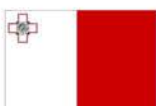




Newsletter Issue January 2012



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**LE SPA**  
BY TRANSFORMA

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# Maltese Vegetable Soup (Ministra Tal-Haxix )



## Ingredients

- 2 marrows
- 4 potatoes
- 2 onions
- 400g pumpkin
- 1 small cabbage
- 1 small cauliflower
- 2 turnips
- 2 tomatoes
- 2 carrots
- 1 teaspoon tomato puree'
- 200g pasta ( small shaped)

## Method

Chop all the vegetables and place them in a pot.

Add 750ml of water, tomato puree' and season.

Bring to boil and let simmer until vegetables are tender.

Add a spoonful of olive oil.

Add pasta and keep simmering until the pasta is done.

Serve with parmesan cheese.





# *A typical "pizza" from Gozo*

*by Roselle Grech*



## Ingredients

- Two Packets Puff Pastry
- Three large potatoes cut into very thin slices and boiled for a few minutes
- One large tin Butter Beans
- 2 Tins tuna in olive oil
- Three large peeled tomatoes cut into thin slices
- Two large onions cut into very thin slices
- Two tablespoons Capers (optional)
- Chopped fresh parsley
- Olive oil
- Pepper
- One beaten egg
- 2 fresh cheeselets

## Method

Roll out the pastry dough and place on two large non-stick dishes.

Brush the middle of the dough with the beaten egg.

Place the onions, tuna, beans, tomatoes and capers over the dough and finally cover with potato slices. Top the pizza with chopped parsley, pepper, sliced fresh cheeselets and a drizzle of olive oil. Turn the outside part of the dough to cover the sides of the pizza and brush the dough with the rest of the beaten egg.

Bake in a moderate oven for about forty minutes or until the dough turns brown and crusty.



# Torta tal-Marmurat

The Torta tal-Marmurat (Almond and Chocolate pie) is a Maltese tart that was once traditionally baked on a wedding day. It is made from a sweet pastry crust filled with a mixture of ground almonds, candied peel, beaten eggs, cinnamon, chocolate and crushed biskutelli (biscuits). The tart is then covered in chocolate. It can either be made as a whole tart or alternatively as smaller, individual tartlets.

## Ingredients

For the Pastry:

- 400g plain flour, sifted
- 200g margarine
- 100g sugar
- 2 egg yolks
- Grated rind of ½ a lemon
- 2 tbs milk, if needed

For the Filling:

- 1 dozen biskutelli/rusks
- 200g baked almonds
- Few drops of vanilla and almond essence
- 400g sugar
- 2 eggs, beaten
- 300g candied peel
- 2 tbs cocoa
- 2 tsp mixed spice
- ½ jar marmalade

## Method

Pastry:

Work the margarine and the sifted flour together in a bowl with your fingertips till the two are well combined. Then add the sugar, lemon rind and egg yolks, and knead the whole mixture together on a floured board. If needed, add a few drops of milk to moisten the pastry if it is too dry to come together properly. Keep kneading till the pastry is firm and glossy, cover with cling film and leave to sit in the refrigerator.

Filling:

Grind the biskutelli and almonds together in a large mixing bowl and add the rest of the filling ingredients in any order. Mix it all together thoroughly.

Baking:

Open out the pastry onto a lightly flowered board. Then, grease a round baking tin (preferably around 8") with butter and line the tin with the pastry, cutting off anything that falls over the edges. Leave to rest for about half an hour. Then, pour the filling into the prepared pastry and smoothen out the top.

Preheat your oven to 180 C/350 F/Gas Mark 4. Then bake the pie for about one hour till set. Bring out and leave to cool in the tin. Once it has cooled, remove the pie from the tin and coat it in melted chocolate and chopped baked almonds.

cooking time: 1 hr | oven temp: 180°C/350°F gas mk 4



# Vegetable Frittata with rocket leaves

## Ingredients

- 2 onions finely chopped
- 2 lean rashers of bacon, all fat trimmed and removed.
- 1cup of frozen french beans(fazzola twila) or if fresh blanch before!
- 1cup frozen spinach, if fresh just wash and chop!
- 1 courgette or as known zucchini finely chopped or finely sliced, your choice.
- 4 egg whites and 2 eggs. (whites are high in protein)
- salt and pepper and mixed herbs.
- 1tblsp grated romano, or cheese you use for grating.

