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Welcome to the seventh issue of il-Borma

Dear friends,

With the summer heat on full blast, what better way to enjoy a refreshing dip in the sea, a cool evening breeze and some delicious food in the company of friends and family than a barbecue. Whether you are of an adventurous bent and think that barbecues should be conducted as far away from the humdrum as possible, or whether you usually organize your barbecues in your garden, some of the recipes and tips included in this seventh edition of "Il-Borma" might be of help.

During August, many of the towns and villages in Malta and Gozo celebrate the feast of their patron saint. Whilst Sunday morning crowds flock to hear the bands in the streets, it is still a tradition for families to enjoy a particularly luscious lunch, usually featuring rabbit stew, pasta under some guise or other and meat. If the guests are not too full of timpana (pasta pie) or patata l-forn (roast potatoes), then they might also savour some trifle, or a cup of home-made ice-cream. The evening crowds are usually more silent, as they watch the patron saints procession and the evening bands marching by, whilst digesting their lunch in their festa finery.

We hope that you will enjoy this edition of our newsletter and we look forward to your comments and recipes.

Tony
ilovefood.com.mt



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My checklist for the **BARBEQUE**

- ✓ Where are we going to hold the barbeque: on a sandy beach or on a rocky shore? Or perhaps in a friend's garden or near a swimming pool?
 - The latter possibility would definitely make life easier (especially with children) but will score pretty low with those of an adventurous bent.
 - A sandy beach would be the best outdoor alternative with regards to children, though the clean up afterwards might be more difficult.
 - Are there going to be any pets - if so, are there any BBQ venues where pets are not allowed?
 - How far away is the parking going to be?
 - How long does it take to arrive - and even more importantly, to return home?Phoning the relevant local council and asking for help, or even better, checking the place personally should answer some of these questions.
- ✓ Who are we going to invite?
 - Will there be any children or pets in the group?
 - Will there be any vegetarians, or persons who are allergic to certain foods?
- ✓ Who is going to get what? In this way, everyone's load will be lighter. However, a safety kit should be a must for everyone.

- ✓ Towels, woollen cardigans and long trousers are a must to avoid feeling cold in the evening.
- ✓ Charcoal or gas BBQ? The difference may be as simple as unique smoky taste but longer waiting times vs. the convenience of turning a knob but the same taste you get when cooking at home (and be careful about transporting the gas containers across large distances, though the smaller containers are meant to be fully mobile).
- ✓ Which food is going to be cooked?
 - Which food is going to be prepared at home?
 - Who is going to prepare the vegetarian dishes?
 - Who is going to bring the drinks?
 - Who is going to provide the fruit or the ice-cream?
- ✓ In what order is the food going to be cooked? To avoid the vegetarian dishes becoming permeated with smells and flavour of meat, it is better to start off with them.
- ✓ Who is actually going to the grilling?
- ✓ Who is going to do the driving back home? The driver should be prepared to limit his wine and/or beer intake.
- ✓ Operation cleaning up: who is going to do what?



BBQ APPETIZERS

If you're in charge of the barbecue and your friends and family cannot seem to understand the meaning of the word patience, the following appetizers can help you calm them down. You can also use the following suggestions as finger food for your guests as they watch the festa bands from your balcony.



Stuffed olives

Ingredients

- Bieba tal-hobz / soft part of the bread
- Incova / Anchovies
- Kappar / Capers
- Tursin / Parsley
- Bzar u meh / Salt and pepper
- Zejt taz-zebbuga / Olive Oil

Method

1. Mash the ingredients so that they combine well together.
2. Add the olive oil to the mixture to make it softer.
3. Fill the olives with this mixture.



Bigilla (bean paste)

Ingredients

- 250g ful ta' Girba (these are small brown beans, if you cannot find them use dried broad beans)
- 2 tbsps olive oil
- 1 head of garlic crushed
- 1 tbsp marjoram, mint or basil
- Salt
- Olive Oil

Method

1. Wash the beans and leave them soaking overnight in cold water.
2. Change the water and boil the beans until they become very tender and the water evaporates.
3. Mash the beans completely with a manual food masher or with a fork - the final consistency will be much better than if you use a food processor.
4. Put in a bowl and add all the other ingredients.
5. Add a little extra olive oil on top



Galletti

Ingredients

- 1kg self-raising flour
- 1 tsp salt
- 50g fresh yeast
- 1 tsp sugar
- 1 cup warm water
- 60g melted butter
- Extra warm water

Method

1. Dissolve the yeast and the sugar in a cup of warm water until the mixture is frothy.
2. Mix the flour and the salt in a large bowl and add the melted butter.
3. Add the yeast mixture and mix well.
4. Add the warm water as you go along to ensure a doughy consistency. When done, the dough should not be sticky.
5. Knead the dough on a bench top. Then place in a large bowl, cover it and leave the dough to rest for an hour or so.
6. Knead the dough again and cut it in small portions.
7. Roll out the portions as thinly as possible (you can use a pasta machine) and with a scone cutter or a glass cut the pastry in small circles.
8. Place the individual circles on a lightly dusted oven tray and bake until they are golden brown.



