



Newsletter Issue December 2012



Operational Programme I – Cohesion Policy 2007-2013

Investing in Competitiveness for a Better Quality of Life

Website part-financed by the European Union

European Regional Development Fund (ERDF)

Co-financing rate: 42.5% EU Funds, 7.5% National Funds, 50% Private Funds

Investing in your future



Welcome to the ninth issue of il-Borma

Dear friends,

This is our second Christmas together, and I'd like to thank all of you for your support ... and your mouth-watering recipes.

I believe Christmas is for children ... children present and children past. Indeed Christmas is the time of the year when adults seem to bridge the gap to their childhoods, and what better way to achieve this than by the delicious odours that waft out of traditional recipes, once prepared by aunts and uncles, mothers and fathers and grandmothers and grandfathers, and which we now cook ourselves.

Nowadays many grumble that Christmas has become a by-product of consumerism, but I think tradition is very much part and parcel of this feast. First and foremost, it's a family festivity. It's an occasion to meet and talk with other members of the family in a relaxed atmosphere and with no intrusive mobile phones or hassling appointments. It's also a time for remembering, especially for the previous generations, whose brothers and sisters may be celebrating Christmas in some other part of the world. But perhaps they're cooking exactly the same kind of food we'll be eating for Christmas this year.

Best wishes from all the ilovefood.com.mt team for a merry Christmas and a happy New Year. **Nittama li jkollikom Milied hieni u Sena Gdida mimlija risq u hena.**

Tony
ilovefood.com.mt



- 3 Christmas Cake
- 4,5 Table Decorations
- 6 Christmas Log
- 7 Imbuljata tal-Qastan
- 8,9 Traditions vs. consumerism
- 10 Almond biscuits
- 11 Choc chip cookies
- 12 Penne with chicken
- 13 Glazed Christmas Ham
- 14 Christmas Hampers
- 15 Stuffed Quail
- 16 Religious Christmas
- 17 Presepji u pasturi
- 18 Mincemeat Filling
- 19 Mince pies
- 20 Christmas Food
- 21 Qaghaq ta' l-Ghasel
- 22,23 Facebook fans images
- 24 Chocolate Coconut Rounds
- 25 Baci Cake
- 26 Maltese Christmas Carols
- 27 Chicken Tagine



Christmas Cake

by Mary Scicluna

Ingredients which have to be prepared a day before commencing the recipe:

- 3 spoonful of rum
- 3 spoonful of cherry brandy
- 3 spoonful of cognac
- 3 spoonful of port
- 3 spoonful of water
- 2 teaspoonful of mixed herbs
- 1 ½ teaspoon of vanilla essence
- 1 spoonful of brown sugar
- 450g raisins
- 225g currants
- 110g sliced prunes
- 50g cherries, cut
- 110g candied sweets
- 50g mixed almonds and cut

Ingredients for the cake:

- 250g self-raising flour
- 250g brown sugar
- 250g unsalted butter
- 350g eggs

1. The day before starting this recipe, mix the fruit with the alcohol.

2. In order to initiate the cake process, apply some butter to the pan in which you will place the cake and cover with a baking sheet.

3. Preheat the oven at a temperature of 275f/140c/gas1.

4. Combine the flour, butter and sugar together. Stir.

5. Add the eggs and continue stirring.

6. Finally insert the fruit which have been combined with the alcohol and bake the cake for at least 3 hours.



Christmas table decorations

'L-ewwel ma tiekol l-ghajn'

If you're going to host a dinner during the Christmas period, you might not have enough time to spend on table decorations, especially if you're going to do all the cooking yourself.

The following are some hints for easy and cheap table decorations.

 Place a large glass bowl full of small Christmas tree ornaments as the table centrepiece.

You won't have to spend a euro cent, as you'll most probably have some extra Christmas tree ornaments.

 Alternatively, you can fill the glass bowl with chocolates and coloured candy canes.

