

Gourmet

Today





BROADSIDE

TERRACE

RESTAURANT, COCKTAIL BAR & LOUNGE

An al fresco oasis

Drink, dine and while away the summer.

OPEN DAILY FROM 17:30HRS TO 00:30 | RESERVATION TEL: +356 2370 0000
CORINTHIA HOTEL ST GEORGE'S BAY, ST. GEORGE'S BAY, ST. JULIANS

BROADSIDETERRACE.COM



Editor's Note

Summer life is well underway and to make it even brighter, this issue is full to the brim with all the ingredients and flavours that make Summer that much more tempting!

Sip on an ice-cold drink and browse through the most in-season produce, as Daniel and Jessica from Marrow work their magic with figs, beetroot, peppers, kale and melon.

If you're more in the mood for a BBQ with friends on the beach, Anthony and Samantha from Tony's Foods have you got covered with their creative spin on all things meat.

Order up! A healthy and tastier-than-ever lunch is served as we compare all the grains, bringing you recipes you'll be dying to try and share with anyone you're hosting this season.

Speaking of seasons, the fourth season of Gourmet Today has come to an end, so we'll also be taking a look at the best recipes showcased this year, by our favorite chefs!

We've also included an exciting little surprise this time, featuring celebrity and Michelin star Chef Tom Kerridge.

Stay tuned!

Philippa



CONTENTS

July



11
Fig &
Walnut
Salad

56
Barley with
Burrata,
Parma Ham
and Truffle
Oil



CONTACT US

Managing Editor: Saviour Balzan

Editor: Philippa Zammit
pzammit@mediatoday.com.mt

Design: Philippa Zammit

Head of sales:

Adriana Farrugia
afarrugia@mediatoday.com.mt

Contact for advertising:

Philippa Zammit
pzammit@mediatoday.com.mt

Published by:



Vjal ir-Rihan, San
Gwann

SGN 9016 Malta

Tel: +356 2138 2741

Fax: +356 2138 1992

www.maltatoday.com.mt

printit

Printed at: Print It Printing Services



Cover:
Two Buoys
Photography:
James Bianchi

6

What's in Season?



July Contents

15

The Wine Festival is Back



Poolside Perfection

36

16

Bringing Melbourne to Malta

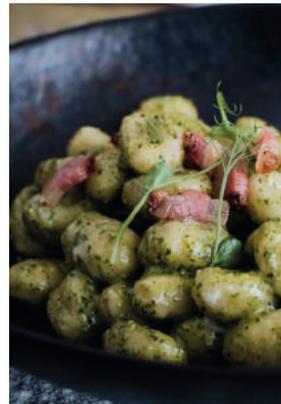


Local Export with a Michelin Touch

38

20

Taking Our Palates to New Places



Alfresco Dining Made Easy

46

28

BBQ Party



Gourmet Today's Best Dishes

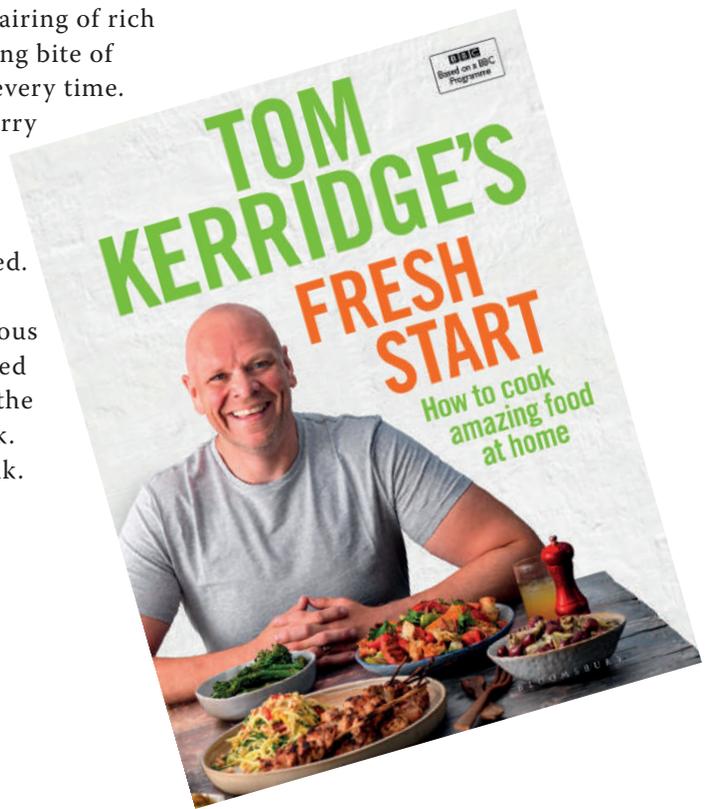
60

Wish List



STRAWBERRY CREAM LIQUEUR

Tequila Rose is a silky smooth pairing of rich strawberry cream and the thrilling bite of tequila. It hits the perfect note every time. Combining tequila with strawberry cream was a bold innovation, the first drink of its kind to pair cream with anything other than Irish whiskey. Exotic. Unexpected. Delicious. No. Guesswork. Needed. You'll know your delicious strawberry cream has been chilled to perfection once the roses on the bottle change from silver to pink. When it's pink, it's ready to drink.



TOM KERRIDGE'S LATEST BOOK

In his book, Michelin-star celebrity chef Tom Kerridge shows us how to be the boss in the kitchen and eat well every day, thanks to more than 100 brilliant recipes for breakfast, quick and easy meals, lighter dishes, veggie suppers, weekend feasts and sweet treats. It is not a diet book, but it is about taking control. If you cook from scratch, you know exactly what is going into your food and can take responsibility for everything that you and your family eat. And with Tom's guidance, you know it will taste amazing too! We need to get our hands on this one!

Obtini
BRINC'S BISCUITS
ORIGINAL

Brinc's
biscuits co. ltd.

Brinc's enjoyed over generations
www.brincsbiscuits.com



TRUFFLE GOODIES

Truffles are regarded by many as a diamond in the kitchen. From fries and pizza you've probably seen truffle accents on the menu from the simplest to the most elaborate. Now you can add the unique and aromatic flavour of truffles to your home cooked dishes with everything from truffle ketchup, premium Black truffle oil, truffle sauce and our current fave: truffle peanuts. Truffles and Co. even offer free delivery to every location. Contact 99022541 to get your hands on the hamper pictured above.



COCKTAIL AT TA' MARIJA

At Ta' Marija you can now enjoy dining alfresco. Enjoy views of the Mosta Dome, whilst savouring one of their signature cocktails and exquisite degustation menus. You can also enjoy Ta' Marija's all-inclusive Buffet at just €30.00 on Saturday evenings and Sunday lunches complete with unlimited wine, water and coffee. Don't forget their Maltese extravaganzas every Wednesday and Friday evening with a spectacular traditional folk dancing show and their mandolin and guitar duo! Check out their facebook page for the upcoming Saturday night entertainment line up!

Tel: 21 43 4444

Email: info@tamarija.com.mt

www.tamarija.com.mt

LIKE NO OTHER

Brockmans unique infusion of exquisite botanicals include wild dried blueberries and blackberries.

This creates an intensely smooth gin with a distinctive and original taste like no other.

Unrivalled pleasure served straight over ice, refreshingly different with tonic or ginger ale.



Trade enquiries: 2180 2554 info@sogood.com.mt

What's in Season?

Knowing how
to cook with
seasonal
ingredients
brings loads of
added benefits...
So let's take a
look what's in
season this
Summer.

BEETROOT RISOTTO



BEETROOT RISOTTO

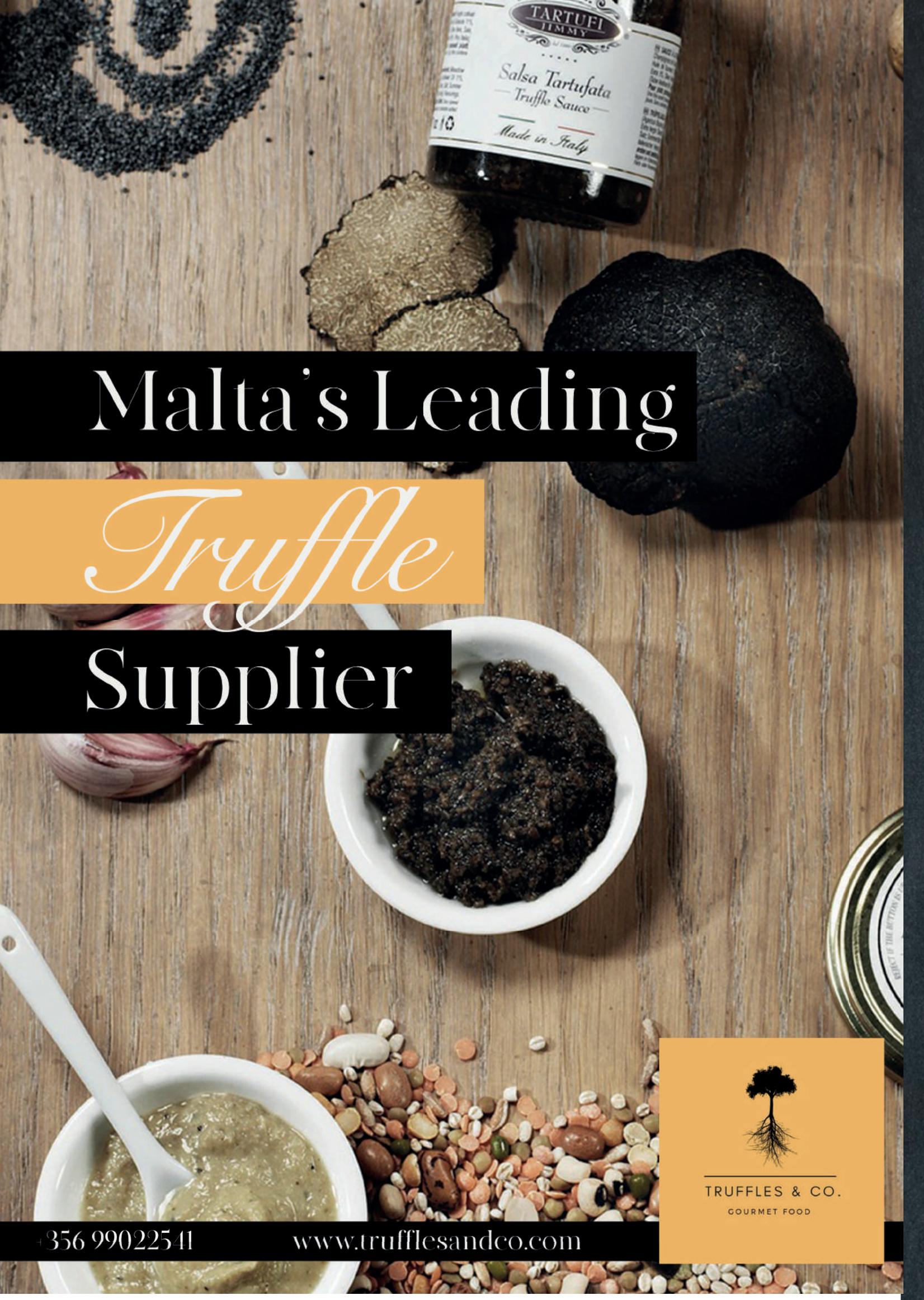
Serves 4

INGREDIENTS

250g risotto rice (arborio)
400-500g raw beetroot
1 large onion
30ml olive oil
1/2 cup white wine
900ml vegetable stock (3
tbsp stock powder or 1-2
cubes)
3 tbsp nutritional yeast
Salt & Pepper to taste

METHOD

1. Chop the beetroot into small chunks and drizzle a tablespoon of olive oil, some salt & pepper
2. Roast the beetroot in the oven for around 30minutes in a pre-heated oven at 180 degrees. Set aside and let them cool down
3. Add water to a pan on medium heat and sweat the onions until they have release their flavour
4. Add in all the olive oil followed by the Arborio rice
5. Make sure to stir the oil and onions well so as to cover all the rice
6. Once the rice starts giving off a popping sound and getting a little dry, add the white wine
7. In the meantime add the stock and the beetroot to a blender and blend
8. Add in the mixture to the pan with the rice and lower down the heat
9. Gently keep stirring until the rice has fully cooked then mix in the nutritional yeast
10. You should achieve a consistency similar to that of the image.