TIPS ON BARBEQUES

Always start with a clean grill. Apart from ensuring good hygiene, the removal of any cooked bits of food results in better flavour and quality.

Lightly oil the grate to prevent food from sticking. If the basting sauce contains oil, however, do not oil the grate as this will cause the flames to flare up.

Before you start grilling, place the ingredients you will need near the barbecue set.

Preheat properly to get a good crust and a lovely smoky flavour.

Cut the meat into thin slices, so that the heat can get to the inside (roughly about $\frac{1}{2}$ cm thick).

Turn the steaks and burgers only one or twice, otherwise they will not caramelise. Sausages are best left alone. Do not pierce the skin because this dries them out. However, you need to turn chicken frequently, about every 5 minutes.

Be sure that the meat is well-drained of excess marinade to avoid the flames flaring up. Trim fatty meat. However, if you want to remove the chicken's skin, do so after cooking to avoid the chicken from drying out.

Always put cooked meat on clean plates or chopping boards.

Leave the meat to "rest" after cooking. It will taste much better.

Clean the barbecue.



Sun Dried Tomato Paste by Chris Abela

Ingredients

- 1 garlic clove, crushed
- 1 cup sun dried tomatoes, chopped
- 1 tbsp fresh basil, chopped
- 1 tsp fresh oregano
- 1/2 tsp fresh rosemary
- 2 tbsps capers
- 2 tbsps red wine vinegar
- 4 tbsps olive oil,
- Black pepper, freshly ground

Method

1. Chop the sun dried tomatoes in a food processor to form a coarse purée. Remove the purée and set aside.
2. Process the rest of the ingredients to form a purée, scraping the work bowl, once or twice.
3. Add the tomatoes to the rest of the ingredients in the processor and mix briefly adding more oil if necessary.
4. Serve with toasted crusty bread.



TUNA DIP

Ingredients

- 1 large onion
- 1 big can of tuna
- 5 teaspoons mayonnaise,
- 1 teaspoon tomato purée,
- 1 teaspoon vinegar, salt and pepper

Method

1. Mix all the ingredients in a food processor or blender.
2. Serve with Maltese galletti or Maltese bread



Food safety & barbecues

When shopping, buy the meat and poultry from the freezer section just before you checkout. Separate the raw meat and the poultry from the other food. Drive directly home from your shopping and when you arrive home place the meat and the poultry immediately in the refrigerator or freezer.

Thaw the meat and poultry completely before grilling.

Marinate the meat and the poultry in the refrigerator not on the counter.

- Poultry, meat cubes or stew meat can be marinated up to 2 days.
- Beef, veal, pork and lamb roasts, chops and steaks may be marinated up to 5 days.

If some of the marinade is to be used on the cooked food, reserve a portion of it before putting the raw meat or poultry in it.

When transporting the food, keep it in an insulated cooler with sufficient ice or ice packs.

Pack food from the refrigerator in the cooler just before leaving home.

Take out the meat or the poultry only when it is going to be placed on the grill.

Keep the cooler out of the direct sun and avoid opening the lid too often. Pack beverages in a separate cooler.

Keep utensils and plates clean. If there is no source of clean water where you are holding the barbecue, take some water with you for cleaning together with some clean cloths and moist towellettes.

Cook food thoroughly - grilled meat and poultry brown very fast on the outside, but you should use a food thermometer to be sure that food has reached a safe minimum internal temperature.

- Whole poultry, poultry breasts and ground poultry: 165 °F or 74 °C

- Ground meat: 160 °F or 71 °C

- Beef, pork, lamb and veal: 145 °F or 63 °C and allow the meat to rest for at least 3 minutes.

Never partially grill meat or poultry to be finished later.

When reheating fully cooked meats, like hot dogs, grill to 165 °F or 74 °C or until they are steaming hot.

Keep cooked meat and poultry hot until they are served.

When taking the food off the grill place on a clean plate. Do not use the same plate that had held the raw meat or poultry as harmful bacteria present in the raw meat can contaminate the cooked food.

Do not let food sit out for more than an hour.





Cooking club recipe
By Marco Buttigieg

Fenek Mixwi Fuq Il-Hatab

Ingredients

- 1 rabbit.
- 250mls white wine.
- Juice of half lemon.
- 2 clove garlic chopped.
- 1 Bay leaf.
- Olive oil.
- Fresh rosemary finely chopped.
- Ground fresh pepper.
- Red pepper flakes (optional)
- Potatoes thickly sliced.

Method

Cut the rabbit in pieces.

Prepare the marinate by using the first 7 ingredients. Marinate the rabbit for at least 6 hrs.

