



*usitat*

**MATERIALS**



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# GASTRONOMY

## CONCEPTS/CERTIFICATION LABELS

### BIODIVERSITY

The Maltese Islands support a wealth of native animals and plants, and diverse habitats, which are part of our natural heritage. Biodiversity underpins a healthy and sustainable environment.

### ORGANIC FARMING CERTIFICATION

In Malta, the competent authority on organic farming practice is the Ministry for the Environmental, Sustainable Development and Climate Change, Rural Development Department and the Control Authority with the remit to inspect and certify operators is the Malta Competition and Consumer Affairs Authority.



### PROTECTED DESIGNATION OF ORIGIN

Two of these types of products have a geographical connotation, such as the Protected Designation of Origin or PDO and the Protected Geographical Indication or PGI, and the third is related to traditional production methods, and is the Guaranteed Traditional Specialty or ETG.

- **PDO** – protected designation of origin (food and wine)
- **PGI** – protected geographical indication (food and wine)
- **GI** – geographical indication (spirit drinks).



# MALTA: HISTORY OF FOOD

Maltese cuisine is linked to its history: the Arab invasion between 870 and 1091, the British occupation from 1800 to 1964 and the Italian influence due to its proximity to Sicily, make this cuisine a mixture of flavours that buries its roots in the gastronomy of the different peoples that have occupied the island.

In general, traditional Maltese food shows strong influences from Italian, Spanish, French, British, Arabic, and other Mediterranean cuisines. Italian-Arab influences came by way of Sicily while the 200-year presence of the Knights of St. John introduced ingredients and cooking techniques from France, Italy, and Spain.



# MALTA: FOOD AND DRINK FESTIVALS

## MALTA INTERNATIONAL FOOD FESTIVAL



It is the island's most anticipated gourmet event, featuring cuisine from all around the world. The Malta 7-day festival goes beyond eating and drinking to reveal what the food scene in Malta is all about: embracing local and seasonal produce, promoting its diverse culture, championing premium producers, indulging in a kaleidoscope of tastes, and being treated to an amazing night out in Valletta's Pjazza Tritoni.

## MALTA INTERNATIONAL WINE FESTIVAL



The festival focuses on showcasing wines from Malta and around the world. offering a variety of different grapes from all corners of the world. Learn about the art of wine making, sample some of the best wines, meet notable wine makers and enjoy gastronomy and live music all in a breathtaking setting.

## FARSONS BEER FESTIVAL



The Farsons Beer Festival is one of Malta's hottest summer celebrations. Running over 10 days, this summer outdoor festival brings together the best local music, beer and entertainment at Ta' Qali National Park.



# MALTA: NATIONAL DISHES

**PASTIZZI**



**FTIRA**



**RABBIT STEW**



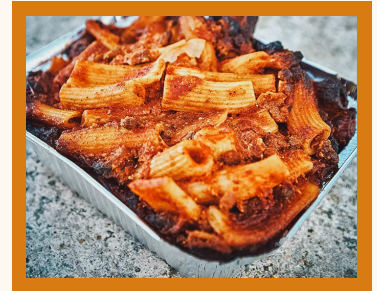
**Qagħaq ta' I-  
Għasel**



**NASPLI**



**IMQARRUN IL  
FORN**



# MALTA: TRADITIONAL DISHES

Traditional Maltese food is rustic and based on the seasons.



## **Starters:**

- Bigilla: A dip made from mashed beans, garlic, and olive oil. Perfect for spreading on some fresh Maltese bread.
- Gbejniet: A type of sheep or goat's milk cheese that is often served with crackers or bread.

## **Main courses:**

- Fenkata: A rabbit stew that is a staple of Maltese cuisine. It is often served with potatoes and vegetables.
- Lampuki Pie (fish pie): is made with fresh Lampuki fish, a type of Mediterranean fish that is abundant in the Maltese waters during the late summer and early autumn.
- Stuffat tal-fenek: A slow-cooked rabbit stew that is similar to Fenkata, but with a thicker sauce.

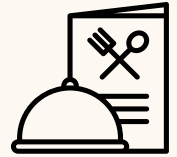
## **Desserts:**

- Imqaret: Sweet pastry made with dates, served hot and crispy.
- Kannoli: A sweet pastry that is filled with ricotta cheese, often flavored with orange or lemon zest.

## **Beverages:**

- Kinnie: A soft drink that is unique to Malta. It is made from bitter oranges and herbs.
- Cisk: A locally brewed beer that is popular in Malta.

# MALTA: MODERN MENU



## **Starters:**

- Maltese Fritters: A modern take on the traditional "qassatat" pastry, these fritters are filled with local cheeses, herbs, and spices, and served with a zesty dip.
- Octopus Carpaccio: Thinly sliced octopus, marinated in lemon and olive oil, and served with fresh greens and a drizzle of balsamic glaze.

## **Main courses:**

- Beef Cheek Ravioli: Tender beef cheek, slow-cooked and stuffed inside delicate handmade ravioli, served with a rich tomato and red wine sauce.
- Swordfish Fillet: Fresh swordfish, grilled to perfection and served with a vibrant salsa verde and roasted Ovegetables.

## **Desserts:**

- White Chocolate and Pistachio Mousse: A creamy and indulgent dessert, made with white chocolate and ground pistachios, and garnished with fresh berries.
- Maltese Fig and Almond Tart: A decadent tart made with locally sourced figs and almonds, served with a scoop of homemade honey ice cream.

## **Beverages:**

- Maltese Craft Beer: With a growing craft beer scene in Malta, there are plenty of locally brewed beers to choose from, each with their unique flavors and styles.
- Maltese Wine: Malta has a rich history of winemaking, and there are several local vineyards producing high-quality wines, including the indigenous grape varieties of Gellewza and Ghirghentina.

# GASTRONOMY ACTIVITY

Level 2/3:

- Introduce Maltese honey in the menu of another country.
- Look for food festivals in Malta that celebrate local produce and dishes.

Level 4:

- Introduce Pastizzi in the menu of another country.

Level 5:

- Prepare a fusion menu using ingredients and dishes from Malta and Italy.

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