TARTUFI
JIMMY
Salsa Tartufata
Truffle Sauce
Made in Italy

Malta's Leading

Truffle

Supplier



+356 99022541 www.trufflesandco.com

KALE & BELL PEPPER DIPS

INGREDIENTS

For the creamy kale dip

100g raw cashews (soaked overnight)
1 Tbsp yellow miso paste
1/2 cup water
1 Tbsp. olive oil
1 small onion
1/2 tsp ground cumin
Pinch of cayenne pepper
6 - 8 large kale leaves (dinosaur kale)
2 Tbsp. fresh lemon juice
3 Tbsp. nutritional yeast
1/2 Tsp salt

For the roasted red bell pepper dip

2 medium roasted red bell peppers
100g raw cashews soaked overnight
Squeeze of lemon juice
Half a tsp salt
1 tbsp olive oil
2 tbsp nutritional yeast

METHOD

The creamy kale dip

1. In a pan saute' the onion on medium heat for around 3 minutes, once the onion is soft add all the spices and the kale.
2. Once the kale has shrunk and become soft turn the heat off, place in a separate bowl and set aside
3. In a blender place the rest of the ingredients and pulse to form a creamy texture
4. Add in the kale mixture you just cooked and blend once again.
5. Be careful not to blend it too much, its nice to leave some small pieces of kale in the dip!

The roasted red bell pepper dip

1. Place them on a baking tray and and lightly brush with olive oil.
2. Season with salt and pepper and place them into the oven for 6-8mins at 180C, until the skins just start to look charred
3. Let the peppers cool down for a few minutes.
4. Add all the ingredients to a food processor and pulse until a thick paste forms

peppers



kale



Forestals

Tel: (356) 23436000 | info@forestals.com

KitchenAid

figs

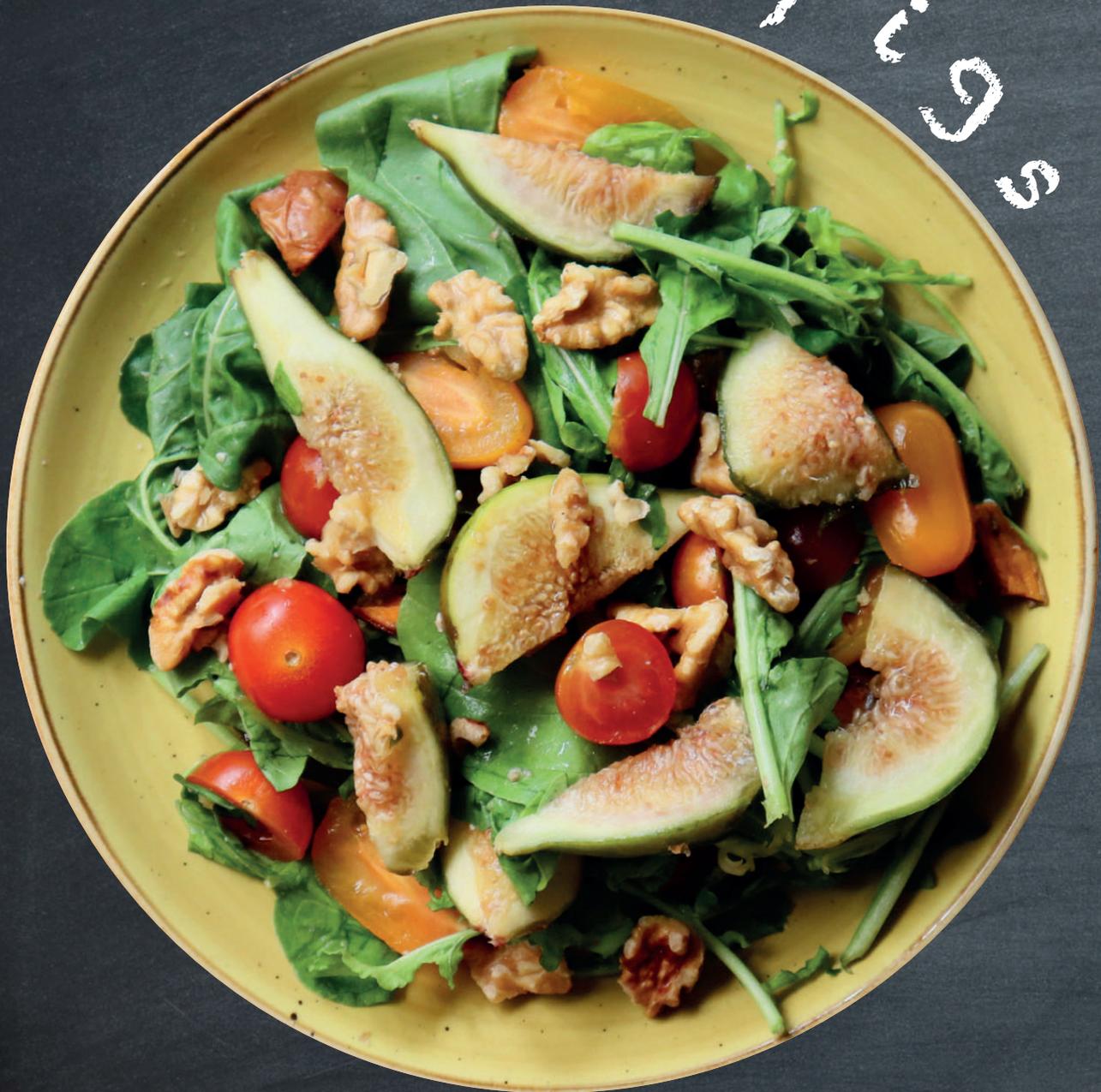


FIG & WALNUT SALAD

Serves 2

INGREDIENTS

For the salad

400g fresh figs
300g cherry
tomatoes
300g Maltese
rucola
100g walnuts

For the dressing

3Tbsp maple syrup
2Tbsp olive oil
2Tbsp Modena balsamic
vinegar
1 squeeze of lemon

METHOD

1. Roast the walnuts for 10 minutes in a preheated oven at 180 degrees or simply roast them in a sandwich toaster!
2. Chop the cherry tomatoes and figs then crush the walnuts.
3. Mix all the ingredients in a bowl, add the dressing and you are good to go.



...taste Malta.


DELICATA
Family Winemaker
Since 1907



MELON



MELON SORBET

INGREDIENTS

400g Melon
230g Banana
1 medjool date
1 squeeze of lemon
Few mint leaves

METHOD

1. Place all the ingredients in a high speed blender and blend until a sorbet consistency is achieved.
2. Add a nice drizzle of maple syrup for that extra sweet kick!



CIAO BELLA!

Dine indoors or al fresco on the beautiful terrace overlooking St. George's Bay,
An enticing selection of pizza, pasta and antipasti available daily.

FREE WI-FI

3 HOURS FREE PARKING

KIDS MENU

MONDAY - SUNDAY FROM 18:30 - 22:30 HRS

FOR BOOKING KINDLY ASK AT RECEPTION

**DA MARINA**
PIZZERIA

MARINA HOTEL CORINTHIA BEACH RESORT, ST. GEORGE'S BAY, ST. JULIANS, STJ 3301
+356 2370 2000 | INFORMATION@MARINAHOTEL.COM.MT | MARINAHOTEL.COM.MT

The Wine festival is back



Summer is in full swing, which means the highly anticipated Delicata Classic Wine Festival is around the corner. This event, organised for the 18th time by Malta's award-winning, supercentenarian Delicata winery, promises to be the grandest event on the wine enthusiast's calendar.

This year's edition will take place at the Upper Barrakka Gardens in Valletta, from Thursday 8 to Sunday 11 August 2019, every evening from 7pm until midnight.

There are over 20 wines to sample, including the semi-sparkling Frizzantes made from the native old bush vines, Girgentina and Ġellewża. There are the DOK Malta Medina and DOK Gozo Victoria Heights boutique wines, a selection of the flagship Gran Cavalier and Grand Vin de Hauteville ranges, as well as the sweeter lifestyle Dolcino and Falcon wines, the popular lush Casella Moscato and other varietals of the Classic Collection, all three Pjazza Regina wines and the ready-mixed wine coolers called SpritZZers.

Entrance is free but for the wine tasting there is a fee of €16 for a wine purse filled with 24 wine coins and a souvenir glass. Handing over the correct change of wine coins at the stalls will prompt dedicated wine stewards to pour a standard 150 ml glass of the wine on show.

Whilst the wines are the real stars, there is a double-bill of music and some of Malta's leading bands lined

up to perform every night. Airport Impressions will open on Thursday and The Crowns will close the festival on Sunday.

Live cooking stalls will also be serving a variety of both traditional local and international dishes.

The festival closes at midnight but wine purses and glasses will be sold until 11 pm and wine will be poured until 11.30 pm. Patrons are reminded to enjoy responsibly and never drink and drive.

A convenient online pre-payment facility is operational already at the Delicata website. This year's festival also aspires to give back for a good cause. When pre-paying online, a voluntary donation is accepted in aid of the conservation of endangered sea turtles by Nature Trust Malta, a beneficiary of the winery's charitable Delicata for Good initiative.

The Delicata Classic Wine Festival is the showcase for Malta's wines par excellence. The enchanted atmosphere, the breath-taking views of the the Grand Harbour and the floodlit three cities will make anyone's visit truly memorable.

With a selection of great wines, delicious food as well as live music, the wine festival weekend is set to be one you don't want to miss. What more could anyone ask for?

For more information visit www.delicata.com

BRINGING MELBOURNE TO MALTA

Words by Amy Micallef Decesare



It's Saturday morning, you're famished, overtired and in desperate need of an energy boost.

Fast forward twenty minutes (more or less depending on how close you are) and you're sitting at a table, overlooking the stunning bay of Spinola, with an ice-cold mixed berry smoothie in hand, waiting on your Acai bowl.

Which restaurant can make this dream come true, I hear you ask?

Well, sit tight. The dream granting eatery goes by the name of Two Buoys. Though it may ring a bell, we recommend you forget everything you knew, because it's been revamped, re-imagined and re-

opened, with a completely fresh look, perspective and most importantly, menu.

Branded with the tagline 'Where Melbourne Meets Malta', the revolutionary menu is guaranteed to bring a smile to every Aussie and Maltese alike; as well as everyone in between.

We met with restaurant manager Jesse Caruana, born and bred in Australia with a deep affection for the Maltese Islands. With a cheeky grin, Jesse spoke about his vision for the restaurant, including his unwavering love for breakfast and brunch. Having grown up in Melbourne and worked with chef Mark Miller, where these things plus a good cup of coffee is a staple, Jesse couldn't help but develop strong

cravings when visiting Malta. In the same way his grandmother often treated him to traditional Maltese delicacies, Jesse thought he'd return the favour and bring Melbourne to Malta.