Prepare the charcoal for the BBQ and remove the rabbit pieces from the marinate. Simmer the marinate for 10 mins.

When the coals have formed a white ash start cooking the rabbit and baste frequently with the marinate.

The larger pieces of the rabbit need about 20mins to cook.

Potatoes

Parboil the thick slices for 5mins and place on kitchen towel to cool. Place in bowl and add Olive oil seasoning and minced herbs like thyme and rosemary.

Cook on BBQ for a few mins.

Serve with the cooked rabbit.

Surprise Loaves

Ingredients

Small loaves hollowed
100gr chopped gammon
100gr chopped mushrooms
1 small grated zucchini
50gr grated cheese
Sage
1 egg
A dash of freshly-ground black pepper

Method

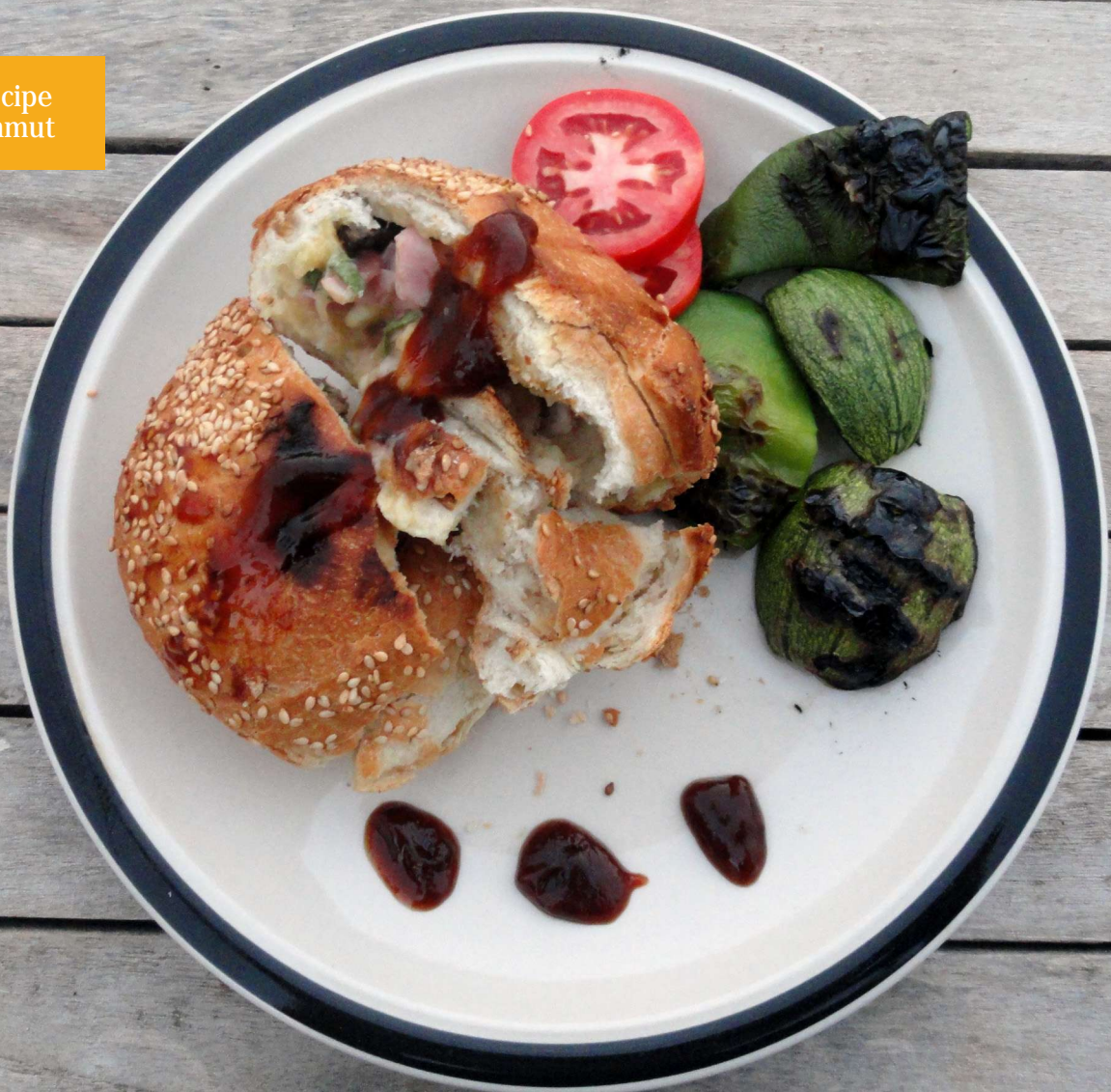
Combine the white bread (you got out of the loaves) with the gammon, mushrooms, zucchini, cheese, sage, egg and black pepper all together.

Fill the loaves with the mixture.

