



IL-BORMA FISHY EDITION

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Dear Friends,

Welcome to the sixth edition of "Il-Borma" which is dedicated to seafood, that is any form of marine life which we consider to be edible.

But I guess the real protagonist of this edition is the sea. Not only do we harvest the sea for our periodical catches of fish - the lampuki spring quickly to mind as the lampuki season is just round the corner - but we also make use of its salinity to extract what in the past has been considered as a valuable commodity, but which we take so much for granted nowadays: salt. Indeed, doctors believe that we eat too much salt, which is not exactly a good idea where our health is concerned.

Fish, on the other hand, seem like a good idea healthwise, and not only because they are not brimming with saturated fats. No, I was thinking more about a couple of hours away from the daily routine, fishing. Irrespective of whether you are actually going to eat what you catch or whether you're going to free the fish you catch, it will definitely relieve you of a lot of stress.

As usual we have included loads of recipes in this edition, and after you have tried them all you can look at the other Recipes in our Fish section at ilovebook.com.mt. And if your favourite recipe is not included, please send it to us so we can try it too.

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Contents

King Prawns with lemon	<i>pg 1</i>
Marsaxlokk	<i>pg 2,3</i>
Aljotta	<i>pg 4</i>
Octopus Stew	<i>pg 5</i>
Salt Pans	<i>pg 6</i>
Cooking with salt	<i>pg 7</i>
Lampuki for sale	<i>pg 8</i>
Baked Lampuki	<i>pg 9</i>
Linguine al mare	<i>pg 10</i>
Spaghetti with shellfish	<i>pg 11</i>
How to prepare the fish for cooking	<i>pg 12,13</i>
Spaghetti with Calamari stew	<i>pg 14</i>
Shrimp & Scallops	<i>pg 15</i>
Fresh Fish	<i>pg 16</i>
Smoked Salmon Ravioli	<i>pg 17</i>
Smoked Salmon & Broccoli Tortellini	<i>pg 18</i>
Sea Fruit & Prawn Pasta	<i>pg 19</i>
Pasta with creamy sauce	<i>pg 20</i>
Swordfish	<i>pg 21</i>
Homemade pasta	<i>pg 22</i>
Ink Squid Linguine	<i>pg 23</i>





King Prawns with lemon

Ingredients

- 20 fresh king prawns
- 100ml extra virgin olive oil
- 2 red chillies, very finely diced
- 4 lemons with zest
- 6 cloves garlic, crushed
- A handful of parsley

1 Mix the oil, the lemon, the garlic, the chilli and the parsley in a bowl.

2 Slowly introduce the king prawns into the mixture and make sure they are very well covered.

3 Leave to marinade for 3 hours.

4 Fry in a hot pan with some olive oil for about 3 - 5 minutes.

Marsaxlokk

It's almost inevitable: in Malta if you talk about fish, sooner or later you will introduce Marsaxlokk in the conversation. This fishing village, located in the south-eastern part of Malta (hence its name: marsa - port and xlokk - south-east in Maltese) is famous for its big Sunday open-air fish market and for its luzzi, brightly-coloured dghajjes (boats) with eyes painted on both sides of the bow. It is thought that these eyes might be a tradition harkening back to the ancient Phoenicians, who landed in Marsaxlokk and set up trading posts in Malta in the ninth century BCE. Many refer to these eyes as the Eye of Horus or of Osiris.

But if the Phoenicians and later on, the Turks during the Great Siege of Malta in 1565, used Marsaxlokk as a harbour, the history of this village can be traced back to the megalithic phase of our prehistory on the hill of Tas-Silg. From the end of the 6th century BCE to the 1st century CE, Tas-Silg hosted a temple dedicated to Astarte/Hera, whilst in the 4th century CE the site was adapted for the new religion, Christianity, and maybe used as a monastery. Nowadays, Marsaxlokk is less colourfully the site of Malta's main power station and other industrial concerns, like the Malta Freeport Terminal.

However, most of the swordfish, the tuna and the lampuki (dorado fish, dolphin fish or mahi mahi fish) which can be found in local and foreign markets and restaurants are still being caught by fishermen from Marsaxlokk.





From times immemorial, Maltese fishermen have battled against the sea to return back to port with their catch. Full-time and part-time fishermen still earn their living in the waters surrounding the islands, although nowadays they make use of modern navigational instruments and boats. However, fishing is becoming more and more one of those jobs that nobody wants to do anymore.