- A very simple equation: the number of chocolates eaten by your guests is inversely proportionate the number of hours you'll have to exercise hard on your treadmill or at the gym!

- It will score major points with children, but it you should be careful that they don't gorge themselves on chocolates and candy and ignore your meal, or worse make themselves sick.



You can arrange pillar candles - either in the centre of the table or at each place setting - in a small wicker basket filled with greenery which you can collect from your garden (if you're lucky enough to have one) or beg for some from friends and relatives.

- If you are going to light these candles, you should pay attention that they don't burn too low and cause a blaze.

- If you have - or can borrow - candle holders, you can use taper candles, to decorate and illuminate the table. In this way you can keep the flames clear off any other decorations you have on the table.

- If you can't manage to get hold of candle holders, then you can create some yourself by using empty wine or oil bottles. In addition you'll manage to infuse a certain "Pirates of the Caribbean" atmosphere with no cost at all.



You can also use plastic or metal cookie cutters tied with a colourful Christmas ribbon as decorations at each place setting.

- Apart from the relatively low cost, you can find a wide assortment of patterns, and they can also serve as party favours.



Christmas tablecloths are the easiest way of decorating a table. However, if your tablecloth is very colourful, be a bit wary of adding too many decorations on top.

- Think twice before placing your grandmother's embroidered tablecloth if you're actually going to serve food on it. Bits of food do inevitably get spilt on tablecloths and placing a transparent plastic cover on it is not very complimentary to your guests.

Major rule: If there is the remotest possibility of their being an accident, the presence of children will upgrade this remote possibility to a probability. Therefore, it's always best to err on the side of caution.





Christmas Log Recipe

- 2 Packets biscuits plain (you can use Morning Coffee or Digestive)
- 1 large tin Condensed milk
- 100g Glace cherries
- 100g Walnuts
- 100g Candied peel
- 150g Hazelnuts and Almonds (crushed)
- 100g Bar Milk Chocolate
- Some Brandy

Crush the biscuits

Chop the nuts (make sure they are roasted beforehand)

Mix all ingredients (except Bar Milk Chocolate) by hand in a large bowl.

Shape Mixture to form the log and wrap in a greaseproof paper.

Put into the fridge and leave it for 12 hours to harden.

Remove the log shaped mixture from paper.

Melt the chocolate in a bowl over boiling water and cover to decorate the log. you can use flakes of hardened choc to add texture to your log.

Imbuljuta tal-Qastan (A traditional Maltese drink made of chestnuts)

Imbuljuta is a traditional Maltese drink served after Midnight Mass on Christmas and New Year's Eve. It is hot, spicy, delicious and comforting to take during those windy wintery nights. This sweet drink seems to contain a Christmas fragrance and it's normally served while hot in mugs or bowls.

- 400g dried chestnuts
- 175g sugar
- 50g drinking chocolate
- 50g dark chocolate chopped in large pieces
- Grated rind of 1 orange
- 1 tangerine peel finely chopped
- Mixed spice
- Ground cloves

Wash the chestnuts a couple of times, always changing the water after every wash.

Place the chestnuts in a large bowl, and then cover them with water again. Leave them to soak overnight.

The next day first take off any remaining peel, then put all the chestnuts and the water into a large saucepan. Hence add all the other ingredients.

Put on a moderate heat till it starts boiling.

Next reduce the heat and let the mixture simmer for about 50 minutes, or until the chestnuts are tender. If you deem it necessary, add some boiling water.



Traditions vs. consumerism

Come November, we start having discussions about how we've lost the real spirit of Christmas and how it's all one big shopping spree. Four Sundays before Christmas and it's L-Avvent (the Advent), a period during which Western Christianity prepares and expectantly awaits the birth of Jesus. Outside the churches, shops start preparing for a period of (hopefully) increased sales by decorating their windows with colourful poinsettias, stars, Nativity scenes and jolly Father Christmases. And suddenly, it's December, and the streets are all awash with lights and Christmas carols.