### Salad

- Rocket (insalata) or any other green salad leaves you like.
- Tomatoes
- Spring onions, finely sliced.
- Extra Virgin olive oil and 2 drops of balsamic vinegar (optional)

## Method

Saute` the onions in a non stick pan (with an oven proof handle if possible cause it needs to be used under a grill or oven) with a few sprays of cooking spray.

Add the chopped bacon, stir for few minutes, add the beans, spinach and courgette and stir. (if using frozen, defrost the spinach first or too much water be in the pan)

In a bowl lightly beat the whites and eggs together with salt pepper and mixed herbs, add the cheese.

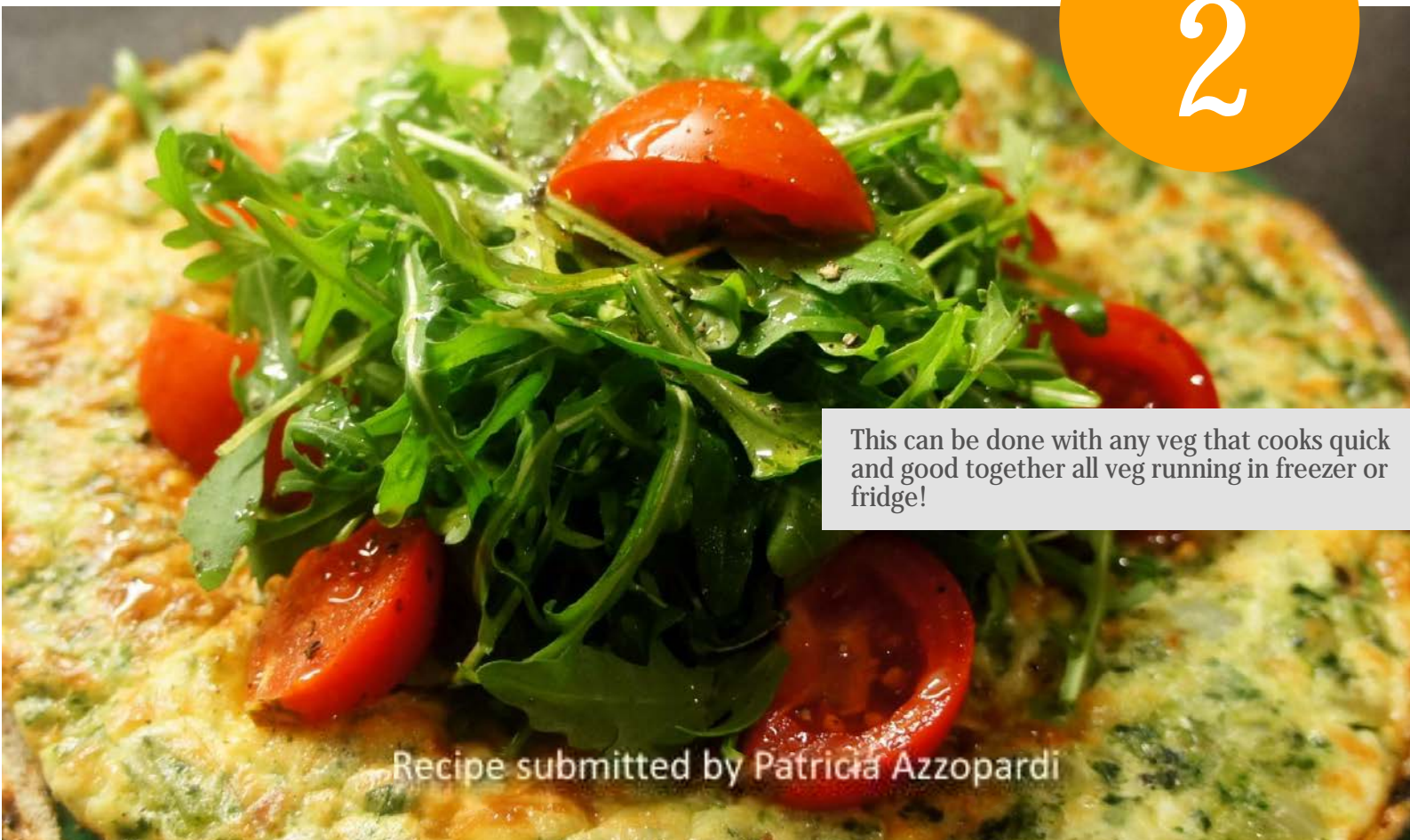
Spread the veg well round the pan so it is even and while on high heat, pour the egg mixture and shake pan quick so all the eggs run into the veg mixture. Lower heat and cook till you see bubbles of air coming up in middle and shrinking a bit from sides. Then put under a grill till it cooks from the top. Or in hot oven till it gets solid and takes a bit colour.