But it's a totally different story for the amateur fishermen, who just want a day away from office-life tensions, constantly ringing mobile phones and the niggling anxieties of the daily slog. What is more, you can always return to the office with tales of your fishing prowess... real or slightly exaggerated!



Aljotta



Ingredients

- 2 onions, chopped
- 8 garlic cloves
- 3 large ripe tomatoes, peeled and chopped
- 1 large spoonful of tomato paste (kunserva)
- Olive Oil
- 100 ml white wine
- 6 small fish (you can use the heads and the tails of bigger fish)
- 1 lemon
- 1 cup of rice (optional)
- Fresh mint
- Marjoram (merdqux)
- Salt

Slowly fry the chopped onions in oil.

Add the garlic, the mint, the marjoram, the tomatoes and the tomato paste

Cook slowly for about 5 - 10 minutes

Add the fish, the wine and the water (with some salt added) and cook for 30 minutes.

Towards the end of the cooking time you can add the rice.

The aljotta is not meant to have a thick or heavy consistency but should look more like a fish broth.



Octopus Stew

Ingredients

- 1 octopus (600 - 800g)
- 2 tbsp olive oil
- 3 onions, chopped
- 10 olives
- 2 tbsp tomato paste (kunserva)
- 3 large tomatoes, chopped
- 1 tbsp capers
- 1 tbsp chopped fresh mint
- 2 tbsps chopped fresh parsley
- 250ml red wine
- salt and pepper

This Mediterranean dish fits in perfectly with the Maltese cuisine. You should prepare the octopus stew only if you have plenty of time on your hands, since it requires long and slow simmering. The end result will be a very tender octopus in a stew which can be served as a main course or as a sauce with spaghetti or penne. A freshly baked and crispy Maltese loaf will come in handy to mop up the sauce.

Freshly caught octopus is readily available in most fish shops and open-air markets in Malta and Gozo. Very often the octopus would still be alive! If you are visiting Malta make sure you check out the Marsaxlokk Sunday open-air market, and you will find lots of freshly caught fish for sale.

1 First clean the octopus by turning the head inside out. Make sure you remove the intestines, the beak and the eyes. You can use a metal hammer to tenderise the octopus meat. Ideally you should ask the fishmonger to clean the octopus for you, if you are not familiar with how it is done.

2 Place the octopus in a pot of boiling water which has already been salted, and bring to the boil again for about 2 - 4 minutes.

3 Discard the water, and cut the octopus into 5cm slices.

4 In another pot, heat some olive oil, and fry the chopped onions and the garlic for about 5 minutes or until they become soft and golden. Add the octopus and fry gently for another 3 minutes.

5 Add the wine and bring to the boil on high heat. Stir well and cook for another 3 minutes. At this point add the chopped tomatoes, some tomato paste (kunserva), some sea salt and fresh pepper to taste and a teaspoonful of sugar. Stir well, cover the pot and leave to simmer for 30 minutes.

6 Now add the olives, the capers, the mint and the parsley and leave to simmer for another 30 minutes.

7 10 minutes before serving, uncover the pot and turn up the heat to thicken the sauce.

Salt Pans

Well worth their salt

Before the advent of refrigeration, salt was the main preserving agent, especially with regards to meat and fish. Salt was such a valuable commodity that roads were built to facilitate its transport to cities. The Via Salaria, built by the Romans from Rome to the Adriatic Sea, is a case in point.

According to the archaeologists, in 6050 BCE Neolithic people in what are now Romania, Moldova and Ukraine were already boiling the salt-laden spring water to extract the salt and these archaeologists think that the salt extracted may have had a direct correlation to the rapid growth of the population. In ancient Rome, it seems that soldiers were sometimes paid with salt - indeed the word salary is believed to derive from *salarium*, possibly referring to the money given to soldiers so that they could buy salt.

Given that the Maltese islands are surrounded by the sea - a vast reservoir of salty water from which salt can be extracted thanks to the warm rays of the sun - it comes as no surprise that no less than 40 sites around the Maltese Islands contain salt pans. Indeed there are even salt pans on Comino.

Extraction in times past

Salt production in medieval times is rarely mentioned in documents. Most probably what was produced was enough for the small population. Salt-production and salt-gathering start getting mentioned in documents after the advent of the Knights Hospitaller, primarily with regards to price-fixing (the Knights held a monopoly over salt-production) and to the expenditure involved (especially for maintenance, since salt, being corrosive, would have damaged the tools and structures coming in contact with it). The salt pans in the Burmarrad-Bugibba area seem to be amongst the oldest of the islands, since in documents and maps they are referred to as *saline vecchie* (the ancient/old salt pans). Apparently, they were the main salt pans on the island and at one point they were even enlarged and refurbished.