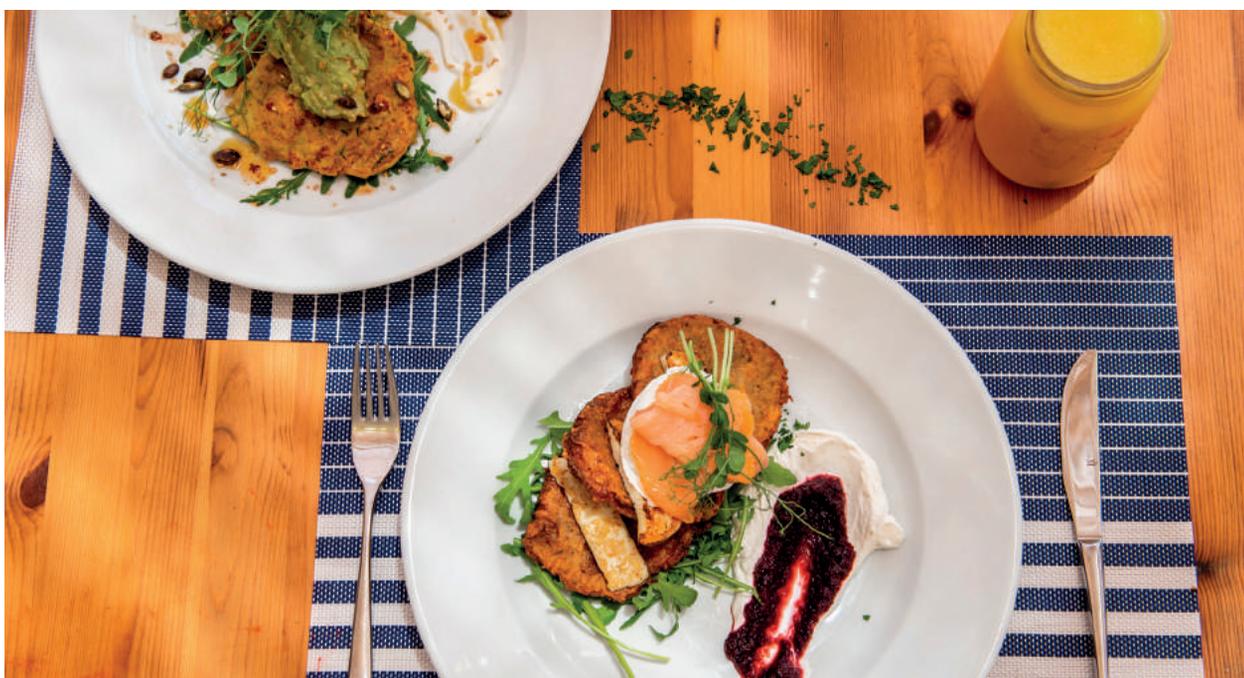
Despite there being over 270 restaurants in St Julians alone, less than five serve brunch (and that includes Two Buoys)! Taken aback by this, Jesse, together with his cousin Karl Abela, head chef Nicky Deguara, who has worked in the industry for over 24 years and Mark Miller, who eats, lives and breathes breakfast worked on brand-spanking new breakfast, brunch and lunch menus that would tempt even the greatest of breakfast haters. Just on the off-chance you'd rather eat after 6pm,

Two Buoys have also launched their renovated dinner menu to keep you, as well as every single member of your family grinning ear to ear.

We had heard enough and were ready to sample every single thing we could get our hands on.

First up: the house muesli and Acai bowl. Both filled to the brim with some of the most visually appealing ingredients to ever appear in a dish, would you believe me if I said they tasted even more delicious than they looked?

Featuring fresh fruit, nuts, seeds and colourful edible flowers (which are just as fun to eat as they are to look at), as well as muesli and coconut



Two Buoys • 106, Spinola Street, St. Julian's • Tel: 21222221



yoghurt, both these breakfast options have the magical power of filling you up without making you feel as though you need a nap.

Moving straight on to brunch, Jesse brought over their Footscray Fritters and Williamstown Rosti. The former featured sweetcorn zucchini mint fritters, smashed avocado, coconut labneh and toasted seeds. The latter? Delicious potato rosti topped with smoked salmon, beetroot relish, halloumi, tahini yoghurt and a poached egg. What else could you possibly ask for in your brunch dish?

Fresh, filling and packed with flavour, both menus will have you coming back on a daily basis, until you've tried every single item. Oh and just to make that deal a little bit sweeter, those of you late risers can order off either of these menus till 4pm, in case you're craving a stack of hotcakes at 3pm.

With a swig of our fresh orange juice, we were ready for the final course: lunch. The Gigi bowl and the Mediterranean were brought over, ready to be dominated by my guest and I.

The Gigi bowl, named after Jesse's mother, was a perfect lunch option, featuring brown rice, seasonal veggies, tofu, roasted seeds and of course, avocado. The Mediterranean platter was a stunning display of all things delicious and Mediterranean, including falafels, fritters, tofu, caponata and quinoa tabouleh.

As we finally admitted defeat and retired our cutlery, we couldn't help but notice the overwhelming amount of vegan and vegetarian options. Despite being neither of those things myself, it goes without saying that many are rather bored of the standard pizza, pasta and meat dishes and are eager to broaden their horizons, whether vegan, lactose intolerant, gluten intolerant, vegetarian or not. (Please note that is coming from a massive pizza, pasta and meat fan)!

Two Buoys is in a league of its own, pushing all and any boundaries and inviting you to sample the very best of what Melbourne (and Malta) have to offer.

Open every single day, including Sundays, from 8am till 11pm, what excuse do you have not to visit, really?

HOT CAKES

Serves 2

INGREDIENTS

For the pancakes

1 & ½ cups self raising flour
1 tsp baking powder
¼ cup caster sugar
2 eggs, lightly beaten
60g butter, melted, cooled
250ml milk
½ tsp vanilla essence
Toasted coconut flakes
Vanilla ice-cream
Powder sugar
Maple syrup

For the berry compote

500g frozen mixed berries
1 tbsp sugar
1 tsp vanilla essence
½ cinnamon stick

METHOD

1. Stir flour and baking powder into a medium mixing bowl.
2. Stir in sugar. Combine eggs, butter, milk & vanilla essence into a jug.
3. Pour in the bowl, use a whisk to mix to a smooth batter. Cover in plastic for 10 minutes.
4. In the meantime, add frozen berries, sugar, vanilla essence and cinnamon stick into a pot to reduce for 10 mins on a low heat. Leave to cool.
5. Back to the pancakes: heat a medium non-stick frying pan over medium-low heat. Lightly oil with cooking spray.
6. Pour ¼ cup of the batter into the pan and cook until small bubbles appear on the surface.
7. Turn over and cook until golden and cooked through.
8. Place pancakes on plate and pour the appropriate amount of compote to your liking.
9. Scoop some ice-cream on top of it, garnish with coconut flakes and powder sugar. Pour some madele syrup on top until satisfied.

Recipe: Chef Mark Miller



TAKING OUR PALATES TO NEW PLACES

Words by Philippa Zammit

My latest dining adventure? Panorama, a lavish restaurant nestled inside the British Hotel in Valletta. My date for the evening? My sister- a woman who is even more serious about dining than I am.

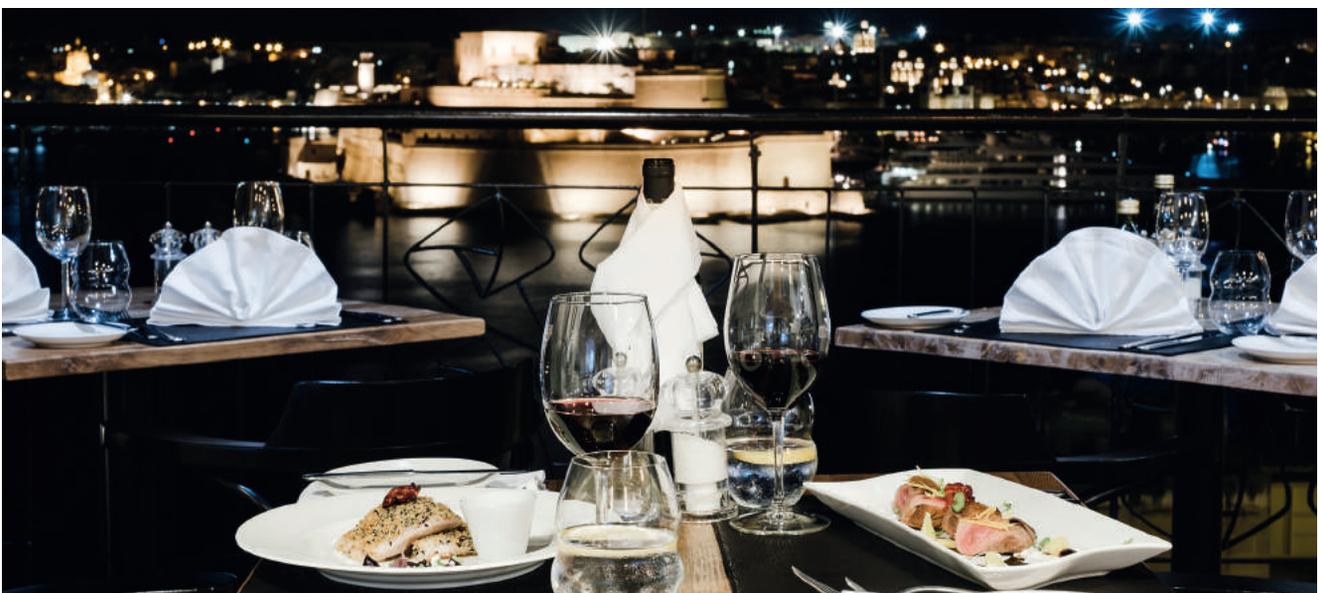
I had heard great things about the restaurant and the first thing that impressed me was the fabulous location and the breathtaking view that pleased my vision as soon as I walked in. The dining room is elegant, yet unimposing with a relaxed sophistication to it, with an outdoor terrace overlooking Valletta's majestic Gand Harbour.

After a very friendly welcome, we were shown to our table. Matteo, the restaurant manager, took great care of us from the moment we arrived, recommending us a delicious bottle of wine and practically making himself available as our sommelier for the night - something that we both appreciated, since neither of us are experts when it comes to picking wine.

Whilst waiting for our starters, we couldn't resist munching on fragrant buttered bread. The dinner immediately got off to a smashing start when the waiter brought out two plates of appetisers: beef tartare served with a cured egg yolk as well as deconstructed salmon sashimi.

If you have never sampled beef tartare before and are apprehensive to try it (like me) because it comes raw, if you want a serving of meat that is packed with flavour and never boring, you must give this a try and you won't look back! Tartare is very lean and it needs a dose of fat to smooth it out. Enter the egg yolk. Never trust a beef tartare unless it comes with a nice egg yolk... this one's cured in sugar and salt. Oh, and did you know you're getting a great dose of vitamin B whilst you indulge?

I love Japanese and my go-to sushi roll is a spicy salmon roll, so this dish of deconstructed salmon sashimi, Head Chef Emanuele Valerio's fa-





avourite, was intriguing to say the least. It consisted of two layers of mousse with crispy nori seaweed in between, topped with four rolls of raw salmon... a new take on your traditional sushi roll and your go to dish if you're crazy about anything Japanese.

As if that wasn't enough as a starter, we were surprised with a plate of truly indulgent gnocchi pesto to share. I've never been a huge fan of gnocchi in the past, but these melted in my mouth, with the guanciale leaving a salty flavour on the tongue.

Our final course before dessert was the fresh tuna steak from the specials menu and the pistachio crusted lamb, the favourite of the day for me. The port wine jus, a vibrant sauce with a unique sweet flavour, enhanced the meaty flavour of the pistachio and mustard crusted lamb. Simply delicious... and when I say delicious, I'm speaking about that level of delicious where you close your eyes whilst you chew and hold off swallowing your food for as long as possible because you don't want the experience to end. Or maybe that's just me?

My sister opted for the grilled tuna steak, a fish lover's version of a beef steak. The steak was thick and flavourful with a simple dressing, which really was all it needed.