But notwithstanding our preoccupation with finding the right gifts (whilst keeping well within the budget - a quite universal preoccupation I think), organizing massive banquets and budgeting for our 2013 gym membership fee, Christmas is not all about self in Malta. Indeed, on the 26th December many Maltese spend the afternoon and evening in front of a TV set watching well-known personalities from every walk of life do their earnest best to raise funds for the Community Chest Fund, a charitable institution set up to help philanthropic institutions and individuals with different needs, chaired by the President of Malta. Indeed the 12-hour televised marathon is just the finale of a series of activities, all part of L-Istrina mill-Qalb (in Maltese: a New Years' gift from the heart) campaign, such as the President's Charity Fun Run and a Fine Arts Auction.

And whilst we're on the subject of television, many Maltese switch on the TV at noon on Christmas day to hear the papal urbi et orbi (i.e. to the city [of Rome] and to the world) blessing in Maltese. This will be the 32nd year that a pope will be wishing us a merry Christmas in Maltese.



For the children

Though it is perhaps the very young who actually believe that Father Christmas is for real, many still expect to find his gifts underneath the Christmas tree when they wake up on the 25th December. I don't know exactly what the young ones think when they see the many Father Christmases ho-ho-hoing in shopping malls or supermarkets, or the one who just a couple of days before Christmas delivers a gift - on some sort of sled and with bells a-ringing, although sadly there is no Rudolph in attendance - at their house. Indeed, in some towns it has become quite a regular event to have a Father Christmas deliver the gift which you've bought for your young ones at home.

Moreover, there are also the added attractions of staying up very late for midnight Christmas mass - an added plus being if you're the girl or boy chosen to deliver il-Priedka tal-Milied (i.e. the Christmas sermon), perhaps the highlight of the midnight mass. The girl or boy has some weeks in which to learn the sermon by heart, and then he or she delivers it to a packed church, including the boy's or girl's very nervous parents, who most probably know the sermon by heart as well.

Another favourite Christmas occupation is decorating the Christmas tree. Another British import, the Christmas tree is a very popular endeavour, with some families adding something extra each year - be it new decorations or new lights - or even upgrading the Christmas tree itself, though some specimen can be family "heirlooms". Some families also decorate the whole house with diverse paper decorations and lights. (From personal experience, I can also vouchsafe that dismantling the Christmas decorations is definitely less satisfying and less popular.)

Families usually also set up a Bambin (a statue of Baby Jesus) in an apposite manger, complete with ?ulbiena (i.e. wheat, grain and canary seed "sown" in cotton wool, traditionally five weeks before Christmas and left in the dark until the seeds produce whitish shoots) though it is not unheard of their being more than one Bambin per household, sometimes an "inherited" Bambin or one that's been in the family for years, and a newer statuette, perhaps the quite popular Bambin iswed (black Baby Jesus). Another family tradition which combines the traditional and the new is the presepu (crib). Some families have inherited a presepu or built it themselves, to which they add something new, perhaps a pastur (a statuette representing one of the characters which populated the first Christmas), each year.



Almond biscuits

by Vince Azzopardi

Ingredients

- 8oz almond meal
- 1 ¾ cups icing sugar, sifted
- 2 egg whites
- Few drops of almond essence
- Green and red cherries cut into quarters
- Almond halves

For the glaze

- 2 tsps gelatine
- 2 tsps sugar
- 3 tbsps water

Method

1. Mix the almond meal and the icing sugar, then add the egg whites and the almond essence and mix well.
2. Spoon the mixture into a piping bag fitted with a half-inch star nozzle.
3. Place the biscuits on a tray lined with baking paper.
4. On each biscuit place a cherry or an almond (as shown in the photo).
5. Cover loosely with some foil and leave them overnight in the fridge.

To bake the biscuits

1. Preheat the oven at 190 °C (fan-forced).
2. Bake for 12-15 minutes or until they turn golden brown.

For the glaze

1. Put all the ingredients in a small pot and mix well.
2. Place the pot on low heat, stirring continuously.
3. Bring to the boil and leave to boil for another minute.
4. When the mixture has cooled down, brush the cold biscuits lightly with the glaze and leave them to dry.