Extraction in times present

The connection with salt production can still be discerned in some place-names - like *Mellieha* from *melh*, salt in Maltese or *Is-Salini* from Italian *saline* meaning salt pans. However, few salt pans are harvested nowadays (the Marsalforn salt pans are an exception) as most of the fine table salt used in the Maltese Islands is imported. This is quite ironical, since the islands are surrounded by all the salt they require in the Mediterranean Sea.

In the Marsalforn salt pans extraction occurs in the spring and summer months. Unlike other salt pans, here the water is pumped from the sea to a few main warming pans. Other canals then convey the water to individual salt pans, the salt water warms up in the sun, evaporation takes place and salt crystals begin to form. The whole process takes between 5 and 7 days; afterwards the pans are cleared manually and the process starts again.

Cooking with salt



What is the best way to store salt?

- Add some raw rice to the shaker so that the granules absorb the moisture and the salt does not clump up.
- Unseasoned salt can be kept indefinitely; on the other hand, seasoned salts should be used within a year.
- Do not store salt in silver containers as the chlorine in the salt reacts with the silver and causes a green discolouration.

When do I add the salt?

- Add the salt after whipping the egg whites as the salt pulls out the moisture and this will increase the whipping time.
- Similarly, salt pulls juices out of vegetables. This is a major help with vegetables which are naturally rich in water, like eggplants or cucumbers, but with mushrooms it is best if you add salt at the end of cooking.
- When cooking pasta, add the salt after the water boils as salted water takes longer to boil.
- Salting meat (it is best if you use coarse salt) before cooking with high temperatures helps in the formation of a crust which will seal the meat.
- For pickling and canning use pickling salt as the additives in table salt can darken the pickles and affect fermentation.

If you're nervous about oversalting your food, here are some general guidelines:

- First of all, when you taste for saltiness, be sure that what you are sampling covers the middle and sides of the tongue as the tip of the tongue is less sensitive. Moreover, let the sample cool down a bit before tasting it as high heat will dull the taste buds.
- With slightly oversalted soups or stews you can add some unsalted liquid to dilute them, or some unsalted cooked white rice pureed with unsalted water or broth to a thin paste, or a peeled and quartered potato for 15 minutes.
- Depending on the sauce, adding some small amounts of cream, brown sugar or vinegar at a time may help with oversalting.
- Although a pinch of salt gives flavour to bread and desserts, do not double the amount if you double the recipe.
- With dishes that have a long simmering time, you can gauge better how much salt is needed towards the end of the cooking time as the liquid will reduce and this will intensify the saltiness of the dish.
- Take care when adding salt to vegetables naturally high in sodium, like beets, spinach, carrots, endive, corn or artichokes.
- Do not add too much salt to seafood, as this is salty in itself. Moreover, salt will toughen shellfish.



Lampuki for sale

The cry of "Lampuki ghall-bejgh (Lampuki for sale)" joins the cacophony of car horns and screaming breaks from the end of August till early December as the fish vendors dart through the streets of the Maltese Islands on their vans. A great favourite with the Maltese, the lampuka (dorado fish, dolphin fish or mahi mahi fish) generally ends up as the main ingredient in succulent pies. Alternatively, it is shallow fried or cooked with tomato sauce, capers and green peppers. It is not only the Maltese who love this fish since it is exported to other countries as well.

The Maltese predilection for this fish has also given rise to a fishing method that apparently has survived from the days of ancient Rome. Fishermen weave fronds from palm trees into flat rafts, which in Maltese are called kannizzati. These are pulled out to sea and the lampuki find shelter and shade from the scorching sun underneath these kannizzati. The fishermen then use nets to catch the fish. Lampuki grow really fast but ideally should weigh 1 - 1.5 kilograms before they reach our kitchens.