To wrap up our lovely evening we couldn't help but

indulge our sweet tooth and we were treated not one but two desserts: pistachio crème brulee (to keep up with the pistachio theme) and a classic chocolate brownie. The brownie was perfect: rich, fudgy and chewy. Some might find it to be rather heavy though the contrast of that with the pistachio crème brulee, made a great combo. Crème brûlée is breathtaking, and one of those desserts that you're a bit afraid to mess with in your own kitchen. Why mess up a good thing, when you can get the perfect French classic with a twist at Panorama? We adored them both and ended our dinner on the perfect high.

The restaurant is also ideal for entertaining and hosting special events. This well presented venue provides an energised environment, making it perfect for a private function.

With an ever-growing number of restaurants in Valletta, this is somewhere that can easily be forgotten on the outskirts of the capital city, away from the hustle and bustle. However, it shouldn't. The view alone is worth the visit. Whether you're after a fine glass of wine accompanied by a few bites to eat or, a full-blown elevated dining experience, Panorama deserves your attention. And so does our Grand Harbour.

Panorama • 267 St. Ursula Street, Valletta • Tel: 79877980



“Tal-Milord”

ARTISAN CHEESE MADE WITH SHEEP & GOAT’S MILK

“Milord” - a corrupted Maltese word meaning “My Lord”. This title was conferred upon noble English gentlemen by their willing staff, and has since become a common Maltese word and family nickname.

Following the successful launch of the “Gobon Tan-Nar®” range of Maltese cheeses, FarmFresh Ltd., a company owned by Magro Brothers Group in Gozo, is extending its range to include a new cheese, “Gobon Malti tal-Milord”!

The “Gobon Tan-Nar®” range celebrates Malta’s lost heritage in cheese-making culture.

For hundreds of years, up to the turn of the twentieth century, Malta boasted its very own cheese culture. Most towns and villages had their own “imhazen tan-nar”, warehouses specialising in cheese produced in large vats over open flames. When herdsmen had excess milk, they took the fresh milk to these warehouses to turn it into cheese, which could be kept for longer periods of time. This cheese, commonly referred to as “tan-nar”, was made from a combination of two or three sources of milk, depending on the composition of the herd of the farmer concerned. The technique to make the cheese was a delicate process, with each master craftsman having his own secret recipe and craft technique. This created a very competitive market among the craftsmen and herdsmen – all contesting for the best tasting cheese on the island!

This wide-scale cheese production process came to a sudden halt in the early thirties of the last century when Malta was still under British rule. In a bid to curb the spread of undulant fever

“deni rqiġ”, all trade dealing with fresh milk suddenly became illegal and this brought about the immediate closure of all cheese warehouses, wiping out most of the cheese making culture that had developed so profusely over the previous centuries .

With the introduction of the “Gobon Tan-Nar®” brand, Farm Fresh reignited the passion for local cheese making and picked up where our ancestors left off. The original range introduced on the market consists of 4 traditionally-inspired flavours; plain, peppered, cumin and fennel and are crafted using primarily cow’s pasteurised milk mixed with goat’s milk.

The latest addition to the range is the “Gobon Malti tal-Milord”, a semi-hard artisan cheese made primarily from sheep’s milk, to give a distinctive rich creamy taste, mixed with goat’s milk, to add a rustic aftertaste. This cheese is aged for a minimum of 16 weeks. During the 19th century, this delicacy was highly sought after by the English gentry of the time, hence the name.

All the cheese crafted under the “Tan-Nar®” range follow the same traditional recipes and methods whilst using modern technology to guarantee food safety to the end consumer. The new “Gobon Malti tal-Milord” will be available on supermarket shelves in the coming weeks.



RE-DISCOVERING MALTESE CHEESES!

“GOBON TAN-NAR” - a Maltese cheese steeped in tradition, which, over the past hundred years, was almost completely forgotten from our culinary history.

Using time-tested methodologies acquired from the recipe books of our forefathers combined with the latest technology and best-practice standards in dairy production, this once greatly-loved cheese is introduced back into the Maltese market.



SUMMERY RICE SALAD



Serves 4

INGREDIENTS

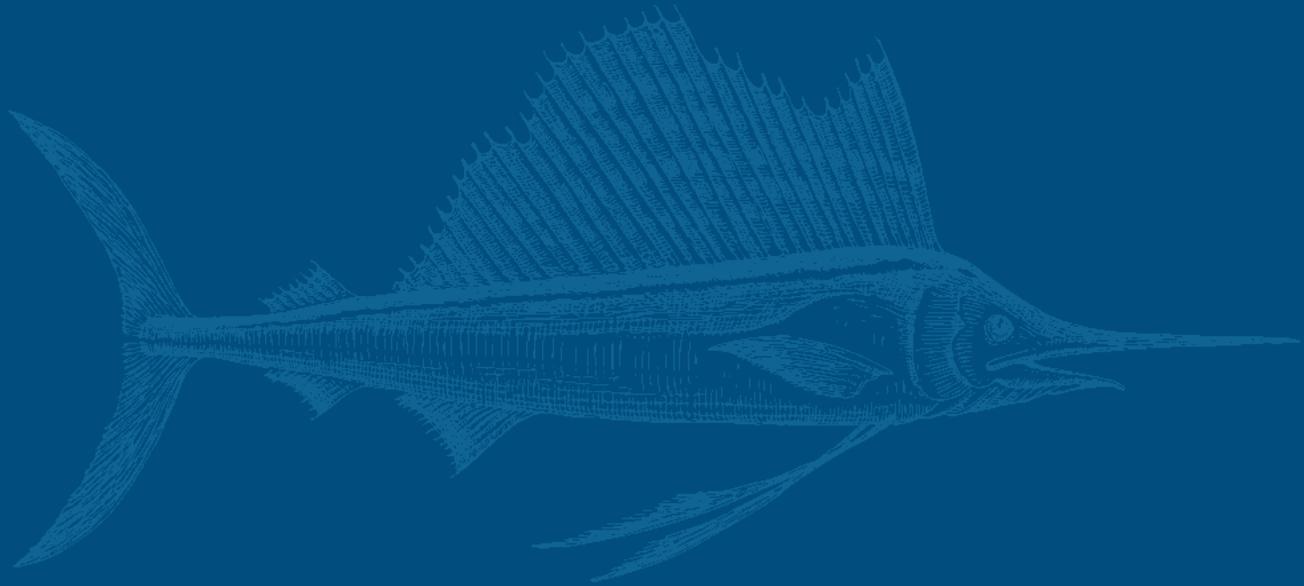
175g Good Earth long grain brown rice
1 yellow pepper, finely chopped
100g mushrooms, finely sliced
2 spring onions, thinly sliced
3 tomatoes, deseeded and diced
½ cucumber, chopped
A few black olives, chopped
A few crisp lettuce leaves
Juice of 1 lemon
5 Tbsp Pantaleo extra virgin olive oil
Freshly ground black pepper
2 Tbsp freshly chopped parsley

Recipe: Good Earth

METHOD

1. In a large pot bring the water to the boil, add the rice and cook for about 35 minutes. Remove from the heat and leaving it covered let it rest for 10 minutes before draining. Drain and allow to cool.
2. Meanwhile prepare the dressing: in a small bowl mix the lemon juice, extra virgin olive oil and a bit of freshly ground pepper together. Set aside and allow to infuse.
3. Mix the pepper, mushrooms, spring onions, tomatoes, cucumber and black olives together in a bowl. Carefully fold in the cooled rice. Then stir in the dressing and serve on a bed of lettuce and sprinkle with chopped parsley.

FRESH NEW MENU AT THE GALLEY RESTAURANT.



Seasonal Seafood, Premium Meats, Pasta Dishes or just a light afternoon snack.
The Galley Bar & Restaurant welcomes you to a light lunch or dine in style on our
spectacular terrace on the water's edge.
Fully stocked bar with a good selection of wines, spirits and cocktails and easy parking.



THE GALLEY
BAR & RESTAURANT

Ta' Xbiex Seafront, Ta' Xbiex. T: [+356] 7931 8801 E: reservationsthegalleytaxbiex.com W: thegalleytaxbiex.com

TELLING STORIES THROUGH FOOD



Enjoy the taste of history in the actual venues where Inquisitors, Corsairs, Knights and Libertines enjoyed various food treats. One of the latest events that was organised by Taste History was held at the Grand Master's Hunting Lodge in honour of President George Vella

A team of Heritage Malta's curators based at the Malta Maritime Museum and the Inquisitor's Palace, archaeologists, historians and professional chefs teamed up to recreate historical recipes so that food may narrate its own story and people can have a little taste of history.

Short anecdotes discovered in historical notarial acts, old recipes unveiled in the archives of the Inquisition in Malta, museum paintings depicting food traditions and other intriguing documents are all being meticulously studied in an attempt to give life to a forgotten epoch that helped shape Malta and the Mediterranean as we know them today.

This year, the team of Taste History, in collaboration with the University of Malta and the Parliamentary Secretariat for Agriculture, Fisheries and Animal Rights, has launched Imnarja festivities at the Grand Master's Hunting Lodge at Verdala Palace, in honour of President George Vella and his guests, where a meal based on recipes from the Knights' Period was prepared.

The meal started off with a selection of fresh ricotta, Maltese aged sheep cheese, indivia (leaf vegetables), and air dried salsiccia (sausage), accompanied by olive oil and ħobż tal-mahlut (bread made from a mixture of barley and wheat flour).

This was followed by a Ġbejna Hhascisc e rihh, which is fresh sheep cheese wrapped in leaves and aged in white wine, as was described in 1766 by Giovanni Pietro Francesco Agius de Soldanis.

L-Imqarrun tad-Dumnikani (macaroni of the Dominicans) was served next, consisting of large macaroni with fresh cheese, eggs, pepper and saffron. Pasta was a regular occurrence on the shopping list of the Dominican friars. Quantities of spaghetti, macaroni and cuscuso were acquired

to feed the community.

An Aggiazzata di Limoni (iced lemon granita), a recipe dating back to 1748, was used as an intermezzo or a refreshing interval to cleanse the palate and prepare the guests for the next dish.

The Pasticcio con Carne di Coniglio (rabbit meat pie) is a typical reinterpretation of an Imnarja classic, described in the criminal proceedings of the Archives of the Inquisition in Malta. Such archives revealed indispensable insights into the consumption of rabbit meat. At the time, rabbits and hares provided an alternative source of meat in an otherwise restricted fauna on the islands.

An Arangi Gelati (a bitter-orange sorbet), also dating back to 1748, completed this historical meal. The exclusive nature of the Maltese orange had earned a very good reputation at the time. In the meantime, different systems were adopted to effectively freeze liquids, and by the end of the 17th century, cooks published recipe books to propagate the knowledge of how to prepare ice-creams and sorbetti.

There are several other historical menus to choose from and each dish has its own story to tell.

The team of Taste History works in collaboration with several local farmers, to ensure that each and every ingredient is authentic and each serving is a surprising delight.

The choice of historical venues where such exquisite meals are organised, further enhance the experience of enjoying food from a bygone era.