Wrap in foil and put on a heated BBQ for 10 minutes.

To serve: open foil, brush with BBQ sauce and serve with barbecued vegetables on the side.

Cooking club recipe
By Carmen Sammut



Marinades

Marinades are liquids best suited for tougher cuts of meat. Typically, they include herbs, condiments, spices and oils together with an acid, like lemon juice, wine, vinegar or a dairy product. The addition of sweet ingredients to marinades can result in a caramelized coating on the grilled meats. Meats should always be marinated in the refrigerator. During the last 3-4 minutes of grilling, the meat should not be basted with the liquid in which the raw meat had marinated.

Marinades can also be applied to vegetables; indeed, vegetables cook better and are less likely to stick if they are marinated first (or lightly brushed with some oil). A vegetable marinade should mostly consist of oil with lemon juice and some seasonings.

Beef or chicken marinade

Ingredients

- ¼ cup soy sauce
- 3 tablespoons honey
- 2 tablespoons distilled white vinegar
- 1 ½ teaspoons garlic powder
- 1 ½ teaspoons ground ginger
- ¾ cup vegetable oil
- 2 green onions, chopped
- 1 teaspoon coarsely ground black pepper

Method

1. Mix the soy sauce, the honey, the distilled white vinegar, the garlic powder, the ground ginger, the vegetable oil, the green onions and the black pepper.

2. Place the meat in the marinade and marinate in the refrigerator for at least 4 hours before grilling.



Rubs

Rubs are blends of strong and mild spices and herbs, which are rubbed on meats before grilling to add a spicy or smoky flavour. When oil or another wet substance is added (a little moisture helps the rub adhere to the meat) they are called wet rubs. The rubbed meats should be set aside (from 30 minutes to overnight) to allow the spices to permeate the meat.

All-purpose rub

Ingredients

- 4 tablespoons white sugar
- 4 tablespoons salt
- 1 tablespoon paprika
- 2 tablespoons mustard powder
- ½ teaspoon ground black pepper
- 1 pinch dried oregano
- 1 pinch dried thyme

Method

1. Combine the sugar, the salt, the paprika, the mustard, the pepper, the oregano and thyme.
2. Coat meat with mixture, and grill as desired.



Brines

Brines are salty solutions that help lean meats remain juicy and tender during the grilling. They are usually used with poultry and lean meats, like pork, that tend to dry out on the barbecue grill. Sugars, spices and herbs may also be added to the salty liquid.