SELVAGGI - MED
FRISK

Baked Lampuki

Ingredients

- 4 medium-sized lampuki
- 4 large potatoes
- Onions, peeled and sliced
- Fennel seeds
- Mint
- Lemon
- Olives and capers
- Garlic
- Olive oil
- Fish seasoning

1 Clean and wash the fish.

2 Cut the potatoes and onions in thick slices.

3 Place the olive oil, the onions and the potatoes in a baking dish.

4 Place the fish, sprinkle with garlic herbs and squeeze some lemon on it.

5 Cover with the remaining potatoes and onions, season and sprinkle some fennel seeds on top.

6 Pour some oil and some water on the fish and bake in a moderate oven for at least 90 minutes.



MAY COOKING CLUB Recipes

Winner Recipe



Linguine al mare by Ruth Ferriggi

Ingredients

- 350g linguine
- 150g salmon
- 150g king prawns
- 100g cream
- 1 spring onion
- Green pepper
- 30g crushed walnuts
- 30g butter
- 30ml olive oil
- Salt

1 Clean the king prawns and boil them for 2 minutes.

2 Cut the salmon and the spring onion.

3 Cook the onion in 20ml of oil for 2 minutes, then add the king prawns and the salmon and cook for 1 minute.

4 Add the cream and the butter and cook for 5 minutes.

5 Add some salt and turn off the heat.

6 Cook the pasta and transfer it to the pan with the rest of the ingredients.
If needed, add some of the boiling water used for cooking the pasta.

7 Add the walnuts and the pepper to decorate the plate.

Spaghetti with shellfish

by Barbara Sciberras

Ingredients

- Mixed shellfish, such as king prawns, clams and mussels
- Garlic and fresh herbs
- A glass of white wine
- Stock, butter and olive oil
- Any type of pasta



Boil the clams and the mussels for 5 minutes or so to remove the sand from the shellfish. Clean under running water.

In a pan, cook the butter, the olive oil and the garlic for a few seconds. Add the king prawns and cook on low heat so that the juices come out of the prawns. Add some fresh herbs chopped into small pieces. Remove the mixture from the pan and set aside in a bowl covered with foil.

Put the remaining shellfish with some herbs, salt and pepper in the same pan and cook for 5 minutes. Add the stock and the wine and cook for another 5 minutes.

Stir in the pasta and serve with a side-plate of king prawns and with fresh bread.

MAY
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Recipes

How to prepare the fish you catch for cooking



Ideally, you should keep the fish you are planning to eat alive until you are ready to clean it. If this is not possible, you should clean it and place it on ice.

Cleaning the fish

- 1 Insert the knife tip into the fish's vent. Move up the blade along the belly up to the head.
- 2 Spread the body open and remove all the innards.
- 3 Cut off the head.
- 4 Rinse the fish in clean water.
- 5 Surround the fish with ice in an ice-chest or cooler to keep it fresh

Scaling

- 1 Scale fish on a flat surface.
- 2 Hold the head with one hand. Rake the scales from the tail towards the head, first on one side of the body then on the other.
- 3 Remove the head, the gills, the guts and the fins.

Skinning

Removing the skin may improve the taste of some fish (for example catfish) and removes a layer of fat just underneath the skin.

- 1 Hold the head firmly on a flat surface.
- 2 For safety, it is better if you snip off the spines.
- 3 Cut through the skin behind the head and the pectoral fins.
- 4 Remove the skin by pulling from the head towards the tail.
- 5 Grasp the head with one hand and the body with the other.
- 6 Break the backbone at the head and pull the head and guts away from the skinned body.
- 7 Wash the fish in clean water.