When ready transfer it to a serving plate, Toss the salad leaves tomatoes and onions with oil and balsamic vinegar and arrange on top.

Really nice in pitta bread for lunch next day with loads of salad leaves!

serves

2



This can be done with any veg that cooks quick and good together all veg running in freezer or fridge!

Recipe submitted by Patricia Azzopardi



# Qassatat with low fat pastry



Recipe submitted by Patricia Azzopardi

*These Qassatat are made with half white flour and half brown flour, olive oil and water. No butter or any margarine in site!*

## Ingredients

### Pastry

- 400 grm mixed plain flour(white and brown)
- 4 tblsp olive oil
- Cold water
- Pinch of salt

Sift floors with salt, make whole in centre and add the oil and enough water to make a a dough. Should not be very hard nor too soft!

Rest in fridge for 1 hr

- Kilo of fresh spinch or frozen.
- 2 large onions chopped
- 3 large garlic crushed
- Handfull of chopped capers
- Handfull of chopped black olives
- Anchovie fillets finely chopped(optional).

## Method

Saute lightly the onion, add garlic cook for a few minutes then add the spinach. Stir well till its all combined and spinach water is evaporated, add the rest of ingredients and pepper. NO SALT.

Open pastry cut round a saucer circle, fill with cooled filling. Run a brush round the edges with water and fold till you close the filling into a small busket.

Repeat with rest of pastry and filling

Bake in hot oven till golden brown and bottom is well cooked and not soggy!

By cutting the butter out and swapping half of the white flour to brown, it makes a healthy lunch served with salad!

# Chicken Pie (Torta tat-tigieg)

## Ingredients

- 4 chicken breast
- Sea Salt & Fresh Pepper
- 8 slices back bacon cut into pieces
- 1 onion chopped
- 250 gr. fresh white mushrooms sliced
- fresh thyme
- 1 glass dry white wine
- 2 table spoons flour for all uses
- 400 ml. chicken broth
- 200 ml. milk
- 500g. puff pastry
- 1 egg beaten
- olive oil

Preheated oven at 200 degrees.

Heat oil in a frying pan in a moderate heat.

Salt and pepper the chicken and cook from all sides for 5-8 minutes.

Remove the chicken and put on a plate and cut it in small bite sizes.

Add bacon to the pan, fry for 5 minutes until it becomes crispy.

Add the onion, mushrooms and thyme and cook for another 3 minutes.

Add the wine, leave little to evaporate.

Add the flour and continue cooking for 1 minute stirring.

Take the pan from the heat add the broth little by little - always

stirring - add the milk and finally add the chicken.

Put the frying pan on heat again and allow to cook for 30 minutes more - always at moderate temperatures - till the sauce is reduced

to a minimum.

Drop the mixture directly into a Pyrex glass or enamel pan, preferably with a wide neck (size about 20x30) and leave to cool.

Spread some olive oil at the bottom of the dish

Spread the pastry cover dish bottom, fill pastry with filling and

cover with more pastry, coat surface with beaten egg, and make

small holes on the surface with a fork, this will allow air to escape from the filling whilst baking.

Bake for around 30 mins till pastry browns.





# Olives Trees

Olive trees were introduced to our islands in antiquity due to their economic importance. Formerly, the olive tree was extensively cultivated, namely to supply food (olives) and for oil production, as indicated by the place names Zebbug and Zejtun.

Some olive trees found in Malta are very old - even 600 to 1,000 years old!

The olive tree is an evergreen tree which is short and squat, having a broad crown, which rarely reaches 8 to 15m in height. Its trunk is usually gnarled and twisted. Its linear dark green leaves are leathery and whitish underneath, owing to a dense covering of short hairs which help reduce water loss. Its creamy white flowers are small and found in branched inflorescences.

There is a wild race of olive tree which is very rare in Malta. This tree differs slightly from the cultivated species as it has smaller leaves and fruits. The olive tree has become naturalised and today is considered to be part of the Maltese landscape.

It is protected through national legislation and permits are required from the relevant authorities to prune, fell or uproot such trees. MEPA is also helping to protect communities based on olive trees through the designation of special areas of conservation, such as Buskett.