Choc chip cookies

by Vince Azzopardi

- 4oz butter
- 4oz sugar
- 1 egg yolk
- 7oz self raising flour
- 3oz choc chip

1. Cream the butter and the sugar, then add the egg yolk and beat the mixture.
2. Fold in the flour and beat well until all the flour has been incorporated in the mixture.
3. Add the chocolate chips and mix well.
4. Roll a spoonful of the mixture (roughly the size of a walnut) between your hands into a small ball.
5. Place on a tray lined with baking paper.
6. Leave some space between each biscuit to allow for any spreading of the mixture.
7. Put the biscuits in a preheated oven at 190°C (fan-forced) for 15-20 minutes or until they turn golden brown.

Tip:

Instead of chocolate chips you can add some grated orange or lemon rind, sultanas, glace cherries or any kind of nuts, including almonds. If you opt for almonds, add a few drops of almond essence.



Penne with chicken

by Lorraine Hussain

1. Fry the onions in a pot.
2. Add the bay leaves, the cinnamon and the mixed spice, the carrots, the garlic and the chicken.
3. When everything has been cooked, add some Worcestershire sauce, the tomato paste, the chicken stock, the potatoes, the peas, some salt and pepper, and if you like it, some spicy cayenne pepper.
4. Leave to simmer, and then add the penne.
5. Stir and cook till the penne are ready. (In the meantime, the stock should start to reduce and thicken with the pasta.)
6. Serve with some grated cheese.

- 2 large onions
- 3 bay leaves
- 1 tsp cinnamon
- 1 tsp mixed spice
- 4 chopped carrots
- 4 garlic cloves
- 750 g chicken thighs, diced into bite-size pieces
- Worcestershire sauce
- 4 tbsps tomato paste
- 2 litres chicken stock
- 5 medium potatoes, diced
- 1 tin of peas or equivalent measure of frozen peas
- Salt and pepper
- Spicy cayenne pepper (optional)
- 750 g penne
- Grated cheese



Glazed Christmas Ham

by Victoria Maher

Serves: 15

- 1 leg of ham (5 kg)
- ½ cup pineapple juice
- 1 cup brown sugar
- 3 tbsps pineapple and mango (or apricot) jam
- 1 tbsp Dijon mustard
- 2 tbsps (approx.) whole cloves

1. Preheat oven to 170-180°C.
2. Place all the ingredients for the syrup into a saucepan and stir until the sugar dissolves.
3. Cut the skin at the knuckle end and gently peel off the rind. Be careful not to tear away the fat. If you wish, you can trim and score the fat with a 5mm deep diamond pattern and stud each diamond with a clove.
4. Weigh the ham to calculate the cooking time.
5. Place the ham in an oven dish, rub it well with mustard, brush it with some glaze and place it in the oven. Allow about 15 minutes for every 500 grams.
6. Brush the ham with some syrup whilst it's cooking.
7. The ham should be ready when it turns golden brown in colour and the juices are hot when the ham is pierced in the thickest part with a clean fork or skewer. When ready, the ham's internal temperature should be 71°C.
8. Leave the ham to rest for 15-20 minutes in a warm place so that the juices settle down and it can be easily carved with a sharp knife.

Tips:

1. Place a cup of water on the oven tray whilst the ham is cooking.
2. Cooking time depends on the thickness of the cut.
3. Towards the end of the cooking period, increase the heat to enhance the colour (if required).



Looking to give a
hamper with a difference this Christmas?

i  **love** cakes.com.mt

We have a wide range of **GOURMET HAMPERS**
made up of the finest Maltese delicacies



Order your Christmas Hamper online
& we'll deliver your order to your desired address

Wide range of Hampers, Wine, Gifts, Whiskies & Grappa.

Pick your item now from www.ilovecakes.com.mt and we will deliver your order to your desired address!