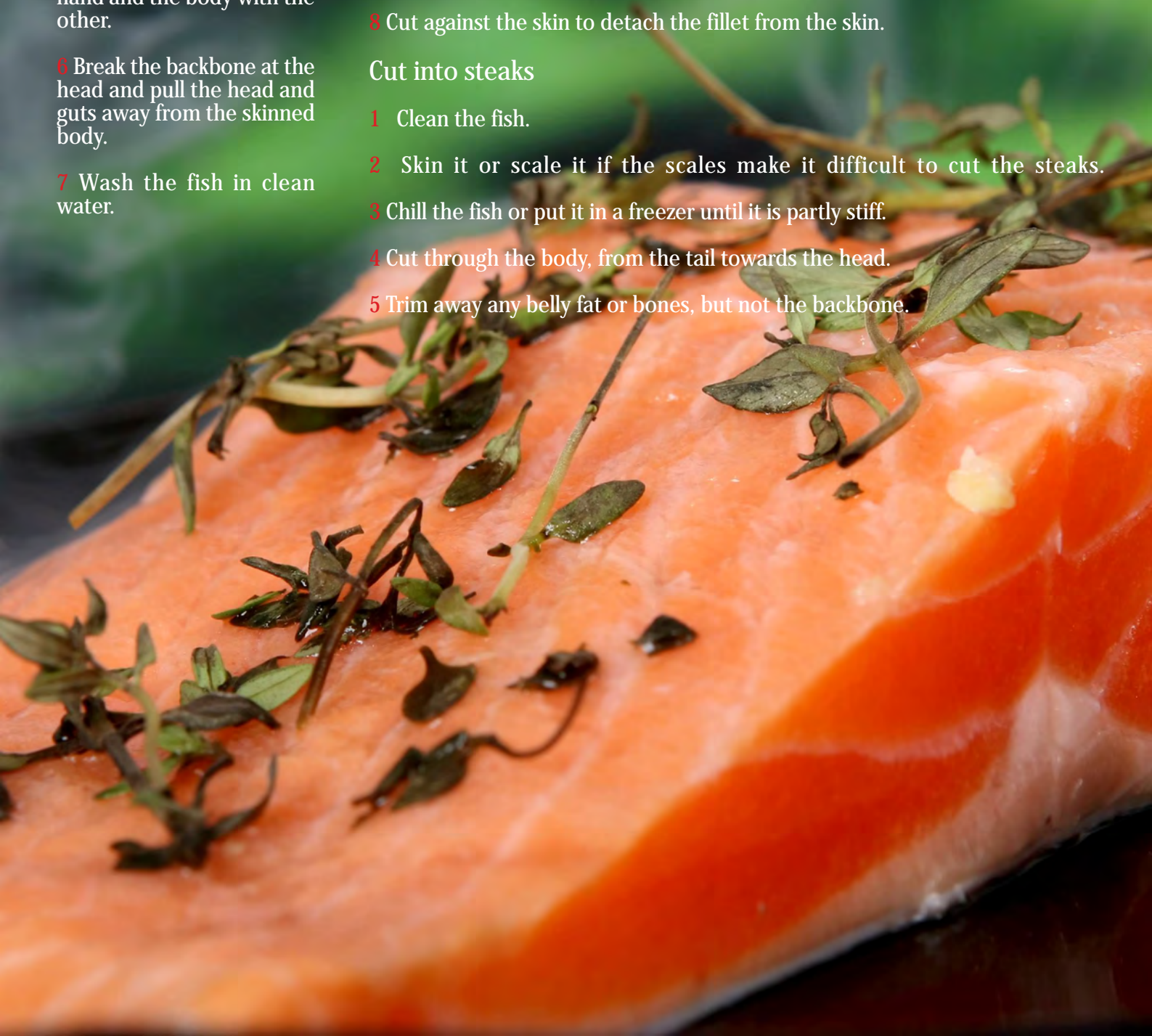
Filleting

Larger fish, such as salmon, are usually filleted to get the meat without the bones and the skin. Scaling is not necessary. Handle the fillet knife with care as it is very sharp.

- 1 Lay the fish on its side on a flat surface.
- 2 Cut deeply into the fish behind the gills and the pectoral fin but not through the backbone.
- 3 Turn the blade without removing the knife and cut through the ribs towards the tail. Use the backbone as a guide.
- 4 Turn the fish over and repeat.
- 5 Insert the knife blade close to the rib bones and slice away the rib section of each fillet.
- 6 With the skin side down insert the knife blade half-an-inch away from the tail.
- 7 Grip this part firmly and put the blade between the skin and the meat at an angle.
- 8 Cut against the skin to detach the fillet from the skin.

Cut into steaks

- 1 Clean the fish.
- 2 Skin it or scale it if the scales make it difficult to cut the steaks.
- 3 Chill the fish or put it in a freezer until it is partly stiff.
- 4 Cut through the body, from the tail towards the head.
- 5 Trim away any belly fat or bones, but not the backbone.





MAY
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Recipes

Spaghetti With Calamari Stew

Ingredients

- Calamari
- Olive Oil
- 1 onion
- Garlic
- Capers
- Olives
- Peas (optional)
- Tomato pulp
- Tomato paste
- Parsley
- White wine
- Spaghetti
- Salt and Pepper

1 Fry the onion with the garlic

2 Add the chopped calamari and some wine and leave them on the fire for about 5 minutes.

3 Now add the capers, the olives and the peas which are optional.

4 Top up with tomato pulp and some tomato paste. Season with salt and pepper and leave on low heat.

5 Cook the spaghetti al dente, mix with the stew and garnish with some parsley

MAY
COOKING CLUB
Recipes

Shrimp & Scallops

by Olivia Schembri

Ingredients

- 200g raw shrimps
- 200g raw scallops
- 150g sweet corn
- 1 red bell pepper, chopped (optional)
- 1 onion, chopped
- 150g mushrooms, thinly sliced
- 1 jar Pad Thai Sauce
- 350g egg noodles