For further information about Taste History, visit www.tastehistory.org

BBQ PARTY

Summer is finally upon us and nothing says

Summer like an outdoor BBQ. It's time to

to grab your tongs, fire up the grill, and get

cooking

**Recipes & photography: Anthony Aquilina and
Samantha Debono from Tony's Foods**

MEDITERRANEAN TURKEY BURGER

Serves 2

INGREDIENTS

For the patties

400g turkey mince
1 onion, finely chopped
2 cloves garlic, minced
4 sundried tomatoes, finely chopped
2 tbsp black olives, chopped
100g feta cheese, finely chopped
1 tbsp mint, fresh & finely chopped
1 tbsp basil, fresh & finely chopped
1 tbsp oregano, fresh & finely chopped
Salt & pepper, large pinch each

For the garlic sauce

2 cloves garlic, minced
4-5 mint leaves, finely chopped
1 cup mayonnaise
1 tsp white wine vinegar

METHOD

1. Combine all the ingredients for the burger patties together in a large bowl. Make sure to combine well.
2. Cover with cling film and let rest in the refrigerator for at least one hour.
3. When you are happy with the chilling time, and form the mince mix into patties. You should get about 4 patties with the recommended ingredient amounts.
4. Place the newly formed burger patties on a baking tray and allow to set in the fridge for another hour.
5. In the meantime, combine all your sauce ingredients in a small bowl. Refrigerate until your burgers are ready to serve.
6. Preheat your barbecue grill to a medium heat.
7. Once the patties have chilled, place them on the bbq and grill them for around 5 minutes on each side (10 minutes in total).
8. Once fully cooked, serve hot on a charred burger bun with some leafy greens, a dollop of your home made garlic sauce, and a slice of spicy cheese on top.

EST.1978
Osborne

TAILORED CATERING

Barbeque Menus

BBQ MENU €20

excluding VAT

Hawaiian chicken kebabs
Sweet & sticky beef rump skewer
BBQ chicken wings
Assortment of sausages
Tomato & basil salad
Coleslaw
Fruit & nutty couscous
Potato salad with shallots, garlic & parsley
Cinnamon glazed fruit kebabs

BBQ MENU €30

excluding VAT

TO START WITH:

Garlic & cheese baguette al cartoccio
Grilled tomato & basil bruschetta

CHOOSE 3:

Carolina-style marinated chicken breast
Beef souvlaki skewers
Rosemary & garlic marinated beef rump steak
BBQ pork spare ribs with ginger & maple syrup
Prawn, tomato & pineapple kebabs
Salmon & lemon skewers
Homemade 350g pure beef burgers in a 5-inch bun
Plus
Assorted sausages & jacket potatoes

CHOOSE 3:

Pasta salad with pesto, cherry tomatoes & goat's cheese
Coleslaw salad
Fruit & nutty couscous
Grilled vegetable ratatouille-style salad
Tuna rice salad with pickled vegetables & sundried tomatoes
Tomato, onion & cucumber salad

FOR DESSERT:

Fresh fruit salad served in half a watermelon,
flavoured with spiced sugar syrup

All menu prices are per person | Minimum order is for 10 people

INFO@OSBORNECATERERS.COM | T: 2142 3214



MEXICAN BBQ CHICKEN SKEWERS

Makes 10

INGREDIENTS

1 tbsp granulated sugar
1 tbsp chili powder
1 tsp cumin
1 tsp onion powder
2 tsp paprika
½ tsp garlic powder
½ tsp salt
1 tsp coriander
6 whole chicken thighs, boneless
skinless, cut into approx. 1 inch cubes
1 tbsp olive oil
1 whole lime cut into eighths
1 tbsp fresh chopped coriander, to
garnish

METHOD

1. If using wooden skewers, place the skewers into a flat baking dish and cover with water. Allow to soak while you prep the recipe. If you're using metal skewers, you do not need to pre-soak.
2. In a small mixing bowl, whisk together the granulated sugar, chili powder, cumin, onion powder, paprika, garlic powder, salt, and coriander. Set aside.
3. In a larger bowl, add the chicken cubes and the dry rub mixture. Toss well to coat and rest the chicken in the refrigerator for at least 30 minutes.
4. Place the chicken pieces onto the skewers being careful not to place them on too tightly. Push the pieces together so that they are touching and flush with each other, but not too tight.
5. While you are skewering the chicken, preheat your indoor or outdoor bbq grill to medium heat. Brush the grill with some olive oil.
6. Place the prepared chicken skewers onto the bbq grill.
7. Grill for about 4 minutes per side.
8. Once done, remove from the grill and garnish with your chopped coriander. Serve immediately with lime wedges, spritzing lime over their chicken skewers as desired.





CHICKEN TANDOORI SKEWERS

Makes 10

INGREDIENTS

2 chicken breasts, cut into rough cubes
250g Greek yoghurt
2 tbsp fresh ginger, finely minced
5 cloves garlic, minced
1 tbsp cumin
1 tbsp coriander
1 tsp Fenugreek powder
3 tbsp Garam Masala
1 tbsp turmeric
1 tsp curry powder
1 tsp mustard powder
1 tsp Cardomon powder
Salt & pepper - pinch
1 tsp coriander
1 tbsp paprika
Juice of 1 lemon
1 whole Lemon, cut into wedges
2 tbsp red food colouring (for extra vibrance)

METHOD

1. If using wooden skewers, place the skewers into a flat baking dish and cover with water. Allow the wooden skewers to soak while you prep the recipe. If you're using metal skewers, you do not need to pre-soak.
2. Start by cutting up the chicken breasts into rough cubes and placing them in a bowl.
3. Combine all the other ingredients in a large bowl and mix well.
4. Add the chicken breast to the wet mixture, combine well for full coverage of the chicken pieces.
5. Cover the bowl with cling film and place in the fridge to marinate for a minimum of 4 hours.
6. Place the chicken pieces onto the skewers being careful not to place them on too tightly. Push the pieces together so that they are touching and flush with each other, but not too tight.
7. While you are skewering the chicken, preheat your indoor or outdoor BBQ grill to medium heat. Brush the grill with some olive oil.
8. Place the prepared chicken skewers onto the BBQ grill.
9. Grill for about 10 minutes, making sure to rotate regularly for uniform cooking throughout.
10. Once done, remove from the grill and garnish with your chopped coriander. Serve immediately with lemon wedges, spritzing lemon juice over their chicken skewers as desired.





VIETNAMESE LEMONGRASS PORK KEBABS

Makes 8-10

INGREDIENTS

500g pork mince
1 tbsp granulated sugar
2.5 tbsp soy sauce – use Tamari sauce if you're going gluten free
1.5 tbsp fish sauce
4 cloves garlic, finely minced
1 small onion, finely chopped
½ tsp white pepper, finely ground
8 to 10 lemongrass stalks
Baguette, for serving kebabs in (optional)

METHOD

1. To make the kebabs, combine all the ingredients (except the lemongrass stalks) in a bowl. Using your hands or a fork mix to combine.
2. Cover with plastic wrap and allow to sit in the refrigerator for at least 1 hour to overnight to allow the flavours to develop.
3. On the day of serving, peel the outer layer off the lemongrass stalk and rinse them in water. Allow to dry well.
4. Take one handful of the pork mixture and wrap around the end of the lemongrass stalk, gently pressing and moulding the meat around the stalk. Repeat with the remaining meat and place on baking sheet until cooking time.
5. Place the kebabs, one at a time, over the barbecue grill (medium heat) for about 6-10 minutes, until cooked through. Make sure to rotate the kebabs every so often to ensure full coverage.
6. Once done, either serve with a side salad, or in a delicious baguette, with some lettuce and grated carrots. Remove lemongrass from the kebab before consumption.

POOLSIDE PERFECTION

Words by Philippa Zammit

The damp and drizzly weather is no more and now this time of the year is calling for plenty of shots of heat to enliven things up... and cocktail in hand followed by a dip in the pool to freshen up.

As I was looking for a nice way to spend a week-day off and break the monotony of the working week, a day by the pool with my best friend on a Tuesday sounded like a rather inviting prospect, especially when the venue in question was Urban Valley Resort and Spa.

We were both looking forward to get a break from our daily routine, bask in the sun and catch up on our tan in such a unique surrounding. Urban Val-

ley is a hidden gem located in the heart of Wied Ghollieqa, a unique nature reserve in Kappara. Its unique setting offers a sense of tranquility, away from the hustle and bustle of the city... this is exactly what I needed and the ideal kick off to my Summer.

The resort offers two pool areas but since all I do is constantly think about food, we opted for the sun loungers by the pool next to the TRI Bistro ... I would much rather be tanning with the restaurant in sight and was already thinking about what to devour at lunch time. But first: one of their signature cocktails and a good book.

As the clock struck twelve, we made our way to



TRI at Urban Valley Resort & Spa • Wied Ghollieqa Street, Kappara • Tel: 21385926

the bistro. There are a variety of dishes to choose from like fresh salads such as Asian tuna, coronation chicken, Mexican beef and vegetarian, as well as a selection of flatbread, pasta and meats. There's a great burger too – the in-house beef burger with bacon chutney and mature cheddar.

The restaurant also offers gluten-free and vegan options. In fact, to start, we tried something a little bit different: panna cotta made from cauliflower and elderflower – a creative plant-based savoury take on the traditional Italian favourite... simply delicious and hard to come by.

When it came to choosing my main, I was torn between a fresh salad or something a bit more filling like their wild boar ravioli or tuna risotto. In fact, I opted for the latter. Risotto has always been one of my favourite dishes. I love eating it and so I order it often when I'm dining out... vegetarian or meaty, if it's risotto, I'm ordering it. Having said this, I do consider myself to be a risotto snob. It's such a simple dish that it becomes incredibly apparent when it's been prepared wrong. It's all about the texture of the rice; somewhere in between soupy and sticky, like a thick porridge. All I can say is that Head Chef Chris Tonna nailed the right cooking time for the rice because this plate of risotto was all I could ever ask for.

Now, when it comes to tuna, I am a big fan and its addition not only added a touch of fanciness to the risotto but also made the meal even more hearty and satisfying. And even though fresh tuna can be a bit dull sometimes, the addition of fresh herbs like marjoram as well as the ginger and chili gave the dish a delicious flavour. My needs for some creamy goodness were indeed satisfied, my needs for a Summer body... not so much.

My friend, being the disciplined one, opted for the Mexican beef salad. The sous vide steak was cooked to perfection: crispy on outside, moist on



the inside and dressed with lemon olive oil and white wine. It also featured ripe creamy avocado slices on a generous bed of crunchy salad leaves.

We may have felt stuffed, but did you know that the stomach is a flexible organ? And who leaves a restaurant without ordering dessert, anyway? Certainly not us.

We indulged in a portion of lemon cheese cake before making our way back to our sun loungers.

The menu had quite a few interesting options for both cocktails and mocktails, of which we tried not one or two but four during our stay at the Urban Valley... Oh what a day it was.

Urban Valley Resort offers a distinctively sophisticated take on the traditional lido, setting itself apart from the other bustling poolside venues in Malta. I was told non-residents have a choice of seasonal or day memberships. Visit their website for more information... I'm signing up for one as I write this. See you there!



LOCAL EXPORT WITH A *Michelin* TOUCH





As you might know, Corinthia was founded in Malta by Alfred Pisani way back in 1962. The brand's portfolio, widely known for its luxury, has since grown significantly not only in Malta but also internationally, acquiring landmark hotels worldwide.

After around six years, it was time for me to pay London another visit. I was invited to spend an overnight stay at the Corinthia London, a stone's throw from Trafalgar Square, to be able to catch up with some of its staff and find out more about the luxury property itself.

In Managing Director, Thomas Kochs' words, the history of the hotel is indeed fascinating. The building, which started off as The Metropole hotel in 1884 and then later housed the Ministry of Defence, was acquired by Corinthia in 2008. Corinthia won the bid not due to the amount of cash poured in, but due to the presentation of the restoration plan, which aimed to reinstate the building as one of London's finest hotels again. The building was reopened in all its glory in 2011.

One of the highlights of my trip was being treated to lunch at Kerridge's Bar and Grill as well as catching up with Head Chef Nick Beardshaw. The restaurant, a collaboration between Corinthia and the man himself, renowned 2 Michelin-starred chef Tom Kerridge, was one of London's most anticipated restaurant openings in 2018.