Stuffed Quail

by Arthur Busuttill

- Frozen quails

For the stuffing

- 250 g of minced beef
- 1 beaten egg
- 4 heaped tsps pecorino cheese, grated
- a good pinch of freshly ground black pepper
- 4 heaped tbsps of finely chopped parsley.

For the cooking broth

- 1 onion
- 1 carrot
- 1 potato
- Some celery and parsley stalks
- 1 chicken stock cube
- 2 litres of water

1. Wash the inside of the frozen quails with salty water and lemon juice.
2. Mix all the ingredients for the stuffing in a bowl.
3. Stuff the birds using a teaspoon and/or your fingers.
4. Tie the legs together with some string.
5. Use the rest of the stuffing to fill a couple of marrows or pasta.
6. For the cooking broth, place the vegetables and some water in a pot and bring to a boil.
7. Place the stuffed birds in the liquid and return to rolling boil.
8. Reduce the heat and leave to simmer for an hour.
9. Remove the vegetables and leave to simmer for 30 minutes more.
10. Place the stuffed pasta shells or marrows near the quail and leave to simmer for another 20 minutes until they are cooked.
11. Serve with chips and salad or roast potatoes and boiled vegetables and with some bread sauce or chasseur (sauce).

Tip: Cooking times may vary, so it is best to leave the birds to simmer gently so that they don't get overcooked!



Religious Christmas

If you're a member of the Society of Christian Doctrine (M.U.S.E.U.M. which stands for Magister, utinam sequatur Evangelium universus mundus i.e. San Gorg Preca's prayer that "May the whole world, o Lord, follow the Gospel"), you also get to accompany il-Bambin (Baby Jesus) in the (usually) Christmas Eve procession "Il-Purcissjoni/id-Dimostrazzjoni tal-Bambin". It was San Gorg Preca who, in 1921, launched this tradition in Hamrun, a tradition which gradually spread all over Malta and Ghawdex and even foreign countries with a M.U.S.E.U.M. presence, like Australia, Kenya and Peru.

The procession features the Baby Jesus in a manger, a banner with Verbum Dei Caro Factum Est (the M.U.S.E.U.M. motto which means "the word of God was made man"), lanterns and traditional Christmas carol singing, like Ninni La tibkix izjed (Sleep and cry no more).

Christmas pageants and preseppji hajjin (live cribs) annually re-enact that very first living crib in 1223 at Greccio set up by Saint Francis of Assisi. Indeed, this episode has triggered a flourishing preseppju tradition, which gradually arrived in Malta.



Presepji u pasturi

The presepju tradition in Malta harkens back to the 1617 when the first crib was exhibited at the Dominican Friars Church in Rabat. Indeed, one can still find an 1826 crib at the Benedictine Sisters' Monastery in Mdina. The first mechanical crib seems to have been built by Antonio Muscat Fenech from Qormi, and he put it up for public viewing in his garage. Indeed, this exhibition was so successful it had to be kept open until February!

The Neapolitan style seems to have been introduced in Malta by some noblemen who could afford to buy the expensive pasturi. However the style does not seem to have been very popular. It seems that the Maltese preferred the Sicilian style, perhaps because the Sicilian countryside depicted in the cribs was quite similar to the Maltese one. Notwithstanding this affinity, the Maltese dilettanti (enthusiasts) included and include certain local traditions in cribs, as witnessed by the addition of Maltese farmhouses, windmills, trades and customs, like a man playing iz-Zaqq (Maltese bagpipes).

The presepji which flourished in the 19th and the initial years of the 20th centuries were usually built from rustic stone (culled from the countryside) and gagazza, a coal residue which was generally acquired from blacksmiths. (These materials formed the basic shape; the crib could thus be dismantled and used again the following year). When the supply of gagazza decreased due to the introduction of modern fuels in furnaces, the dilettanti started using papier-mâché. Unlike the stone and gagazza cribs, however, papier-mâché is not an ideal material to store, so these cribs were often destroyed after Christmas.