- 1 Sauté the onion in a large frying pan.
- 2 Add the bell pepper, the mushrooms and the sweet corn
- 3 Cook for about 5 minutes until the vegetables are tender.
- 4 Bring a pot of salted water to the boil and put in the noodles. Cook for about 6 minutes.
- 5 In the meantime, add the shrimps and the scallops to the sauce and cook for a further 3 minutes.
- 6 Add the Pad Thai sauce and stir until everything is well combined. Cook for about 3 minutes.
- 7 Drain the noodles.
- 8 Serve in plates and pour the sauce on top.
- 9 This recipe can also be served with dumplings

Fresh Fish

A collage of fresh seafood. The top part shows salmon fillets with vibrant orange-red flesh and white skin. Below that, there are several whole fish, including what appear to be mackerel with their characteristic dark, wavy stripes. In the bottom right corner, there are some cooked shrimp. The background is a wooden surface, possibly a market stall.

It is all very well if you catch the fish yourself, but how do you choose fresh fish or seafood when you're at the market? Here are some hints.

WHOLE FISH:

Bright and clear eyes - the cloudier the eyes, the older is the fish.

Shiny, metallic and clean-looking skin

No nasty smells

Bright red gills

FILLETS:

The smells test is particularly important.

If the fillet has the skin attached, this should look shiny and metallic.

Any liquid on the meat should be clear, as milky liquid signals the first stages of rot.

There should be no sign of an indentation on the fillet if your fishmonger lets you press it with your fingers.

SHELLFISH:

Buy where you can be sure that there are always fresh shellfish for sale.

Shellfish are sold alive. After cooking the shellfish, those that had been alive should be open. Throw away those that remain closed.

SHRIMPS:

It is best to buy shrimps whole (with the shell) and frozen. The shell protects them from the freezing temperature, which however is important because they rot very rapidly.

SQUID AND OCTOPUS:

You should buy these frozen, that is when they are not available fresh. In the latter case, you should always check that their eyes are clean and bright.

Smoked Salmon Ravioli

by Alex Vassallo



MAY
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Recipes



Ingredients

For the dough:

- 350g flour for the pastry
- 100g semolina
- 3 tbsps olive oil
- Water (about 250ml)
- Salt

For the filling:

- 100g smoked salmon
- 300g gbejniet (water cheeselets) drained in a sieve for 2 days
- 1 egg slightly beaten
- 1 tbsp semolina

For the sauce (for 2 persons)

- 1 dozen cherry tomatoes
- 3 garlic cloves
- 50ml of white wine
- 100ml of cream or béchamel sauce
- salt and pepper

Dough: Sieve together the flour and semolina, add the salt and mix in the olive oil with the water (add more if required). Knead till you have the right consistency. Let it rest for at least half an hour

Filling: Chop the smoked salmon in very small pieces and mix with the gbejniet using a fork. Add the slightly beaten egg to the semolina and mix again. Due to the saltiness of the smoked salmon there is no need to add salt; however taste and decide for yourself.

Method: Spread the dough on a floured surface and cut it in 3-inch squares or circles. Fill each square or circle with a heaped teaspoonful of filling, brush the dough edges slightly with water and fold the edges together by pressing slightly with a finger or a fork all around. Makes about 16, enough for 3 persons.

These ravioli can be frozen and used when needed. Then, they just have to be boiled in a pot of salted boiling water. Cooking times: about 12 minutes if the ravioli are frozen or 4 minutes if they are fresh.

Sauce: Fry some garlic with the cherry tomatoes and deglaze with 50ml of white wine. Add 100ml of cream and cook on gentle heat for about another minute or so. Then add salt and pepper to taste and pour over the hot ravioli as shown in the photo.



Smoked Salmon & Broccoli Tortellini

by Anna Baldacchino

Ingredients

- 1 onion, finely chopped
- 1 tbsp olive oil or spray oil
- 1 cup of broccoli florets
- 100g mushrooms, sliced
- 120g smoked salmon fillets cut in bite-size strips
- 1 tub of fresh cream or two tubs of Hopla cream
- 450g tortellini

- 1 Cook the tortellini following the packet's instructions.
- 2 Heat about 1 tablespoon of olive oil or use spray oil in a shallow frying pan.
- 3 Add the onion and cook for about 4 minutes.
- 4 Add the broccoli and the mushrooms. Cover the pan, lower the heat and leave to simmer for another 2 minutes.
- 5 Put in the salmon strips and stir to combine with the other ingredients in the pan.
- 6 Pour the fresh cream or the Hopla into the pan and stir until well combined.
- 7 Use low heat and stir constantly.
- 8 Strain the tortellini when these are ready, place them on four plates and top up with the salmon sauce.
- 9 Sprinkle some chopped chives or parsley on top.

