

MAIN COURSES

A scenic view of a rocky coastline with turquoise water. In the foreground, a dark, jagged rock formation juts out into the sea. The water is a vibrant turquoise color, with some people swimming. In the middle ground, a small wooden pier with a white boat is visible. The background shows a steep, rocky hillside with sparse vegetation and a small town or village perched on a ridge under a clear blue sky.

Kwart coconut = $\frac{1}{2}$ lb
 $\frac{1}{2}$ Kwart Zokker = Kwart
 $\frac{1}{2}$ Kwart margarin = 1 pkt
 $\frac{1}{2}$ Kwart olie = Kwart
 2 Baydar = 4 eggs

Method

Nawwad id - olie ul - morgen
 flinkien, Hbaghad zid is zokker
 ul - coconut, Habbar ul bayd seww
 u zidhom mah. tahira. It.
 tahira tid tigi qesha ghagina
 frit ratba.

Lestri dix tal form
 mde lek bil margarin. Put -
 tahira Harma pastini u
 qsthom wahda fym l. stria fid -
 dix. Ahmi go form frit
 jahrag qal xi 20 minuta.

Ross il-Forn (Baked Rice)

by Maegan Friggieri



Ingredients

**2 cups rice,
250g minced meat,
Milk,
Mixed spices,
Grated cheese,
1 egg,
1 tablespoon olive oil,
1 teaspoon Bovril,
1 can tomato sauce**

Method

In 1 tablespoon olive oil, fry the minced meat. Add a pinch of mixed spices and the Bovril when the meat is turning brown.

Add the tomato sauce, and let it simmer. Pour the rice in the sauce, and stir. Pour the mixture in a dish and add the beaten egg.

Add the milk until all the mixture is covered and stir carefully. Sprinkle some grated cheese on top. Bake in a pre-heated oven at 180C for around an hour.



Torta tal-Qargħa Hamra

by Christa Borg Parnis **(Pumpkin pie)**

Ingredients

For dough: 400 grams flour

Pinch of salt

2 tablespoons corn oil

3 ozs butter

Half glass red wine

For torta filling: 2 cups rice (480ml)

Red pumpkin

Leeks, Tomatoes, Olives, Capers, Basil

Anchovy, Canned tuna

Salt & Pepper, Corn oil

Method

Prepare the dough by mixing the sifted flour, salt, corn oil, butter and red wine to create a soft dough ball. Knead until dough is soft. Put the dough to a side. Prepare all you ingredients for the filling and leave to the side. On a table lightly grease with some butter. Roll the dough on the table to make it thin. Spread some of the butter over the dough once rolled out again. Slowly roll the dough to form a Swiss roll but when rolling stretch the dough as you go along. Roll each dough piece out again but not so thin. One should be enough to cover the base and sides of the dish and the other should cover the top. Place the larger dough in a large dish covering the base and sides. Prick the dough several times with a fork. Fry the leek until soft and tender. While this is happening boil the rice for 8 mins. Add all the other ingredients and cook for a further 5 mins. Preheat oven to 180oC. Turn the heat off from the frying pan and add in the rice and mix into the mixture. Season with pepper. Add all the mixtures into the dish where you already put the pastry base 17. Cover with the remaining pastry. Make sure to prick it with a fork to let the steam come out while cooking in the oven. Place in the oven for approximately 45 minutes. If the top of the pie hasn't become golden cook for a further 1 to 15 minutes if necessary.

Għagin il-Forn (Baked Pasta)

by Emma Manicaro

Ingredients

1 Onion,	400g minced beef,
200g tomatopulp,	Salt & Pepper,
2 spoons tomato paste,	1 peeled
1 Chicken Cube,	& grated apple,
1 Oxo cube,	150g grated cheese,
1/2 teaspoon curry,	5 eggs,
1/2 teaspoon	500g pasta rigatoni.
mixed spice,	

Method

In a pan sauté the onion in sunflower oil. Add the minced meat. Add the chicken cube and the oxo cube. Add the tomato pulp, tomato sauce and the grated apple. Pour in a little bit of water with the tomato paste. Add the salt and pepper, mixed spice and curry and leave them on low heat for approximately 10 minutes. When the pasta is ready drain it from the water, add a touch of butter and half of the grated cheese. Add the sauce, beat the eggs, and add them together. Put the remaining cheese on top of the pasta. Finally put the pasta together with the mixture in a dish and bake at a temperature of 200 degrees Celsius for approximately forty-five minutes until it becomes golden.



Soppa tal-Barley

(Vegetable Soup with Barley)

by Judy Magri



Ingredients

Squash

Carrots

Onion

2-3 Potatoes

Beef Cube

Corned Beef

Tomato Paste

Method

Peel and chop a piece of squash and some carrots, an onion, some parsley and two to three potatoes. Add all ingredients in a pot and cook until they make a broth. When fully cooked, add a beef cube, add some water together with corned beef and barley. Cook all together without adding salt.

If the soup dries up, add some more water and then add half a teaspoon of tomato paste. Continue cooking until all vegetables are fully cooked.

Soppa tal barley

Katta il kara u izzunarija, roti roti,
basla, karpusa xi giez patalit jew thiet.
Jeggijom fil borma kemm jerku, meta
tarom saru ixtet cube tal Bull, gied il
borma l'ilma ifsa il corned beef, u il barley.
u ~~saffara~~ minghair melh. Jecc tard rotta
dejjim gied f'tit ilma, u nofs cuccarina
kunserva.