Pasturi - literally referring to shepherds (pastore in Italian), who were the first to rush off to see the Baby Jesus at that very first Christmas -also underwent to a lot of changes from the very first time they appeared on the scene. As has been mentioned, the first statuettes were very expensive and thus the poorer enthusiasts made do with rugged figures made from earth clay. Il-pasturi tas-sold (penny statuettes) were also quite cheap, and were created from plaster moulds into which had been pressed soft earth clay. (Some specimens are still treasured in private collections). The real mass-production started in earnest after the Second World War, with brightly coloured plastic figurines - sometimes even dressed in contemporary clothes.

Saint Gorg Preca infused a new life in the Maltese presepju tradition, of which he was particularly fond. Indeed he himself started a tradition which the Society of Christian Doctrine (M.U.S.E.U.M) he set up in 1907, continues to practise nowadays: that of giving the children who attend for religious teaching a small statuette of Baby Jesus or a small crib as a gift.

The presepju tradition is still going strong in Malta. During December and in the first days of the new year, lots of Maltese flock to see all kinds of presepji, be they static or mechanised, which are literally a show-case for the diverse talents of the dilettanti tal-presepji.



Traditional Mincemeat Filling

by Georgina Lawrence



- 175g raisins
- 175g sultanas
- 250g currants
- 85g mixed peel
- 85g flaked almonds, toasted
- 125g eating apples, cored and chopped but not peeled
- 125g shredded suet
- 250g dark muscovado sugar
- 1tsp nutmeg powder
- ½tsp allspice powder
- ½tsp cinnamon powder
- 1 orange - grated rind and juice
- 75ml brandy or whisky

Prep: 20 mins | Cook: 5 mins | Extra time: 2-4 wks, marinating

1.Prepare the ingredients: toast the almonds in an oven at 180 C / Gas 4 for about 5 minutes, but watch carefully as it turns brown suddenly.

2.Mix all the ingredients together and seal in a large tub, or ideally a bucket with a lid.

3.Stir it once or twice in the maturation period. Put in sterilised jars. Let sit for a couple of weeks before using.

Tip

-You can use brandy, sherry or whisky for the booze element.

-Use during the year to make baked apples or a quick mincemeat pie for your sweet.

Mincepies Recipe

by Georgina Lawrence

Pastry Dough

- 120g chilled salted butter, diced
- 175g plain flour
- 60g caster sugar
- 1 egg yolk
- 1 tablespoon cream

Vanilla almond topping

- 125g salted butter, slightly softened
- 125g icing sugar
- 25g plain flour
- 125g ground almonds
- 1 tsp vanilla
- 2 eggs

For the Pastry

Place the butter, flour, salt and sugar in a bowl and rub together until it looks like coarse breadcrumbs.

Add the egg yolk and cream and stir briefly until the pastry comes together in a ball.

Wrap with clingfilm and chill for one hour.

For Vanilla Topping

Use an electric beater to whisk the butter and icing sugar together for a few minutes. Stir in the flour, ground almonds and vanilla. Beat in the eggs, then continue to whisk for 4 or 5 minutes.

Preheat the oven to 190 C / gas mark 5. Lightly dust two 12-hole bun tins with plain flour.

Roll out the pastry on a lightly floured surface until it is about 2mm thick. Cut out 8cm pastry circles to line the bun tins.

Spoon a teaspoon of mincemeat into each pie. Then place about 3/4 teaspoon of almond topping on each one.

Bake for 12 to 15 minutes, or until lightly golden on top. Leave to cool for a few minutes, then transfer to a wire rack to cool down completely.