In case you're wondering, there's nothing pretentious about the venue, which has just the right amount of sophistication without ever making you feel out of place. In fact, Head Chef Nick Beardshaw describes the spirit of the restaurant as "informal but classy". The high ceiling is painted a dark green to bring it down, creating a more intimate space. Upon entering you can expect an overall stylish and sophisticated feel with a unique twist.

The space is dominated by a number of paintings, as well as striking sculptures of 'Steve' and 'Dorsal Angel', positioned in the heart of the restaurant. These sculptures and paintings were curated by Tom Kerridge's wife. The bench seating and button-back banquettes are taken to the next level of luxury, upholstered in stylish burgundy and green leather to match the ceiling. Two tabletops are made out of old menus that were sent to Kerridge from fans across the world, which were then hand cut into colourful



petals forming beautiful works of art. At Kerridge's Bar and Grill, Tom Kerridge and his team produce their take on sophisticated pub food... it's the kind of place that offers crispy-outside-fluffy-inside potatoes, large puffy Yorkshires and the finest vegetables. That's on top of top quality and richly-flavoured meat that's cooked on the rotisserie, one of the restaurant's biggest features, which you can see for yourself on display.

We happened to be there on a Sunday and there are only a few things as institutionally British as Sunday roast, right? We were lucky enough to be in the right place at the right time... how rare of an occurrence is that, huh? Normally, a home-cooked roast with heaps of gravy is the dream, but Kerridge's Bar and Grill has definitely stolen my mum's crown (sorry mother). That treacle cured fillet of beef with Portobello mushroom puree was to die for... and those chips? Oh, they were something else.

Chef Tom Kerridge and his right hand man, Head Chef Nick Beardshaw, are both known for Tom's Michelin-starred pubs in Marlow; Hand and Flowers and The Coach, so it's unsurprising that this Sunday roast is next-level. The menu features other delights such as chicken liver parfait with fig and cherry chutney; salt cod scotch egg with chorizo and red pepper sauce; fillet of Cornish day boat

turbot with crushed Jersey royals, radishes and vanilla sauce and so much more.

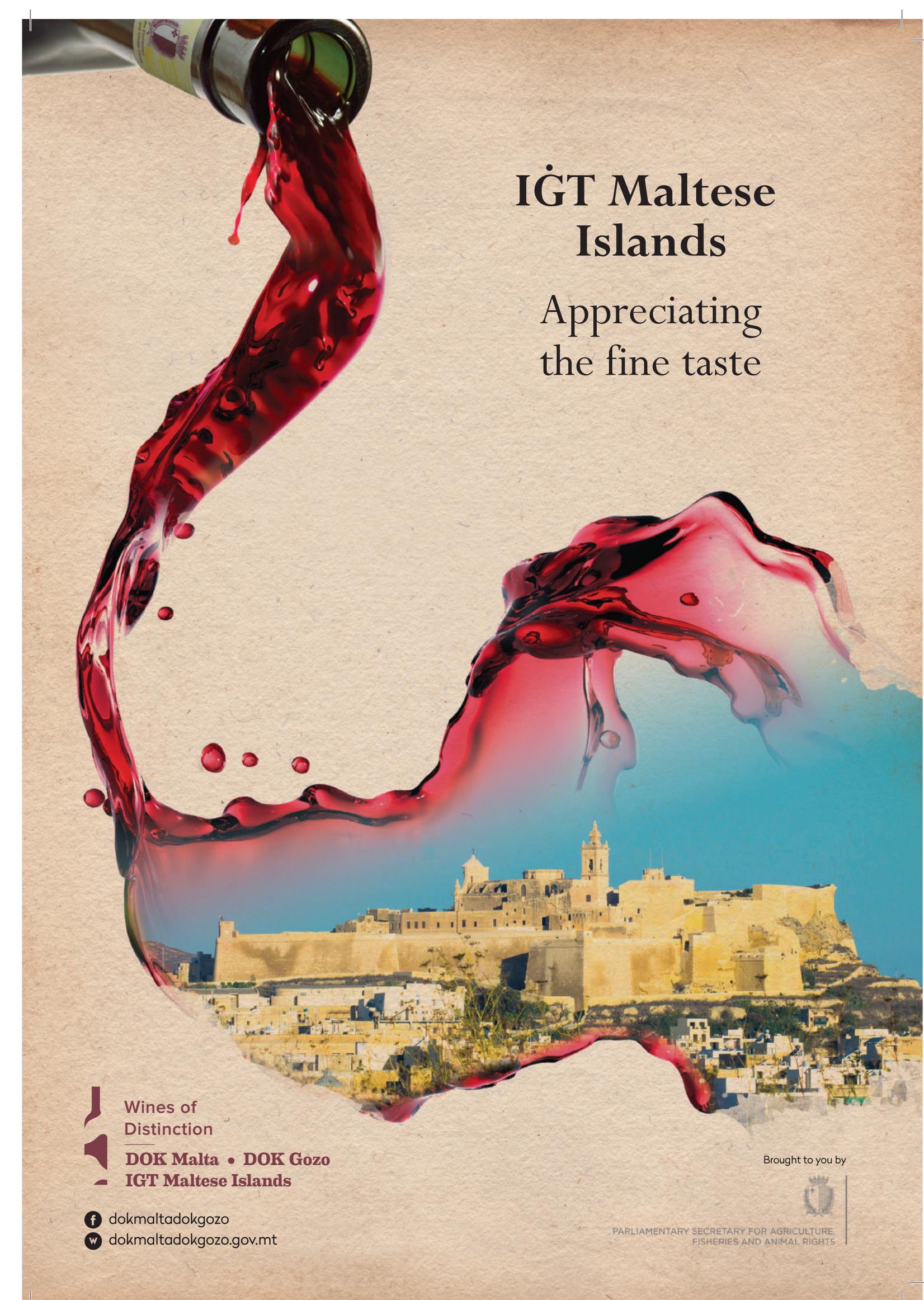
Beardshaw, who's worked for Kerridge for the past eight years tells us Kerridge's Bar and Grill is the first restaurant they've set up that isn't actually a pub, but the items on the menu are derivatives of both Michelin-starred pubs, made specific to Kerridge's Bar and Grill. The team follows the British seasons in everything they do and this is why the menu is constantly changing.

The staff working here can pride themselves on being service-minded and friendly. All of them were lovely and greeted us politely as you would expect from a restaurant housed in a luxury hotel like the The Corinthia London.

There are many reasons to visit Corinthia and Kerridge's Bar and Grill is one of them. If you know what you like, want to travel in style, and enjoy a hotel that feels relevant but is also very reassuring when it comes to 5-star luxury services, Corinthia London is a wonderful choice, at the centre of it all.

The management assured us that this is the sort of quality they are replicating in all their projects, including the ones upcoming in Malta... we're looking forward!





IGT Maltese Islands

Appreciating
the fine taste

Wines of
Distinction

DOK Malta • DOK Gozo
IGT Maltese Islands

 [dokmaltadokgozo](#)
 [dokmaltadokgozo.gov.mt](#)

Brought to you by



PARLIAMENTARY SECRETARY FOR AGRICULTURE,
FISHERIES AND ANIMAL RIGHTS

CHEF HATS OFF



Maria Sammut

We catch up with the Definitive(Iy) Good Guide's March, April and May winners. Maria Sammut Chef Patron at 59 Republic, Robert Cassar Chef Patron at Root 81, and Emanuele Valerio Head Chef at Panorama

Maria Sammut

How did your career progress to bring you to your present position and what are your plans for the future?

When I was 17, I started cooking at friends' dinner parties and I had always loved cooking at home as a child. It seemed to come natural to me and soon, cooking for friends led to being booked by other people to cook at their events. This led to working in some of Malta's best kitchens with some great chefs, before achieving my dream to open my own fine dining restaurant in Valletta.

You are a winner of the April Chef of the Month competition. What would being voted Chef of the Year mean to you?

It would be a huge honour as well as a massive achievement, especially being a 30 year old young woman. It would show people nothing is impossible and by working hard, one can achieve his goals.

What experience can people expect to have when they eat at 59 Republic?

We like to offer a casual fine dining experience, where you can have a relaxed night but still experience excellent service and of course, fantastic food. We think of lots of things from the comfort of the seating to the music and lighting to complete your experience.

Robert Cassar

Is there a particular chef from whom you get inspired?

Daniel Galmiche, a French Michelin starred chef whom I worked with for a year at The Vineyard Hotel in Newbury in the United Kingdom. He constantly creates irresistible recipes based on French classics with his own twists, which indeed inspire me in what I do at Root 81.

What is your favourite dish on the menu?

Local rabbit – a typical Maltese dish with a modern twist. I simply love giving traditional dishes my own twist. It consists of a braised leg,



Robert Cassar

stuffed rabbit belly and rabbit potato croquette with pea puree and tomato caper chutney.

What do you still want to achieve in your career?

I would like to continue doing what I'm doing and focus on what I'm doing at Root 81. Hopefully, I'd continue to grow, exceed clients' expectations and in a few years' time, possibly even open a second restaurant.

Emanuele Valerio

Did you always want to be a chef?

I got the first taste of my career at the very young age of 16, working as an apprentice in Summer. I was quickly attracted to this profession, and my passion for cooking developed as I always experimented with creating new flavour combinations.

Who is the most well-known person you have



Emanuele Valerio

ever cooked for?

In August 2016 I had the pleasure of cooking for former Maltese president Marie Louise Preca during a private event.

What is your favourite dish on the menu at Panorama and why?

Without a doubt, it is the deconstructed salmon sashimi because it's an original dish as well as my perception on sushi. It is an absolute discovery for the palate due to the explosive flavours with every bite.

What trends do you see emerging within the dining world, particularly in Malta?

After 6 years of living here in Malta, I realised that Malta has grown so much in the gastronomic world... the gourmet and molecular cuisine is developing a lot due to the increase of a variety of culinary cultures present all over the island.

Chef of the Month Competition

The Definitive(l)y Good Guide to Restaurants Chef of the Month Competition supported by The Catering Centre and Gourmet Today aims to recognise the chefs who make the restaurant the success that it is. Every month, two chefs are featured on www.restaurantsmalta.com and diners are asked to vote for who they think is the best, based on presentation of the food, variety of ingredients used and creativity in their use. To find out the best survey rated restaurants for 2019 and how they ranked, get your copy of The Definitive(l)y Good Guide 2019 from www.restaurantsmalta.com

[thecateringcentre](http://thecateringcentre.com)



THE DEFINITIVE(LY) GOOD GUIDE CO.
restaurantsMalta.com
Malta's Most Authoritative Survey-Based Restaurant Guide

Homemade **MEZZE** Platter

At Broadside Terrace, chef Hasan Deli sets out his wonderful Meze recipes that are served complimentary when you dine at this great eatery.



HUMMUS

INGREDIENTS

50g chick peas
10g tahini
Pinch of salt

METHOD

Blend chick peas together with tahini and salt.

BABA GHANOUSH

INGREDIENTS

100g grilled aubergines
10g peppers
10g tomato
Pinch of salt
3Tbsp olive oil

METHOD

Combine grilled peeled aubergines, finely chopped green and red peppers and salt.

MOUTABEL

INGREDIENTS

100g aubergines
20g plain white yogurt
10g tahini
Pinch of salt

METHOD

Blend grilled peeled aubergines, tahini yogurt and salt.

TZATZIKI

INGREDIENTS

200ml plain white yogurt
20g mint
50g cucumber
Pinch of salt

METHOD

1. The day before, drain yogurt by putting in a cloth, so water is extracted out.
2. Combine drained yogurt, fresh mint cucumber and salt.



Alfresco dining

MADE EASY

Words by Amy Micallef Decesare



Summer is well and truly upon us (much to my dismay) and there is no place I'd rather be than 2 feet away from a body of water.