Sea Fruit & Prawn Pasta

by Graziella La Manna

Ingredients

- 1 packet of 150g unshelled seafood (mussels, clams, calamari)
- 20 prawns
- 2 garlic cloves, grated
- 200g diced cherry tomatoes
- 3 tbsps olive oil
- 1 glass dry white wine
- 1/2 glass of water or more
- Flat leaf parsley
- Salt
- Pasta - spaghetti, tagliatelle, or linguine

In a pan, cook the seafood and the prawns with the white wine and when the alcohol evaporates, add the olive oil and the grated garlic. Cook on low heat for 5 minutes.

Add the diced cherry tomatoes and some water and leave to simmer on low heat.

Season with a bit of salt.

In the meantime cook the pasta according to the packet's instructions. If the sauce starts to dry up whilst cooking the pasta, add some water from the pasta pan.

When the pasta is al dente pour it in the seafood pan, add the parsley and serve.

MAY
COOKING CLUB
Recipes



Pasta with a creamy sauce

by Georgina Lawrence

Ingredients

- 1 tbsp butter
- 1 tbsp finely diced onion
- 1/2 cup diced smoked salmon
- 2 fluid ounces vodka
- 1/4 cup heavy whipping cream
- 1/4 cup chopped tomatoes
- 1/2 cup tomato sauce
- Salt to taste
- Ground black pepper to taste
- 1 pinch ground nutmeg
- 1/8 tsp cayenne pepper

In a large saucepan sauté the butter, the onion and the smoked salmon. Once the pan begins to smoke slightly, pull the saucepan away from the heat source and add the vodka.

When the vodka has been burnt off, place the pan back on the hob and mix in the tomatoes, the tomato sauce and the heavy cream.

Season the sauce with salt, pepper, nutmeg, and chilli pepper. Reduce the sauce to the desired consistency and serve.

Swordfish

by Mark Psaila

MAY
COOKING CLUB
Recipes

Ingredients

- Swordfish
- Baby potatoes
- Olive oil
- Garlic
- Parsley
- Lemon
- Salt (rock)
- Pepper

Boil the potatoes in the water salted with the rock salt.