Should you require more information, please contact [nature.requests@mepa.org.mt](mailto:nature.requests@mepa.org.mt).

The United Nations declared 2010 to be the International Year of Biodiversity.

Malta, together with many other countries around the globe, is carrying out a number of initiatives to celebrate life on earth and the value of biodiversity for our lives. We are all invited to take action in 2010 to safeguard the variety of life on earth: biodiversity.

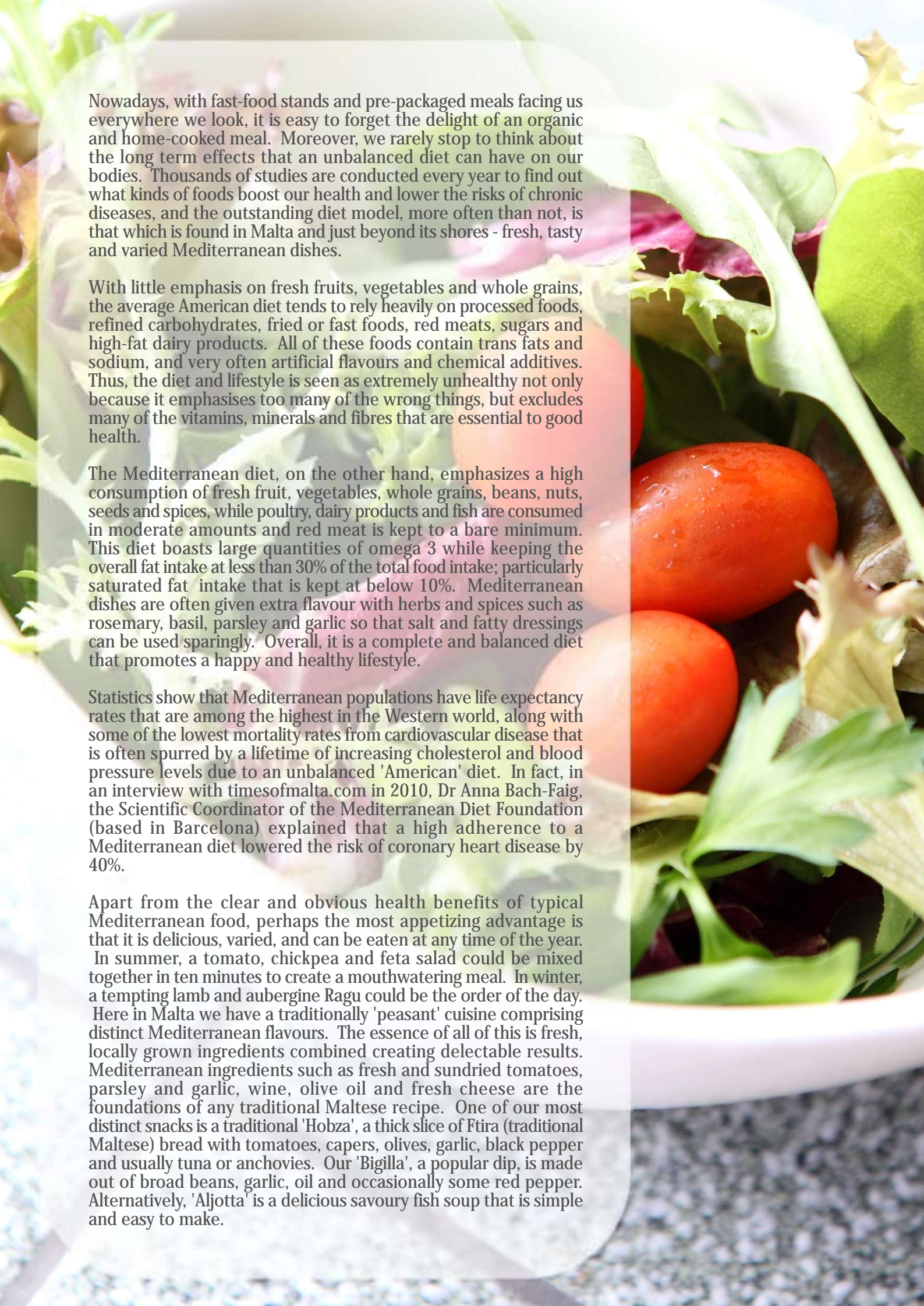




# The Mediterranean Diet





A close-up photograph of a fresh Mediterranean salad. The bowl contains several bright red cherry tomatoes, a variety of green leafy vegetables including lettuce and spinach, and fresh green herbs like parsley. The ingredients are glistening, suggesting a light dressing. The background is softly blurred, focusing attention on the salad's textures and colors.