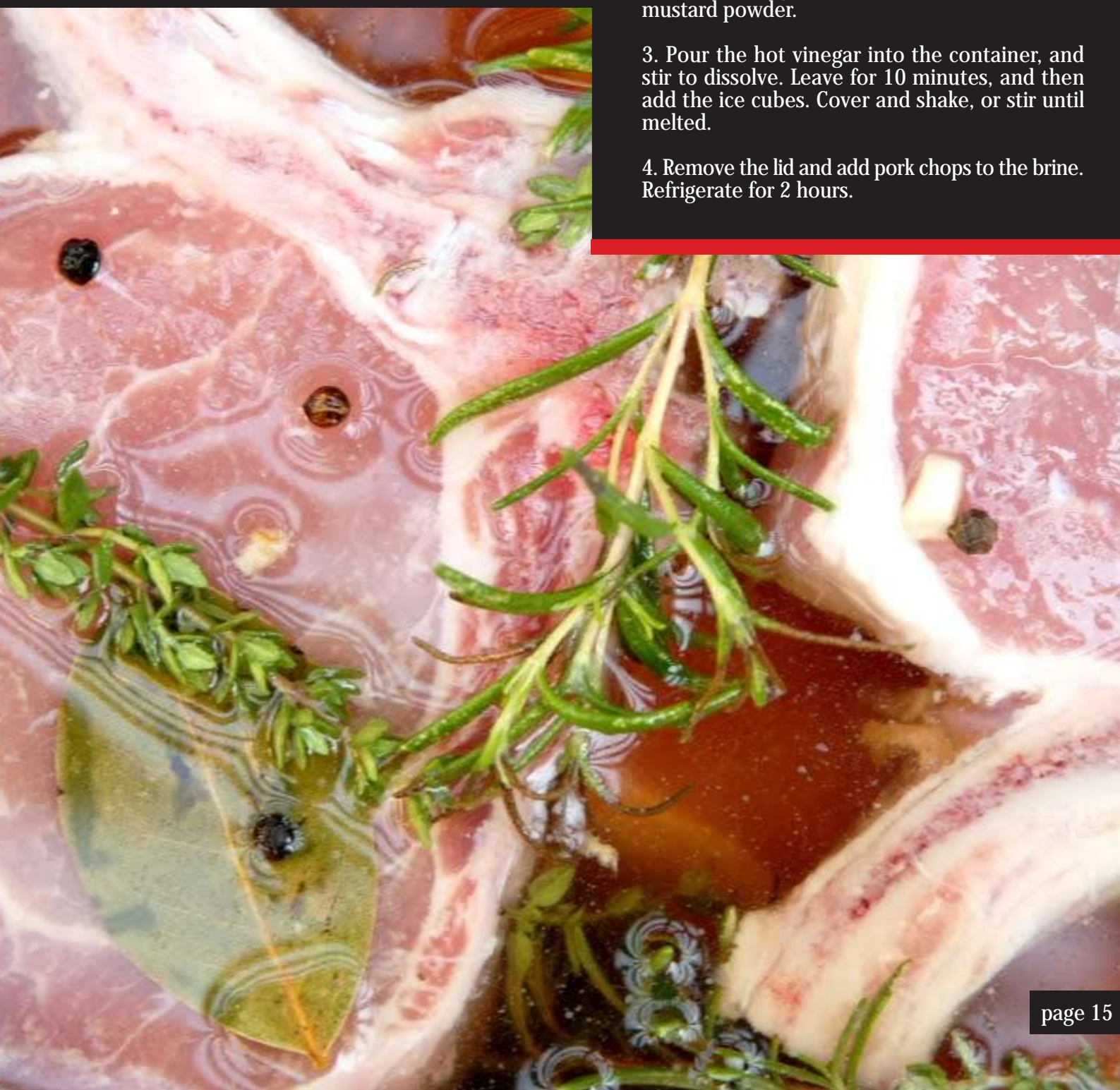
Pork brine

Ingredients

- 2 cups apple cider vinegar
- 1 cup salt
- 1 cup brown sugar
- 1 tablespoon black peppercorns, whole
- 1 tablespoon mustard powder
- 1 tray ice cubes
- 2 pounds boneless pork chops

Method

1. Place the vinegar into a saucepan and bring to a boil.
2. In a sealable plastic container, combine the salt, the brown sugar, the peppercorns, and the mustard powder.
3. Pour the hot vinegar into the container, and stir to dissolve. Leave for 10 minutes, and then add the ice cubes. Cover and shake, or stir until melted.
4. Remove the lid and add pork chops to the brine. Refrigerate for 2 hours.





BASIC BBQ SAUCE

Ingredients

1 small onion, chopped
3 cloves garlic, crushed
Extra virgin olive oil
1 red chilli, finely chopped
1 teaspoon fennel seeds, crushed
55 g dark brown sugar
50 ml dark soy sauce
300 ml tomato ketchup
Salt and pepper

Method

1. Fry the onion and the garlic in the olive oil together with the chilli, the fennel seeds and the sugar.
2. Add the soy sauce and the ketchup, and season to taste.
3. Bring to the boil and let the mixture simmer for a few minutes.

Tips on grilling vegetables

The best vegetables for the barbecue grill: asparagus, corn, eggplant, mushrooms, peppers, onions and cabbages.

The vegetables to avoid: cucumbers, celery and most leafy greens (because of their high water content)

Most vegetables cook better and are less likely to stick if they are marinated or lightly brushed with oil.

Different vegetables need different amounts of time to cook (between 5 and 20 minutes). When the skin starts to blister and the middle feels soft, then the vegetables are done.

For added flavour, grilled vegetables can be sprinkled with fresh herbs.

Larger vegetables, like eggplants, squash and onions, should be cut into smaller pieces, but they should be at least ½ inch thick.

Smaller vegetables, like mushrooms, are best served as kebabs.

Vegetables can also be wrapped in heavy-duty foil, though this will reduce the smoky flavour.

Grilled vegetables can be used to make sandwich fillings or can be added to pasta and rice.





Grilled eggplant with goat's cheese

Ingredients

- 1 eggplant, sliced
- 2 tomatoes, sliced
- 11oz. (312 g.) goat's cheese
- 4 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- Salt and pepper

Method

1. Preheat the grill to medium.
2. Coat the eggplant with olive oil and balsamic vinegar and add salt and pepper to taste.
3. Place half the eggplant slices on a tray.
4. Place a slice of tomato and a slice of goat's cheese on each eggplant slice.
5. Add a little salt and pepper and top with the remaining eggplant slices.
6. Secure each eggplant sandwich with a toothpick.
7. Oil the grill grate, remove the toothpicks and arrange the eggplant sandwiches on the grate.
8. Cook for 8 minutes on one side and for 6 minutes on the other side.