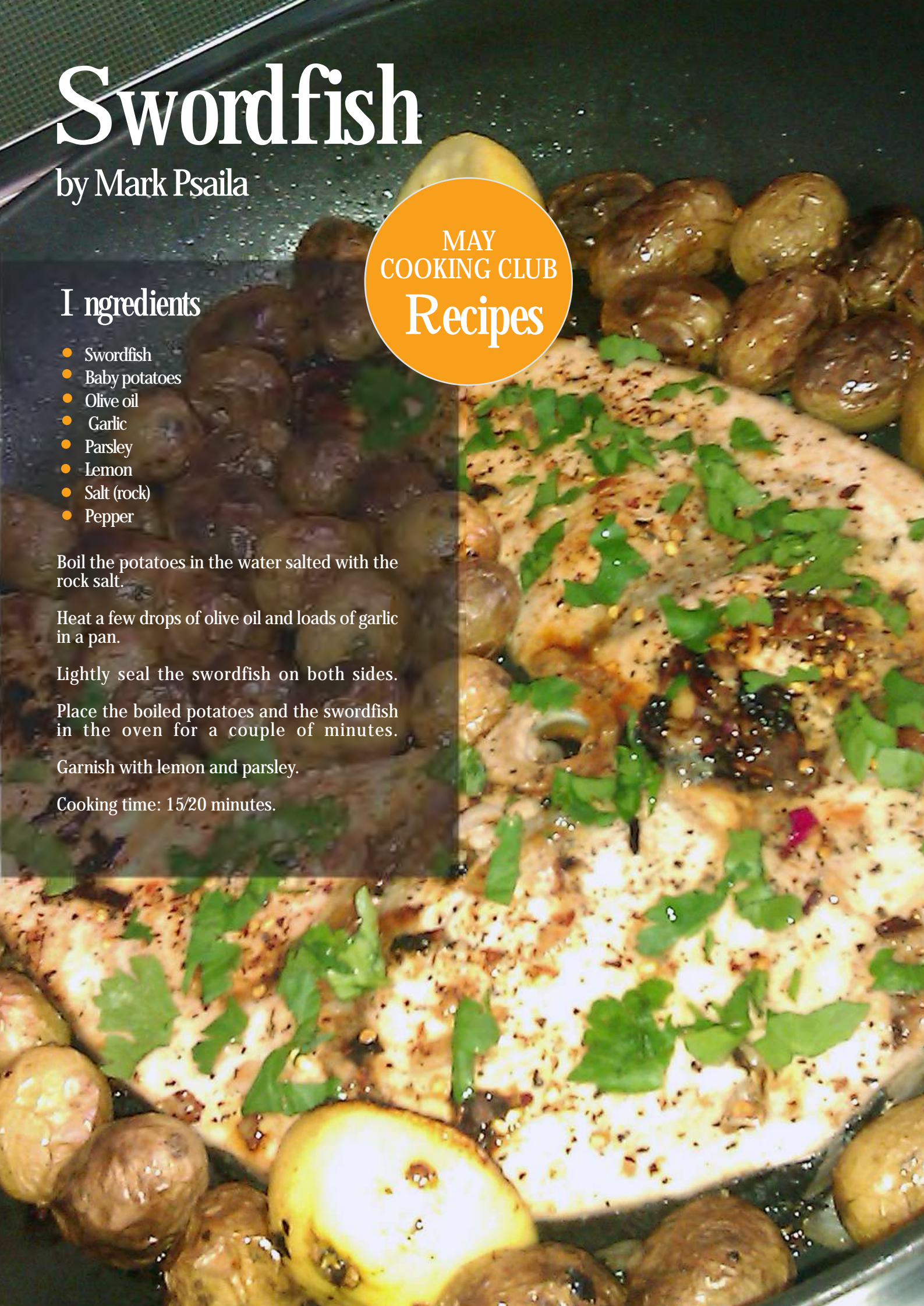
Heat a few drops of olive oil and loads of garlic in a pan.

Lightly seal the swordfish on both sides.

Place the boiled potatoes and the swordfish in the oven for a couple of minutes.

Garnish with lemon and parsley.

Cooking time: 15/20 minutes.



Home made pasta

by Pauline Mifsud

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Ingredients

Pasta:

- Semolina
- Salt
- Water

Sauce:

- Mussels
- Tomatoes
- Olives
- Courgettes
- Garlic
- Parsley
- Basil
- Olive oil
- Saffron

Make the pasta by adding enough water and salt to the semolina to make a soft dough.

Let it rest and then shape the dough into twisted rings.

Start by boiling the mussels till they open up (discard any which remain closed) and drain.

In the same pan add some salt and boil the pasta.

In another pan fry the courgettes, the tomatoes and the herbs in some olive oil.

Add the mussels and the olives.

Toss in the cooked pasta and some saffron.

Cook for a couple of minutes, serve with a lemon wedge and drizzle some olive oil on top.



Ink Squid Linguine

by Alex Vassallo

Ingredients (for 2 persons)

- 250g squid or seafood
- 2 tbsp tomato paste (kunserva)
- 1 small to medium onion
- 2 garlic cloves
- 2 sprigs of marjoram
- 1 small bag of squid ink (usually sold in little plastic bags of 4-7g each at the fishmonger's)
- 5 cherry tomatoes sliced in half
- 100ml dry white wine
- 50ml fish stock (or water)
- 2 tbsps olive oil
- chilli (optional)
- fennel leaves (optional) or chopped parsley
- 250g linguine or any pasta of your choice

Bring a pan of salted water to the boil and cook the pasta very al dente.

In the meantime, fry the chopped garlic and the onion in some olive oil until the onion turns brown.

Add the chopped squid or the seafood with the marjoram and cook on gentle heat for another 3 minutes.

Add the tomato paste, the cherry tomatoes and some chilli (optional).

Cook for another 2 minutes, whilst mixing with a wooden spoon every now and then.

Add the wine, the fish stock and bring to the boil.

Decrease the heat and pour in the squid ink. Drain the pasta and add to the squid mix.

Cook for a further 2 minutes, whilst mixing every now and then.

Plate and serve with a sprig or two of fennel leaves, which give a bit of a kick to the pasta, or else sprinkle with chopped parsley.



MAY
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Recipes