Nowadays, with fast-food stands and pre-packaged meals facing us everywhere we look, it is easy to forget the delight of an organic and home-cooked meal. Moreover, we rarely stop to think about the long term effects that an unbalanced diet can have on our bodies. Thousands of studies are conducted every year to find out what kinds of foods boost our health and lower the risks of chronic diseases, and the outstanding diet model, more often than not, is that which is found in Malta and just beyond its shores - fresh, tasty and varied Mediterranean dishes.

With little emphasis on fresh fruits, vegetables and whole grains, the average American diet tends to rely heavily on processed foods, refined carbohydrates, fried or fast foods, red meats, sugars and high-fat dairy products. All of these foods contain trans fats and sodium, and very often artificial flavours and chemical additives. Thus, the diet and lifestyle is seen as extremely unhealthy not only because it emphasises too many of the wrong things, but excludes many of the vitamins, minerals and fibres that are essential to good health.

The Mediterranean diet, on the other hand, emphasizes a high consumption of fresh fruit, vegetables, whole grains, beans, nuts, seeds and spices, while poultry, dairy products and fish are consumed in moderate amounts and red meat is kept to a bare minimum. This diet boasts large quantities of omega 3 while keeping the overall fat intake at less than 30% of the total food intake; particularly saturated fat intake that is kept at below 10%. Mediterranean dishes are often given extra flavour with herbs and spices such as rosemary, basil, parsley and garlic so that salt and fatty dressings can be used sparingly. Overall, it is a complete and balanced diet that promotes a happy and healthy lifestyle.

Statistics show that Mediterranean populations have life expectancy rates that are among the highest in the Western world, along with some of the lowest mortality rates from cardiovascular disease that is often spurred by a lifetime of increasing cholesterol and blood pressure levels due to an unbalanced 'American' diet. In fact, in an interview with [timesofmalta.com](http://timesofmalta.com) in 2010, Dr Anna Bach-Faig, the Scientific Coordinator of the Mediterranean Diet Foundation (based in Barcelona) explained that a high adherence to a Mediterranean diet lowered the risk of coronary heart disease by 40%.

Apart from the clear and obvious health benefits of typical Mediterranean food, perhaps the most appetizing advantage is that it is delicious, varied, and can be eaten at any time of the year. In summer, a tomato, chickpea and feta salad could be mixed together in ten minutes to create a mouthwatering meal. In winter, a tempting lamb and aubergine Ragu could be the order of the day. Here in Malta we have a traditionally 'peasant' cuisine comprising distinct Mediterranean flavours. The essence of all of this is fresh, locally grown ingredients combined creating delectable results. Mediterranean ingredients such as fresh and sundried tomatoes, parsley and garlic, wine, olive oil and fresh cheese are the foundations of any traditional Maltese recipe. One of our most distinct snacks is a traditional 'Hobza', a thick slice of Ftira (traditional Maltese) bread with tomatoes, capers, olives, garlic, black pepper and usually tuna or anchovies. Our 'Bigilla', a popular dip, is made out of broad beans, garlic, oil and occasionally some red pepper. Alternatively, 'Aljotta' is a delicious savoury fish soup that is simple and easy to make.



# DO YOU LOVE COOKING MALTESE FOOD?

Then we want to get to know you!

You can now be featured as  
ilovefood.com.mt member of the week!

click on the following link:

[http://www.facebook.com/pages/Maltese-Food-ilovefoodcommt/174256882616903?sk=app\\_190322544333196](http://www.facebook.com/pages/Maltese-Food-ilovefoodcommt/174256882616903?sk=app_190322544333196)



## MEMBER OF LAST WEEK

Jacqueline Hunter - Country: United Kingdom



What is your favourite Maltese Food Dish?  
my friend's Bragioli, or Lampuki

What one item would you hide if someone were going through your kitchen?  
hmmm . . . don't know

What cooking utensil would you never give up?  
My sharp knife

How or who taught you to cook?  
My mum

What was your worst cooking disaster?  
Can't think . . . but probably a failed 'concoction' where i just throw different ingredients together and experiment!