Maltese bread with a warm vegetable filling

Ingredients

- ¼ cup mayonnaise
- 3 cloves garlic, minced
- 1 tablespoon lemon juice
- 1/8 cup olive oil
- 1 cup sliced red capsicums
- 2 small zucchini, sliced
- 1 red onion, sliced
- 1 small yellow squash, sliced
- 2 slices Maltese bread
- ½ cup crumbled feta cheese

Method

1. Mix the mayonnaise, the garlic and the lemon juice in a bowl, then set aside in the fridge.
2. Preheat the grill to high. Brush the vegetables and the grill with oil.
3. Place the capsicums and the zucchini in the middle of the grill; arrange the onion and the squash pieces around them.
4. Cook for 3 minutes on each side, and then remove from the grill.
5. Spread some of the mayonnaise mixture and the crumbled feta cheese on the bread and place on the grill (mayonnaise side up). Watch carefully so that the bread does not get burnt.
6. When the cheese is slightly melted, remove from the grill and add the vegetables.



Kapunata Maltija (Maltese caponata)

Ingredients

- 200g onions, thinly sliced
- 1 tbsp olive oil
- 400g tomatoes, peeled and chopped
- 500g eggplant, cubed
- 2 celery stems
- 6 olives
- 1 tbsp capers
- 2 tbsps tomato paste
- 125ml water

Method

1. Place the onion and the olive oil in a saucepan.
2. Cook the onion on moderate heat, stirring continuously. If the onion dries out, add some water.
3. Add the tomatoes, the eggplant, the celery, the olives, the capers, the tomato paste and more water, still stirring continuously.
4. Bring to a boil.
5. Reduce the heat, cover the saucepan and leave to simmer for one and a half hours.



A FESTA OF FOOD



The hot dog and hamburger stands may do rapid business with the festa crowd, but in the home it is still the traditional Sunday lunch that sets the pace. The family cook starts her preparations rather early. What is it going to be this time? A spagettata bl-istuffat tal-fenek (spaghetti with rabbit stew), a timpana (a pasta pie), a dish of patata l-forn (roast potatoes) with some majjal (pork)? She needs ample time to choose so that she can give notice to Pawlu, the butcher, that she wants a nice cut of beef or a tender rabbit. Moreover, she needs to consider her grand-daughter Sylvia, who has become a vegetarian. Would a vegetarian timpana do the trick? Or perhaps a meatless lasagne? But then, she also has to consider friends and acquaintances that will drop by on Saturday evening to watch the evening bands marching by. She'll do some Hobz biz-zejt (Maltese bread with oil, tomato paste and other ingredients), some qassatat (small pies) - perhaps with ricotta and spinach and anchovies - and of course, she will buy some zebbug mimli (stuffed olives) and some gbejniet (cheeselets).

But apart from the wines and the beers, she also has to remind her son, Mark, not to forget three sacks of paper for the children to throw onto the bands, whilst they are passing underneath the balcony. And talking about children, what about the dessert? She'll do a trifle for the older ones and prepare some ice-cream for the younger ones, not that with all the excitement of the festa they will be all that interested in what they are eating. Maybe she should prepare the ice cream herself? But this year she definitely wants to buy some qubbajt (nougat), perhaps from one of the street vendors in the main street. It's been ages since she's tasted some. She looks round for a piece of paper and a pen so that she can start writing down her shopping list. Hopefully, she will be able to watch the Sunday evening procession in peace. But she will have to ask the baker whether he will be open early Monday morning, so that she would be able to buy some loafs to prepare the hobz biz-zejt for the xalata (an outing to the seaside the day after the festa).

She smiles satisfied, and starts scribbling.



Grilled Maltese sausage

Ingredients

- 1.5 kg minced pork with fat
- 90g sea salt
- 45g black peppercorns, crushed
- 45g coriander seeds, crushed
- 5 garlic cloves
- 5 tablespoons chopped parsley
- Pork intestine skins (to enclose the filling)

Method

1. Mix the pork with all the other ingredients.
2. Wash the intestines thoroughly, several times, in cold salted water.
3. Fill the skins with the mixture. Every 3-4 inches tie a piece of string to mark the end of the sausage.
4. Prick each sausage with a fork and hang it in the coolest place possible for 2-4 days.
5. When it's time to cook them, turn the barbecue on low and do not prick the sausages as this dries them out.

COMINO

an island of peace and tranquillity

With only a handful of permanent residents, and just one hotel, Kemmuna is definitely the place to go if you're in search of some peace and quiet. Its name derives from cumin (in Maltese, kemmun) which is quite plentiful on the island. It lies between the islands of Malta and Għawdex (Gozo) and the whole island has been classified as a nature reserve. Although it had been inhabited by farmers when Malta was under Roman rule, it was more popular with the pirates of the Middle Ages, who used Kemmuna as a post from where to raid boats crossing between Malta and Għawdex. From 1285 until 1290/1, the island was also the home of the exiled prophetic cabbalist Abraham Abulafia.