Cavalieri Art Hotel answered my prayers and invited me, together with my guest to spend the weekend doing nothing but lounging by the pool, sipping a couple of cocktails near said pool and most importantly, feasting!

Upon arrival, we entered the hotel, made our way down to the private lido, dropped all of our belongings and dove straight into the refreshing pool, which is overlooking the picturesque bay of Balluta.

After spending a couple of hours alternating between the pool and the sea, the hunger pangs began to strike, and we excitedly rose

from our sunbeds.

Sun-kissed and starving, we appreciated that little to no effort was required to move directly from deckchair to table at Pommarola, who had just recently launched their brand new menu.

With a cherry brandy sangria in hand, watching the waves hit the bay below, executive chef Paul Hili surprised us with fresh pasta and a detectable salad. The pasta dish featured freshly made Linguini, prawns and calamari, a prawn bisque and cherry tomatoes. Little did he know that he had me at 'prawn bisque', which was smoother than silk and one of the tastiest things I've tried in months.

The fresh, crunchy salad was just as delicious, with its sprinklings of quinoa, cucumbers, mixed lettuce, cherry tomatoes and pumpkin seeds, all of which was dressed to the nines with an Italian dressing.

Satisfied, grinning and full to the brim, we made our way back to our deckchairs and spent the rest of the afternoon in utter summer bliss.

The following day was just as delightful. By lunchtime (if not a bit before), we eagerly made our way to Baco Noir, this time opting to dine on the large scenic terrace a couple of



floors above the lido.

Few things beat feasting on flavoursome food whilst gazing out over at Balluta Bay. Not to mention the cherry rose Martini we had in hand this time. As we considered quitting our jobs and moving into the hotel on a permanent basis, Paul, alongside his team of incredibly talented chefs, including Massimo Farrugia and Junior Sous Chef Denzel Saliba Hales, brought over our dishes.

On the menu today? Sea bass and Sedanini pasta.

Stay with me on this one. The sea bass was a work of art, with its toffee carrots puree, citrus and prawn beignet, mash potato, baby broccoli and broad beans.

Baco Noir's version of sea bass is elevated to a level you have never even dreamt of being on and I dare you to prove me wrong.

I thought it couldn't possibly get any better until

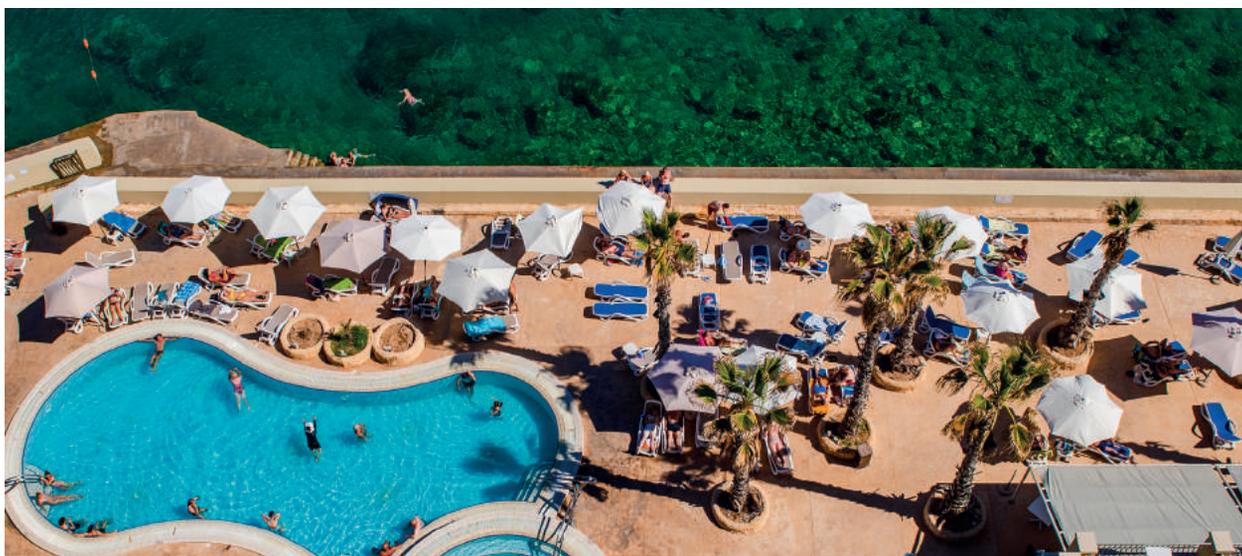
I met... the pasta dish. Fresh Sedanini pasta, pulled rabbit and fresh cream, brought together by the goat's cheese crumble.

We made every attempt to extend our weekend just that little bit more by remaining firmly in our seats sipping on their refreshing cocktails (did we mention that they're half price between 6-8pm?)

However, just like that, our dream-like weekend was brought to an abrupt end and a sobering one at that, as I write this from my office and not by the pool.

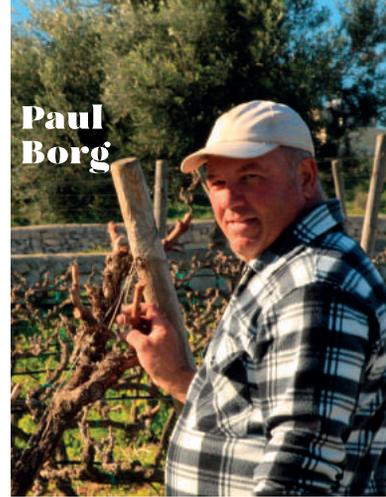
In case you required any more motivation to pay Baco Noir or Pommarola a visit, dining at either restaurant entitles you to reduced parking tickets.

Have you booked yet? Believe you me, you're not going to want to spend your afternoons anywhere other than Cavalieri Art Hotel this summer.



Cavalieri Art Hotel • Spinola Road, St. Julian's • Tel: 23180000

INTO THE Vineyard



Paul
Borg

Ever since the introduction of the DOK and IGT scheme in Malta, there has been a steady increase in the production of these wines over the years. We catch up with local farmers to find out more

1. Explain how you got started in this industry. Where are your vineyards located?

GB: As a young boy, I was fascinated by grape-harvesting and wine-making, but I only started planting vines in my fields in the year 2000. I have vineyards in Siġġiewi, at the foot of the Laferla Cross.

GF: My family have been involved in farming for years. During the early 1980's, I began working in the vineyard of a local winery and it just fuelled my passion for viticulture. By 1995, I was planting my own vines. My vineyards are mostly in Mosta, but I also have vineyards in Ġhajn Rihana, Mġarr and Burmarrad – a total of around 40 tumoli.

GV: I've been fortunate to have been working in the industry for over 14 years. I began when a relative and I planted a large plot with vines in Siġġiewi. However, my experience of viticulture started at a much younger age as I have very happy childhood memories of helping my grandfather in his vineyard.

FS: My vineyard is in Ta' Qali. It started out as a project and as a future plan to occupy my retirement. I planted my vines in 2004 and they started yielding in 2007, the year of my retirement.

PB: We had old non-irrigated vineyards, but after the Malta's accession into the EU, I started to plant trellised vineyards after speaking with Giovanni Fenech: He was already in the sector and introduced me to a winery that was interested in

purchasing these grapes. After collaborating we decided I'd plant some other varieties. All of my vineyards are in Mtarfa.

2. As a vine grower, which is your favourite/most challenging part of the year? Why?

GB: I like vine cultivation throughout the year, but the most challenging aspect for me is the grape harvesting period.

GF: My favourite time of the year is the harvest. It's a challenging time as well, especially if it rains during harvest time. Last year, I lost around 2 tumoli of Syrah grapes due to bad weather.

GV: Pruning time is my favourite time of the year as it gives me the opportunity to get up close to each and every vine. As for the most challenging time, that period is June when the humidity over long periods creates the demands of having to contain the vigour whilst maintaining a good airflow around the vine.

FS: My favourite part of the cultivation is the pruning, which conversely is also one of the most challenging because it has a direct impact on production and the wellbeing of the vine. Since I cultivate only for DOK, the type of pruning is very important as it determines the quantity of production.

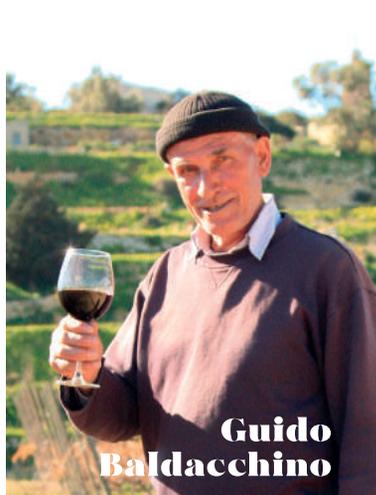
PB: The grape harvesting is the most challenging part for me, mostly trying to find enough hands to help with the harvesting. Otherwise, I like



Giovanni Fenech



Frans Sammut



Guido Baldacchino



Gerald Vella

everything, in fact I spend every spare moment I can here, enjoying the vineyards.

3. Which grape variety do you grow and why?

GB: In my vineyard I cultivate Merlot, Syrah, Girgentina & Ġellewża. The first two were chosen because of market demand, while the other two are grown to strengthen our Maltese product through the use of indigenous varieties.

GF: I have many grape varieties in my vineyards, but my favourite is the Sauvignon Blanc. It is hugely appreciated by both the wineries and wine drinkers alike.

GV: Mostly, I have Cabernet Franc, with nearly as much Chardonnay as well as some Merlot. The Chardonnay was chosen because of its vine vigour and good adaptability for most climates. The Cabernet Franc was selected after I learnt it can produce successful complex wines, both alone as well as when blended.

FS: The dominant variety in my vineyard is Chardonnay, but I also cultivate some Vermentino and a few Viognier. These varieties were selected according to the needs of the winery which transforms the produce into wine.

PB: I have four varieties; Merlot, Cabernet Sauvignon, Vermentino and Chardonnay. I chose these four varieties to harvest in four different stages. This then allowed me to start and finish each separate grape harvest in the shortest possible time.

4. Which is your favourite kind of wine?

GB: I enjoy all kinds of wines and usually choose a red or white depending on the food I'm eating. I also like to finish off a meal with some sweet wine for dessert.

GF: A red wine is my preference, especially Merlot and Syrah blends.

GV: I like nice, good structured, red wines and I'm particularly fond of Merlot blends.

FS: White wines are my favourite, in particular our indigenous grape, the Girgentina.

PB: Mostly red wines that are of Merlot and Cabernet origin. However, I try not to limit myself to these two and try a bit of everything.

5. What does DOK and IGT mean to you?

GB: First and foremost, it means quality. It also means satisfaction and a better income, which is linked to the quality of these grapes.

GF: It means more stringent rules and higher quality wines; also greater satisfaction for us and better financial reward for those of us who work with accuracy all year round.

GV: A guarantee of a high quality product certified by accredited bodies, while carrying the flag of local growers.

FS: DOK and IGT are a system through which yield is controlled, and quality is guaranteed. When producing DOK or IGT, but especially for DOK, we leave a limited number of buds in order to ensure low yield and high quality grapes.

PB: I cultivate only for DOK Malta and I am continuously monitored by the winery to ensure that my grapes are of great quality and so, I cannot afford to be anything less. One year, when part of my production quality was a bit of scarce, I decided not to harvest it. They have a reputation to uphold and so do we as vintners.



THE Summer BURGERS

BAY
Beef

Chicken
CHILL



All pictures shown are for illustration purpose only. Actual products may vary.

Download
the app
now



5

UNEXPECTED TRUTHS ABOUT CIDER

1. All ciders have an apple or pear base.

Ciders are made from the fermentation of apples or pears and the finest soft water. Pear ciders are typically less alcoholic and sweeter than their apple counterparts.

