredients

- 300g long grain rice
- 200g minced pork
- 200 g minced beef
- 4 rashers bacon
- 200g ricotta
- 4 eggs well beaten
- 200g tomato pulp (you can use fresh tomatoes - the taste would be even better!)
- 100g Kunserva (tomato paste)
- 1tsp sugar
- 2 medium sized onions (chopped)
- Olive oil
- Salt and pepper
- 75g parmesan cheese
- 4 eggs (beaten)

Method

In a pot, fry the onions with some olive oil till translucent, add bacon, and mince. Mix well so that meat cooks evenly, Add tomato pulp, kunserva, salt and pepper to taste and sugar. Cook sauce for about 20 mins on low heat. In a separate pot boil rice, drain and put back in empty pot, mix with cooked sauce.

Add $\frac{3}{4}$ of the beaten eggs with rice and sauce and mix well. Pour the rice into a greased baking dish, and pour evenly the remaining eggs on top.

Bake in a hot oven until top becomes golden brown for around 30 mins.



TREACLE RINGS (QAGHAQ TAL-GHASEL)

For Pastry

- 400g cups flour
- 100g semolina
- 200g margarine
- 100g sugar 1 egg yolk
- Milk to blend

For filling

- 400g black treacle
- 400g sugar
- 2 tbsp. anisette liqueur
- grated rind of lemon
- Grated rind of orange
- 2 teaspoons semolina
- 1 teaspoon mixed spice
- 100g cocoa
- 100g water



Method (Pastry)

Mix flour with semolina, sugar and margarine in a bowl. Add the yolk and milk. Knead well until dough is quite smooth. Wrap dough in cling film and refrigerate for about an hour.

Method (filling)

Mix treacle with sugar, cocoa, and grated rind, anisette, mixed spice and water. Bring mixture to a boil, and gradually add the semolina, on low heat, allow mixture to thicken. Allow to cool.

Roll out pastry into long thin strips. put mixture in the middle and roll pastry to form a long tube or sausage. Form each tube into a ring. Using a sharp knife slit the ring at regular intervals. Bake until golden brown.