Later, the Knights of Malta used the island as hunting grounds for wild boar and hares, as well as a place where to imprison or exile errant knights. The sentence of those knights who were found guilty of committing minor crimes occasionally involved manning the St. Mary's Tower, a particularly lonely and dangerous task. This building is the most visible structure on the island. In 1416, the Maltese had petitioned Alfonso V of Aragon, to build a tower from where the Maltese could be warned of an impending invasion and the pirates would be deterred from using Kemmuna as one of their posts. But although the king levied a special tax on imported wine for this project, he kept the money for himself. The tower was built only in 1618, when the Maltese Islands were ruled by the Knights of Malta. The tower, a square building, with four corner turrets, is about 12 metres tall and its walls are about 6 metres thick. It is raised on an 8-metre platform and plinth. With the advent of Napoleon (1798-1800), St. Mary's tower served as a prison for suspected spies. The British abandoned it for many years, to resume its usage only during the First and the Second World Wars. Since 1982, the tower is the property of the Maltese Armed Forces, and has been subject to extensive restoration from 2002 to 2004. It now serves as a lookout post against contraband and the illegal hunting of migratory birds.

The Roman Catholic Chapel dedicated to the Sacred Family Upon Its Return from Egypt was built in 1618 but was enlarged twice in the subsequent years. However, there are records which suggest that there had been a chapel back in the 12th century which was also built above Santa Marija Bay, on the same site which houses the present chapel.

Well into the 20th century, whenever the Gozitan priest could not make the crossing to Kemmuna to celebrate mass, the local community would gather at Tal-?mara (literally "of the donkey") and gaze across the channel towards the Gozitan Chapel of Our Lady of the Rocks in ?ondoq ir-Rummien. They would follow the mass by means of a complex flag code.

The St. Mary's battery also harkens back to the rule of the Knights. It has remained in a fair state of preservation and still houses two iron cannons. It also underwent restoration in 1996. St. Mary's Redoubt, together with the battery, was built in 1716 but was subsequently demolished. The knights had also built army barracks on Kemmuna, which in the 20th century were sometimes used as an isolation hospital.

Of a more modern bent, the Comino Hotel with its two private beaches is a 1960s project, located above the San Niklaw Bay. There are also some holiday bungalows by Santa Marija Bay, and a police station between the holiday bungalows and the chapel.

Kemmuna is quite a popular location for filmmakers - it appeared in *Troy* and *The Count of Monte Cristo*. Moreover, the transparent waters of the Blue Lagoon (in Maltese Bejn il-Kmiemem i.e. between the Cominos), which is situated between Kemmuna and the islet of Kemmunnett (Cominotto), is very popular with Maltese and tourists alike, and is also particularly rich with marine life.

Honey ice-cream

Ingredients

- 100g. pistachios, raw and roughly chopped
- Honey
- 1 large tin of full-cream evaporated or condensed milk (chilled overnight)
- 3 tablespoons caster sugar
- Zest and juice of 2 green summer lemons

Method

1. Line the bottom of a 2-litre loaf-tin with non-stick, greaseproof paper.
2. Scatter half of the pistachios on the paper.
3. Boil 4 tablespoons of honey to make caramel and pour over the nuts. Leave it to cool and harden.
4. Whisk the evaporated or condensed milk until it thickens.
5. Add 2 or 3 tablespoons of lemon juice and whisk again until the milk has thickened even further.
6. Add the sugar and continue whisking until the mixture is very thick.
7. Lightly fold in the grated lemon zest and 3 tablespoonfuls of honey.
8. Pour the mixture into the tin. Cover the mixture with the remaining pistachios and freeze it.
9. Be sure to slice it when it is thoroughly cold.



Fennel grilled chicken wings

Ingredients

- 12 chicken wings
- 2 tablespoons fennel seeds
- 2 tablespoons dried thyme
- 1 tablespoon salt
- Olive oil

Method

1. Grind the fennel seeds with the salt and then mix in the dried thyme.
2. Rub some olive oil onto the chicken wings. Then work the fennel seed rub onto the wings.
3. Preheat the grill to high and grill the chicken wings for 20 minutes, turning regularly.





Beef, shallots & mushroom kebab

Ingredients

- 100 ml. sherry vinegar
- 200 ml. sesame seed oil
- 2 garlic cloves
- Olive oil
- 400 g. rump beef, cubed
- 16 shallots
- 16 butter mushrooms

Method

1. Mix the sherry vinegar, the sesame seed oil and the garlic cloves.
2. Marinade the beef cubes in the mixture.
3. Fry the shallots in the olive oil until tender.
4. Add the mushrooms and continue cooking.
5. Insert the beef cubes, the shallots and the mushrooms in the skewer and cook on a hot grill.