Food

I beg to differ from Jo March's opening comments in *Little Women*: "Christmas won't be Christmas without any presents!". Christmas won't be Christmas without any food - some would even say a definite surplus of food. Starting with Christmas breakfast, just after the Midnight Mass service - but let's not forget those festini (parties) amongst colleagues and friends which usher in the festivities - the period between the 25th December and (formally) the 1st January is one which weds a certain culinary creativity with tradition. The Italians have indeed got it right with their "Natale con i tuoi, pasqua con chi vuoi" (Spend Christmas with your family and Easter with whom you want), for Christmas is indeed a family festivity, with whole families meeting ghand in-nanna (at grandma's house) for example, and some even sharing the burden of cooking for a ravenous horde - quite a burden if one considers that they might have to cater for diverse food allergies, tastes, ages and beliefs.

But that has never been a challenge which we Maltese have been afraid of accepting. At the very least, you'll definitely find a qaghqa tal-ghasel (treacle rings), a Christmas pudding and a panettone - and some gluten free and sugar free goodies as well.

L-ikla t-tajba (have a good meal!)



Qaghaq ta' l-Ghasel Treacle Rings

Treacle rings are a traditional Maltese Christmas dessert. They are not that complicated to make, though patience and time is needed in order to bake them well. These treacle rings can be bought from many places such as confectionaries. Though they can be bought throughout any time of the year, they are mostly devoured during the Christmas season.

For the Pastry

- 16 oz (1LB) flour
- 4 oz butter
- 4 oz semolina
- 8 oz margarine
- 4 oz sugar
- 1 egg yolk
- Milk as needed

For the Filling

- 16 oz (1LB) treacle
- 2 tablespoons of cocoa
- 8 oz sugar
- Grated rind of lemon
- Grated rind of orange
- 4 cloves (whole)
- 3 tablespoons anisette
- 2 tablespoons semolina
- 1 teaspoon mixed spice
- 1/3 Pint water

1. Mix together the semolina, flour, margarine and the sugar.
2. Hence add the milk and yolk.
3. Knead the dough well until its smooth.
4. Next mix the treacle with the cocoa, sugar, cloves, anisette, spice, water, lemon and orange rind.
5. Put the mixture in a pan and let it simmer until it thickens.
6. Gradually add the semolina.
7. Subsequently remove from the heat and let the mixture cool down.
8. Roll out the pastry into long thin strips, then put some of the mixture in the middle. Afterwards roll the pastry to form long tubes.
9. Form each tube into a ring, cut slits with a sharp knife and bake until the ring starts to get golden brown.

ilovefoodcommnt

FACEBOOK FANS IMAGES



Christmas log by Arthur Busuttil



Qaghaq tal-ghasel by Ruth Spiteri



Truffles by Georgina Lawrence



Scones by Kenton Grima



Baci & Bounties by Rachel Amellal Grima



Pudina tal-hobz by Jane Montanelli



Mincemeat Jennifer Grillo



Christmas cake by Grazzjella Ellul

ilovefoodcommnt

FACEBOOK FANS IMAGES



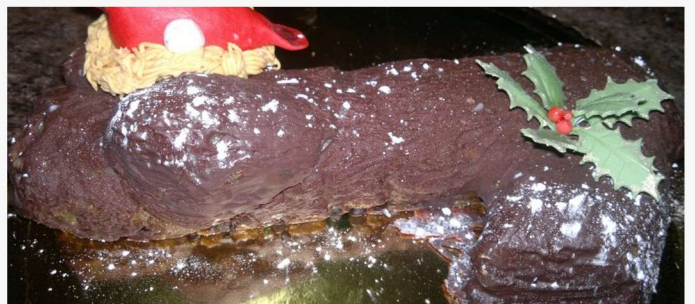
Mince pies by Chef Pat



Qaghaq tal-ghasel by Marsha Gatt



Mince pies by Marie Bartolo



Christmas log by Marvic Attard



Patata 'il Forn by Jean Attard



Spinach pie & calzone by Lorraine Hussain



Sugared doughnut by Priscilla Vella



Couscous by Bernice Farrugia

Chocolate Coconut Rounds

by Patricia Azzopardi

- 125grms butter
- 2 cups icing sugar
- 1/4 cup double cream
- 2teaspoons rum
- 2&1/4 cups coconut
- pink food colouring
- 200 grams dark choc to cover
- 100 grms milk choc to drizzle

Melt butter in saucepan till is a deep golden brown, remove from heat.