## MEMBER OF THIS WEEK

Danijela Brkic - Country: Yugoslavia



What is your favourite Maltese Food Dish?  
Shepard's pie

What one item would you hide if someone were going through your kitchen?  
nothing

What cooking utensil would you never give up?  
i dont know.....

How or who taught you to cook?  
My mother and my mother in law

What was your worst cooking disaster?  
Oh i've done many disasters.... In begining i burned almost everithing i made :)



# THE WEIGHT IS OVER

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SAINT JAMES  
HOSPITAL



# A successful lifestyle weight management programme for a new and Healthy approach from Transforma



- Have you already tried several weight management programmes and eventually gained weight again?
- Have you often felt tired and weak during your strict diet programme?
- Have you already lost quite a few kilos but are still stuck with extra inches in certain body areas?
- Wouldn't you be more fulfilled to start a very effective new Programme which will also help your general health condition through the weight loss itself, without having any hunger cravings?

The challenge is here if you are up to it..

There are many ways to lose weight but only ONE way to keep it off

"Accept the challenges so that you may feel the exhilaration of victory"

General George S. Patton (World War I and II, 1885-1945)

## The Challenge Is Here..

The weight management programme focuses mainly on adopting a standard positive approach to a healthy lifestyle in a way that allows you to experience the pleasure of a fulfilled life. Upon commencing the programme you may notice an improvement in your general health status including:

-Reduced blood pressure   -Lower cholesterol levels   -Lower sugar levels

The majority of the population in Western Europe and USA is obese thus causing an increase in degenerative diseases and chronic conditions. Obesity is linked to three major causes of death, Type 2 Diabetes, Cardiovascular Disease and Cancer. The ideal weight for every individual can easily be achieved through several methods of natural and unnatural diets; unfortunately many complain of a relapse radical increase in weight once they stop dieting. The reason for this is often due to burning up the wrong types of fat in the wrong places, as a result weight loss was probably triggered by dehydration.

## A Healthy Successful Approach

It is highly recommended to exercise during and after our management programme as an additional aid attaining a successful overall positive outcome. A half an hour walk a day is ideal.

Our dedicated Doctor and Nurse carry out weekly individual sessions with our clients, where continuous monitoring of weight loss and vital signs are recorded. We would be honoured to help you view your weighing scales with confidence and as motivation to fulfilling your desired lifestyle.

## Dealing With Our Clients 'Holistically'

Some clients may encounter some psychological subconscious problems while losing weight after having been attached to their obesity for a number of years. Other clients may resort to binge or compulsive eating during stressful periods. Our clinic offers the service of a clinical life coach psychotherapist and counsellor, for a positive approach to a peacefully holistic management.





# Slow Food® Malta

Slow Food believes that everyone has a fundamental right to enjoy good food and consequently the responsibility to protect the heritage of food, tradition and culture that make this enjoyment possible.

Slow Food is about GOOD, CLEAN and FAIR FOOD.

1. The food we eat should taste GOOD. The frantic fast world's obsessions with unnecessary industrialization, excessive 'food miles', standardization and homogeneity very often result in bland food that simply does not taste as good as food that has been produced locally with care, pride and passion.
2. That food should be CLEAN meaning that food should be produced in a sustainable way, without any negative impact on our environment, and with a minimum of artificial intervention.
3. Food should be produced in a FAIR way meaning that producers should receive a fair pay for their skill and labour.

Slow Food is in favour of technological progress and seeks to utilize an ever-expanding knowledge base to retain and develop the diversity of all that is best in our world heritage.

Slow Food Malta, formally launched in February 2009, works from the Institute for Tourism, Travel & Culture at the University of Malta. Members of Slow Food Malta teach, study gastronomy, or work in the food or culinary sectors. The Convivium strives to promote an awareness of Maltese food heritage through teaching, research, writing and conviviality and by organizing meals based on authentic and historically correct recipes and methods of cooking.

Any additional info can be obtained from [www.slowfood.com](http://www.slowfood.com) or contact us on [slowfoodmalta@hotmail.com](mailto:slowfoodmalta@hotmail.com)





# Mgarr Farmers Cooperative

The Mgarr Farmers Cooperative was formed in 1947 and has around 180 members who are all farmers of this vicinity. Once a year, an annual general meeting is held where these same farmers elect from among them that year's management committee.

The committee discusses current problems that the farmers may be facing and hold discussions with the authorities concerned in the farmers' name. The committee always holds the farmers' interests as its highest priority.