Spinaci

aktal izzakk ahila u sajjara
fi f'tit ilma, f'apar minnha issir.



Balbuljata

by Shirley Scalpello

(Maltese scrambled eggs
with tomatoes)

Ingredients

**3 tbsp extra virgin olive oil,
1 large yellow onion, peeled and chopped,
600g plum tomatoes, peeled and chopped or
1 tin of chopped tomatoes,
6 eggs,
Salt and freshly ground pepper**

Method

Heat the olive oil on medium heat in a non-stick frying pan. Add the onions and cook until translucent, just starting to turn golden in color, about 6 minutes. Add the tomatoes and cook over low heat until the liquid evaporates, about 40 minutes. Whisk the eggs in a bowl until well blended. Season with a little salt and pepper. Include the eggs with the tomato and cook over medium heat, stirring constantly, and scraping from the bottom with a wooden spoon. Remove from heat as soon as the eggs begin to set, but are still moist, about 3 minutes.

Turn out onto a serving plate. Serve immediately. 31



Bragioli

by Lara Sultana

Ingredients serves 6

**6 pieces of beef thinly cut,
6 slices of pork ham ,
6 slices of cheddar or edam cheese,
4 boiled eggs, thinly cut
Aromat / salt, Pepper,
Handful leaves of parsley,
1 chopped onion,
Handful leaves of basil,
200g of tomato sauce,
Teaspoon sugar,
Chicken stock,
2 large potatoes,
3 carrots,
5 cut in quarters cherry tomatoes ,
100g peas,
One glass white wine,
Two glasses water**

Method

Preparation

Flatten out the thinly cut beef. Put one slice of ham and cheese on top of the beef. Cut some boiled eggs and place 2-3 thinly cut pieces on top of the beef. Add some parsley leaves. Season with aromats or salt, and pepper. Fold the sides of the beef and then roll, adding a toothpick in case rolled to hold it up. Repeat with the rest of the beef.

Cooking

Once all bragioli are rolled, put some chopped onions and basil on bottom of a tray. Place all 6 bragioli on top and add the tomato sauce, sugar, potatoes, carrots, cherry tomatoes and peas. Add the wine, chicken stock and water, which will be used to help boil the bragioli. Cover the tray with some foil and pierce some holes on top of the foil to let some steam out. Cook on stove for 20 minutes on medium heat. (Optional) Cook in oven for another 15 minutes on 200°C. Serve while hot, enjoy!

Bean & Pasta Soup

by Kylie Sultana



Ingredients

**1 tbs cooking oil,
2 onions chopped,
2 garlic cloves finely
chopped,
2 tbs kunserva,
3l water,
4 potatoes peeled and
quartered
300g broad beans,
2 carrots chopped,
salt & pepper,
4 fresh cheeselets,
200g kuskusu (small pasta
balls)**

Method

In a pot, gently heat the oil and fry the onions and garlic until golden. Add the kunserva and the water. once the water boils, add the potatoes, carrots, and the broad beans. Season to taste. Cook on moderate heat for around 30 minutes. Add the fresh cheeselets followed by the kuskusu pasta. Stir well and continue simmering for a further 10 minutes or until pasta is cooked. Serve warm.



Lentil Salad

by Clarice Bartolo

Ingredients

**Green lentils,
corn,
tomatoes,
feta cheese,
onions,
olive oil, salt & pepper,
mint & basil.**

Method

First boil the lentils in a pot till they are fully cooked. Once they're ready, remove them from the pot and place them in a bowl to cool down a bit before adding the other ingredients. Chop the tomatoes and onions into small pieces to your liking. In a separate bowl, mix in the feta cheese, corn and chopped tomatoes and onion. When the lentils cool down, add them to the mixture. After doing so, drizzle some olive oil and add salt and pepper. Lastly, add in the fresh mint and basil, this can be either chopped or not, and mix it in. Serve and enjoy!

Octopus Sauce With Pasta

by Jamie Busuttil

Ingredients

**1kg octopus diced in bite size,
a little bit of majoram,
basil and mint,
4 cloves of garlic,
4 small potatoes diced in cubes,**

**1 can of Maltese kapunata,
small onion thinly chopped,
few black olives,
1 fish cube,
few capers (to be added at the end),
1 spoon of olive oil.**

Method

Place the oil in a saucepan together with the garlic and onion. Fry until golden. Place the octopus in the same pan until all it's water is drained.

Place all the herbs and black olives. Place the diced potatoes. Place the kapunata and at the end the capers. Let is simmer for at least one hour and a half adding water gradually so not to let it dry.

I would recommed using frozen octopus for this, as it means less work as the freezer does the tenderizing. Serve the octopus sauce on the pasta and enjoy!





Stuffat tal-Fenek (Rabbit Stew)

by Lea Sammut

Ingredients

A whole rabbit,

2-3 garlic cloves

Rabbit seasoning,

Worcestershire sauce

150 ml red wine

Salt & pepper

HP sauce

150 ml water

Dish

Foil

Method

First finely chop the garlic cloves Then cut the rabbit into pieces and remove any parts you don't want (remove the insides as well if they were not removed by the butcher) Grab a dish and mix all the ingredients except the water Then pour in the water Cover it with foil or a lid for at least half an hour Put in the oven at 190°C for 30-35 minutes Then remove the cover and put it back in for another 10-15 minutes or until golden brown. Then serve.