Stir in sifted icing sugar, cream, rum & cocnut.

Tint with the pink colouring.

Refregerate for 30 minutes.

Melt choc over water Bain Marie.

Place a tooth pick gently into each ball, dip balls in choc...

Place on foil and leave till set, when choc is hard, melt the milk choc and drizzle the top of the balls as seen in picture..makes round 30 balls in all!

Chocolate, coconut rounds:

These will keep in fridge for at least a month. If you manage to keep them that long that is!!!! lol

(this is for maltese who wants to know bout what cream i used,i used double cream, 50% less fat. you find it in malta. The name is Elmlea double light its a light blue tub, dark blue is full fat. Its long life aswell, which is good so the chocolate can keep more.I know for sure the cash and carry as you go into bugibba got it, i seen it there 2/3wks ago)

Baci Cake by Roselle Grech

- 20 cream crackers
- 200 grms Hazel nuts
- 2tblsps cocoa
- 4tblsp drinking Choc
- 6 egg whites
- 200grm caster sugar
- 2tsp vanilla
- 2tsp melted margarine or butter

Crush the crackers in a blender.

Add the nuts and crush with the pulse button so not to crush them too much, just chopped small.

Add the cocoa & the choc, mix well.

Beat the egg whites and sugar till its soft white and slightly stiff(xkuma)

Add the vanilla and beat for 1 minute.

Fold in the mixture of nuts and cocoa

Fold in in batches so it won't go flat & be quick in doing so.

Add the melted butter and fold till its all in.

Bake it in a spring form dish that is greased with butter and bake on gas 5(moderate oven) for 30 minutes.

You will know when it's ready cause the sides will shrink a bit from the tin. I covered it with Chocolate Ganache!



Maltese Christmas Carols



Ninni La Tibkix I zjed

"Ninni la tibkix izjed

ninni Gesù Bambin

Hallih ghalina l-biki

ghax ahna midinbin."

(This carol was written by a Jesuit Priest Indri Schembri. When he wrote this Christmas carol, which was originally named "il-Benniena ta Gesu Bambin", Fr Schembri was in Algeria. He wrote it for Maltese immigrants in Tunisia. The carol became very popular when it started being sung during Christmas processions.

Ninu Ninu tal- Milied

Taqbila popolari hafna tat-tfal
li saret ghanja.

"Ninu Ninu tal-Milied,

Ommu ghamlet il-qaghqiet.

Il-qaghqiet tal-qastanija,

Santu Rokku bit-tigrija.

Ghaddew il-Festi kollha,

Baqa' biss Santa Marija."

O Gesù Helwa Tarbija

Ghanja fuq melodija Maltija
miktuba minn G.Mallia

"O Gesù helwa tarbija

Ejja twieled gewwa fija

Gesù tfajjel, frott l-imhabba

Twieled f'qalbi, mieghi trabba."

Chicken Tagine

by Lorraine Hussain

- Chicken legs
- Turmeric
- Cumin
- 1 cinnamon stick
- Curry
- Onions
- Mixed spice (or any spices of your choice)
- Potatoes, sliced lengthwise
- Carrots, sliced lengthwise
- Peas
- Garlic
- Chicken stock
- Soy sauce
- Tomato ketchup
- Paprika

1. Boil the chicken legs with some turmeric, cumin, curry and a cinnamon stick in salted water.
2. Fry the sliced onions with the mixed spice (or any other spices of your choice) in the baking tin.
3. Add the potatoes, the carrots, the peas and some garlic.
4. Add some chicken stock and leave to simmer.
5. Put the chicken pieces on top, brush them with some soy sauce, tomato ketchup and paprika mixed with some chicken stock.
6. Place in a medium-hot oven till the potatoes are done and the chicken acquires a crispy golden colour.