CITRUS SALMON

Ingredients

- 4 salmon fillets with skin
- 100g mixed leaf lettuce
- 2 small lemons
- 2 medium oranges
- 1 large lime
- 100ml freshly squeezed lemon juice
- 1 punnet cherry tomatoes, halved
- 100ml freshly squeezed orange juice
- 2 large cloves garlic, divided
- Black pepper, freshly ground
- Sea salt, freshly ground
- 50ml freshly squeezed lime juice
- olive oil
- 4 tablespoons balsamic vinegar
- 2 teaspoons fresh dill, chopped

Method

1. Thoroughly wash the salmon, pat dry and drizzle with a small amount of olive oil.
2. Rub the grinded salt and pepper onto the skin and place in the refrigerator for 30 minutes.
3. Cut the lemon, the orange and the lime in segments, being careful to collect all juices. Mix all fruit segments with a little olive oil, half a clove of garlic (crushed) and refrigerate.
4. Combine the dill, one of the crushed garlic cloves and the lime, lemon and orange juice; drizzle some olive oil, and add some salt and pepper.
5. Place the salmon in a shallow sealable container and cover with the dill marinade. Refrigerate for not more than 2 hours. Remove salmon from the fridge 20 minutes before cooking.
6. Turn the barbecue on high. Combine the citrus segments, the citrus juice, the cherry tomatoes (halved), the salad mix, and 1 tablespoon of balsamic vinegar.
7. Place the salmon, skin side down, on the garlic rubbed barbecue grate and cover it with large saucepan lid.
8. When the salmon is cooked halfway through, turn it carefully on its other side and replace the lid for another 2 minutes.
9. Leave the salmon slightly pink, it will continue cooking once it is off the BBQ.
10. Remove the salmon and place it on a preheated plate for 3 minutes to rest.
11. Place the salmon, skin side up, on a small amount of salad mix, but leave out the citrus segments.
12. Garnish the plate with the citrus segments, some cherry tomatoes and some balsamic vinegar.



Maltese grilled garfish

(Msella mixwija)



Ingredients

- 3 pounds (1.4 kg) whole garfish
- 1 lemon, quartered
- 1/2 cup olive oil
- Juice of 1 lemon
- 2 garlic cloves, crushed
- 2 tablespoons flat-leaf parsley, finely chopped
- Salt
- Black pepper, freshly ground
- Lemon wedges, to serve

Method

1. Scale and clean the fish if necessary.
2. Rub the cavities with the lemon to give the fish some flavour.
3. Pierce the flesh in the tail region and introduce the beak in the hole to form a ring. Do not pierce the flesh directly with the beak, as it may break.
3. Beat the oil with the lemon juice, the garlic, the parsley, and some salt and pepper in a bowl.
4. Brush the fish with the oil mixture and cook slowly on the barbecue grid for about 15 minutes.
5. Turn frequently. Continue brushing the fish with the oil mixture.
6. Serve hot with lemon wedges

AUGUST

FACEBOOK FANS FOOD



Sea bream with green peppers
Rene Isabelle Barun



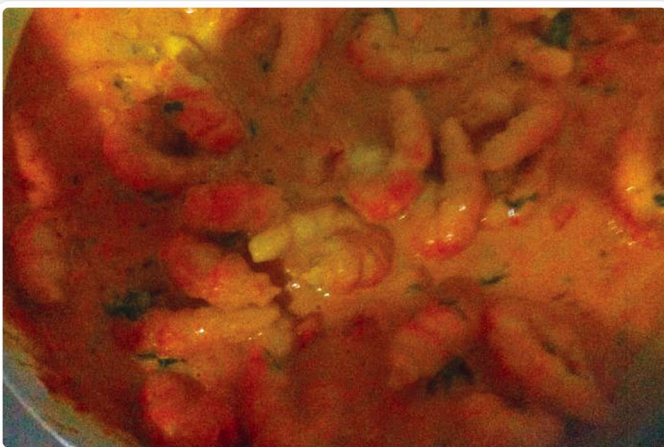
Ice-cream
Pauline Mifsud



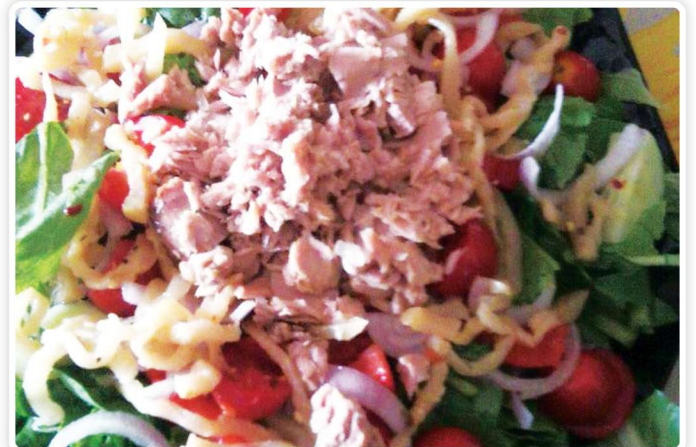
Coconut cake
Karen Mifsud



Soppa ta l-armla
Kiki Gouder



Creamy Curried Prawn sauce
Steffi Zammit



Tuna Salad
Catherine Fenech