The cooperative's centre is situated at Zebbiegh. It contains the shop from where farming goods can be bought, as well as a bar and a hall to be used for educational meetings.

These farmers produce high quality fruits and vegetables such as strawberries, tomatoes, potatoes, green peppers, cucumbers, cabbages, cauliflowers, broccoli, aubergines (eggplants) and lettuce. This is also possible because the irrigation water in this area is quite good.

Strawberry growing is synonymous with the Mgarr Farmers Cooperative. This cooperative was primary in importing strawberry plants from Italy. It is still doing this with the difference that today it imports in far greater quantities both from Italy and Spain. Strawberry growing in these parts is very popular and some of these farmers are specialists in this field.

The Mgarr Evening (known as Lejla Mgarrija) and Strawberry Fest (Festa Frawli) which are organized in Mgarr every year on a national scale, show the commitment and seriousness of the Mgarr farmers.



*Mgarr Farmers  
Cooperative Society Ltd*

Il-bidwi li b'ghozza qed jindokra  
l-ambjent rurali u l-pajsagġ Malti





# The Start of Mgarr Farmers Cooperative

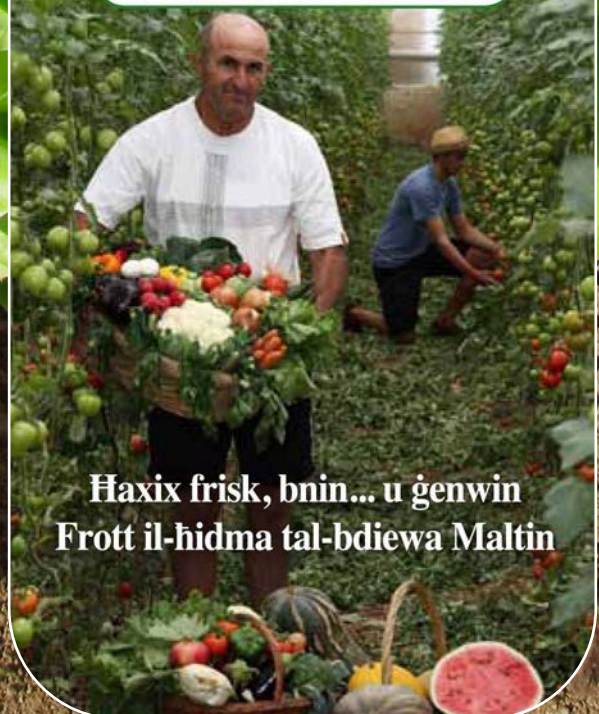
The Mgarr Farmers Cooperative which is found at Zebbiegh started to be formed towards the year 1946 and was officially registered on the 24th of July 1947.

As soon as the second World War ended, life in Malta was not very easy or comfortable and one of the sectors that could offer relief to the Maltese people was farming. The majority of the Maltese were farmers, animal breeders and fishermen. Many of the families tilled land to live by and so that out of the products it yielded, they would set aside some profits. Naturally, as is usually the case throughout the years, especially in times of scarcity of products, businessmen take the opportunity to make the best of the circumstances by getting paid well for bringing products to the consumer, consequently, the products used to fetch a minimal price for the farmer while they charged the consumer a very high price, much higher than the producer was getting. Thus, in the farming sector, diverse small groups were being born around the island and in some districts started to form Farmers' Cooperatives. The Mgarr farmers responded to this trend by forming the Mgarr Farmers Cooperative.

Three farmers all from Zebbiegh started to meet in a local tea shop (tal-Fina) to plan how to form the Mgarr Farmers Cooperative. They sought farmers and urged them to become members of this cooperative. From here, the cooperative saw an advancement with the building of the Zebbiegh Centre and kept moving on.



*Mgarr Farmers  
Cooperative Society Ltd*



**Haxix frisk, bnin... u ġenwin  
Frott il-hidma tal-bdiewa Maltin**



# I lovefood launched Ta' Kola Windmill website

<http://www.ilovefood.com.mt/ta-kola-windmill>

Find out how flour windmills worked in the past and all about the bread cycle in the Maltese islands along with the windmill history and information about the locality. The website also features information about visiting the place and how to get there. Additionally, we have created a gallery with a wide selection of crisp and clear photos which were taken by us.





# I lovefood launched Ghar Dalam website

<http://www.ilovefood.com.mt/ghar-dalam>

