

STARTERS



gbejriet

perzut

butir

dat soup

zoccor

cord beef

te tyfoos

musquet gobon abiat

musquart

gobon chadder



Mini Caprese Salad

by **Kenny Muscat**

Ingredients

**Cherry tomatoes,
Mozzarella balls,
Basil leaves (1 per portion)**

Method

For each portion, stick 1 cherry tomato, 1 mozzarella ball and 1 basil leaf.

You can dress the servings with olive oil and/or balsamic vinegar.

Ħobż bil-Kunserva

U ż-Żejt

by Chloe Muscat

Ingredients

**2 slices of Maltese Bread,
30g Kunserva,
10ml Oil,
Pepper,
Broad Beans (Optional),
Ricotta (Optional),
Capers (Optional),
Olives (Optional),
Canned Tuna (Optional)**

Method

First take out two slices of Maltese bread. Then spread on some Kunserva. After that, pour oil on one of the slices of bread and blot it against the other slice of bread to spread the oil onto both slices. Next, sprinkle on the pepper. Feel free to add any of the optional ingredients according to your own personal taste!



Tomato Hummus

by Michael Formosa

Ingredients

**500g chick peas,
20g tahini,
1 minced garlic clove,
28g salt & 14g pepper, 25ml
Lemon juice,
4 average sized tomatoes
(Roasted for half an hour in an
oven for 180°C),
60ml of olive oil,
1g paprika,
1 leaf of fresh basil garnish**

Method

Preheat an oven to 180°C. Prepare the ingredients and their measurements. Slice the basil leaf into strips. Remove the inners of the tomato and roast with a light pinch of salt in an oven for 30 min. Place the ingredients into presser or blender. Blend till you obtain a smooth texture. Plate the hummus in a serving bowl. Garnish with the basil strips and light drops of olive oil.





Sea Salt & Rosemary Focaccia

by Katrina Buhagiar

Ingredients

**500g all purpose flour,
2 cups warm water,
2 tsp instant yeast,
1 tsp sugar,
2 tsp salt,
4 tbsp extra virgin
olive oil,
rosemary leaves and
flaky sea salt**

Method

For the dough: In a large bowl, add flour, salt and mix together. In a separate bowl, add warm water, sugar and instant dry yeast. Pour the yeasty water into the flour bowl and mix together with a spatula. It will be a very sticky dough. Drizzle the top lightly with olive oil, cover with a damp tea towel or cling film and place in the fridge to rest overnight (approx. 12 hours). The next day the dough should have tripled in size.

Second rise: Add 2-3 tablespoons of olive oil to an oven dish as well as its sides. Add a little olive oil to your hands and move the dough into the oven dish. Carefully stretch the dough into the shape of the oven dish. Cover with either a damp tea towel or cling film and leave to rest again at room temperature for 2-4 hours.

Baking: Preheat oven to 220C. Oil your fingers and press the dough to make dimples on the dough. Drizzle with olive oil, add rosemary leaves and sea salt. Bake in the oven for 20-25 minutes until golden. Remove the focaccia out of the dish and let it rest for 10 minutes on a cooling rack. Slice and dip into balsamic vinegar and olive oil or even a garlic yoghurt dip.

Bigilla

by Mary Rose Formosa



Ingredients

**500g Ful ta' Ġirba (small brown bean bought dry),
2 cloves garlic,
Salt & Pepper,
Olive Oil,
Vinegar (very little bit),
Chopped parsley,
1 tomato finely chopped,
Chili sauce to taste.**

Method

Soak the ful ta' Ġirba overnight, drain and cook it in plenty of water until soft and can be mashed. Drain and mash the beans. Keep the water that the beans have been cooked in. If the mixture is too dry and you have added enough olive oil and chilli sauce, you may add some of the water from the boiling pot to soften the mixture. Season to taste. Enjoy as a starter or snack on its own with the Maltese traditional galletti and a drink called Kinzie.



Brodu tat-Tigieg (Chicken Soup)

by Michelle Sammut

Ingredients

**2 large chicken thighs,
1 stick celery,
3 carrots,
2 medium potatoes,
3 marrows,
1 medium onion,
1 tablespoon tomato puree (kunserva),
100 grms pasta risoni (ilsien l-ghasfur)**

Method

Place the chicken thighs at the bottom of a deep pot. Tie the celery stick in a knot and place on chicken. Cut up the remaining vegetables into 1cm cubes and add to the pot. Add the tomato puree. Cover with water and bring to boil. Turn heat down and simmer for a further 40 minutes. Towards the end add the pasta and simmer for a further 10 minutes.