2. But it's all about the other real fruits and berries added to it.

Fruit-infused cider has really taken off in the last couple of years. They generally feature a sweet apple or pear base with a refreshing burst of summer berries or stone fruits such as delicious strawberries, raspberries, peaches or an infusion of more than one fruit... because why not?

3. Although cider is often placed in a similar category to beer, it is in a category of its own and the production method is actually more similar to winemaking.

Cider is compared to beer because it's slightly bubbly and is often packaged and sold alongside beer. As grapes are with wine, apples or pears are crushed and the pulp pressed to extract juice. That juice is then fermented by yeast that converts sugar to alcohol.

4. The best cider comes from Sweden.

Some people believe that Scandinavia is the original home of cider. It is amazing how quickly Swedish cider has spread from its home to pubs and bars in internationally.

5. Ciders that are both vegan and gluten free actually exist.

Unfortunately, many ciders aren't vegan as a number of large-scale commercial companies use animal products in the fining/clarification process. If you're gluten-free or vegan (or both), enjoying alcohol can be almost as tricky as finding food that's safe for you to eat. Luckily, Alska cider is every vegan and gluten intolerant person's dream. It is made from 100% natural ingredients and is suitable for vegans whilst also being gluten free.

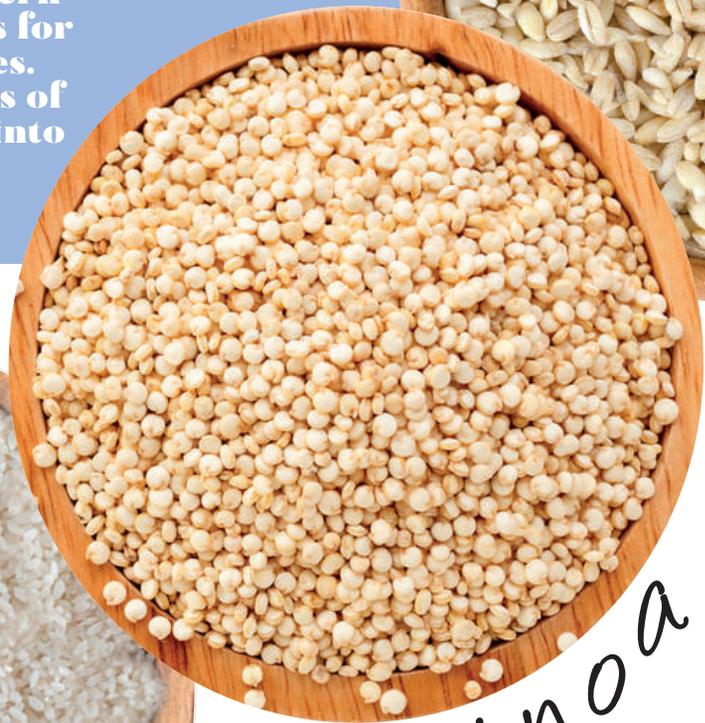
Alska is available from all leading supermarkets, cash & carry outlets and many on and off trade outlets



GRAINS AS MAINS

Ancient grains have been making their way back into the modern-day diet, which is great news for health-inspired home-cooks. Here are some different types of grains you can incorporate into your diet.

rice



quinoa



bulgur wheat



barley

Recipes: Fran Farrugia from BAKED at Goldies, Testaferrata Street, Msida



**MERIDIANA
WINE ESTATE**

*World-Class Wines
of Maltese Character*

Ta'Qali ATD4000 - Tel: +356 2141 3550

Email: info@meridiana.com.mt

Winery Tours & Tasting by Appointment

www.meridiana.com.mt



S. RAUSI
Trading
LIMITED

Wine & Spirit Merchants

Stadium Street, Gzira GZR1301

Tel: 2133 0447 Mob: 7909 3197

E-mail: info@srausi.com

www.srausi.com

STREET KITCHEN

JUST ADD MEAT & VEGETABLES

3 SIMPLE STEPS



AUTHENTIC STREET FOOD KITS



ATTARD & Co.
Food Ltd

Attard & Co. Food Ltd Tel: 21 237555
facebook.com/attardcofood

COCONUT JERK RICE CHICKEN

INGREDIENTS

1 can coconut milk
1 cup basmati rice
Taco shells (soft or hard, whichever you prefer)
Cooked jerk spiced chicken thighs
1 ripe mango
2 tomatoes
Coriander
2 Tbsp harissa paste
1 cup mayo
1/3 cup coconut flakes

METHOD

1. Pour the coconut milk into a pot, add the basmati rice and cook following instructions on the rice packet.
2. To make the harissa mayo, mix the harissa and mayo together with some lemon juice, olive oil salt and pepper.
3. To make the salsa simply chop up the mango into small cubes along with the tomato, add olive oil, salt, pepper and coriander. Place in the fridge until use.
4. Once the rice is done, drain and add the coconut flakes. Heat up the chicken.
5. To assemble, toast the tacos. Start by placing the rice in the middle of the taco. Top with the chicken, then salsa, and a sprinkle of coriander.
6. Serve with the harissa mayo and an ice cold lemonade and enjoy.

rice



Brown rice is often considered a healthier than white. But white rice may actually be the healthier choice. Like anything from the grains family, rice contains a certain level of anti-nutrients like phytates which can make it hard for us to absorb the minerals it contains. However, white rice is lower in phytic acid than most nuts, seeds and definitely most other grains.

Barley



Creamy and possessing a fairly neutral flavour when cooked, pearl barley is easy to serve instead of rice because it's very starchy and so can be treated just like Arborio rice when making risotto.

BARLEY WITH MUSHROOMS, CRISPY PARMA HAM, BURRATA AND TRUFFLE OIL

INGREDIENTS

400g cooked barley
100g mushrooms
5 slices parma ham
1 burrata ball
crispy onions
Truffle oil
Thyme

METHOD

1. Slice up the mushrooms and cook in a pan with a dash of truffle oil, olive oil, salt, pepper and thyme.
2. In another pan, lay out the parma ham with a little olive oil and cook until the parma ham is just slightly browned and crispy.
3. Once the mushrooms are done, add the barley to the pan and toss with another dash of truffle oil and crispy onions.
4. To assemble, place the barley on the plate, tear about the burrata, add the parma ham and another drizzle of truffle oil.

QUINOA TUNA AND SPINACH QASSATAT

INGREDIENTS

Shortcrust pastry
200g cooked quinoa
2 large tuna cans
100g chopped green and black olives
1 pack frozen spinach – cooked
Dash of tomato paste (kunserva)

METHOD

1. Drain the tuna, olives, and cooked spinach and mix in the quinoa.
2. Season with salt, pepper, paprika, and add the tomato paste.
3. Sprinkle some flour on your work surface and roll out the pastry into around 2mm thickness.
4. Use a 15cm cutter or a round plate to cut out the pastry.
5. Brush the diameter of the pastry with a beaten egg, place a good scoop of the filling in the middle and close up the qassata in a clockwise motion, overlapping each layer on the previous one. Wrapping it up at the top will also do.
6. Brush the qassatat with the egg wash and cook in the oven at 160 celsius for around 20 minutes until they are golden brown and smelling divine! Serve warm with a side salad or crisps.

Not only packs 8 grams of high quality protein and 5 grams of fiber per 1 cup serving, it's also one of the few plant foods that is considered a complete protein. But the best part about quinoa is that it's gluten free.

quinoa



THE PASTA CHOSEN BY THE BEST

RUMMO

Rummo Lenta Lavorazione is the only pasta to be approved by the Italian Cooks Federation.



It's taken us six generations to fulfil this huge ambition: make the best pasta in the world. Making pasta from top quality durum wheat is an art, but doing it every day, constantly, that means bringing together art and science, combining a deep respect for tradition with rigorous quality controls and cutting-edge production systems.

{ Follow us on Facebook }





Bulgur wheat

Bulgur is low in fat: high in minerals like manganese, magnesium and iron: and it's a good source of plant-based protein. A very healthy grain, one cup of cooked bulgur wheat provides 151 calories, 0.4 grams of fat, 8.2 grams of dietary fiber, 5.6 grams of protein and is naturally cholesterol free.

KEBBEH

INGREDIENTS

200g bulgar wheat
500g and 300g beef or lamb mince
50g pine nut and almond flake mix
1 onion
Cumin
Paprika
Salt and pepper
Olive oil
Water

METHOD

1. Place the bulgar wheat in a bowl and cover with water. Leave to soak for a minimum of 30 mins.
2. Chop up the onion finely and heat in a olive oil and translucent. Make sure not to burn it. Add the 300g of mince, salt and pepper until cooked.
3. Drain the bulgar wheat and mix in the spices and the remaining 500g of mince. Mix well until the mixture forms a dough like consistency. Leave to rest.
4. Heat up the pine nuts and almond flakes until just slightly browned. Do not check your insta-feed during this time because they WILL burn. When done mix with the cooked 300g of mince and onion.
5. Now its time to form your kebbeh! Fill a small bowl with kebbeh, take a portion of the bulgar mince mixture and form a ball. Make sure your hands are slightly wet to avoid sticking.
6. Once the ball is formed, make a whole in the middle with your thumb but not all the way to the other side. Keep smoothing the mixture until you've created a pocket to fill with the cooked mince mixture. Add the mince and close the pocket.
7. Heat up oil in a shallow frying pan and fry for a couple of minutes on each side until golden brown, turning to make sure it is cooked well.
8. Serve with greek yoghurt with a drizzle of oil and coriander, dip and enjoy! Best served hot.



**As the
season of
Gourmet
Today
comes to
an end,
we've put
together
some
of our
chefs' best
dishes
prepared
on the
show that
were just
as well
received
by the
audience.**



HOBŻ BIŻ-ŻEJT SALAD

Serves 2

INGREDIENTS

2 Bullet tuna (tumbrell)
2 slices of Maltese bread
100g pickled mixed vegetables
100g cherry tomatoes
30g extra virgin olive oil
50g green olives
100g mixed salad greens
20g Kunserva
6 sprigs mint or basil
Chilli, to taste
Salt, to taste

METHOD

1. Fillet the bullet tuna and remove all of the bones. Season well with salt and place in a hot pan with a little bit of olive oil. Cook the tuna for 15 seconds on all sides.
2. Add a little more olive oil to the pan and toast the bread till golden brown and crunchy. Break the bread into various pieces and cut the cooked fish into different sizes.
3. Place a few dots of kunserva around the plate and place the fish and bread ontop of the kunserva.
4. Decorate the plate with the rest of the ingredients and drizzle oil over them. Serve immediately.

Recipe: Keith Abela

MUSHROOM & LENTIL BURGER

Makes 4

INGREDIENTS

200g chestnut mushrooms
1 can tinned lentils
1 onion
3 cloves garlic
2 tsp miso paste
2 tsp kunserva
1 tsp smoked paprika
1 egg
50g breadcrumbs
4 burger buns
4 slices chèvre cheese
Handful rocket leaves
Handful Butter lettuce

METHOD

1. Chop the mushrooms in a food processor until fine.
2. Put a pan on high heat and add a very small drizzle of oil and transfer the mushrooms to the pan and cook.
4. In the meantime, peel the onion and garlic, roughly chop and blitz until fine.
5. Transfer them into the same pan as the mushrooms and cook until everything starts to take on a golden brown colour.
6. Add the miso paste and kunserva.
7. Stir properly and keep cooking for approx. 10 mins until the colour becomes rich and dark but not burnt.
8. Remove from the heat and add salt accordingly. Allow to cool slightly.
9. Drain the lentils and add to the food processor bowl.
10. Add the egg, breadcrumbs,

smoked paprika and mushroom mix. Mix on medium until everything is combined and homogeneous. If it looks too wet, add some more breadcrumbs.

11. Divide the mixture into 4 equal portions and form into burger patties.
12. Put the frying pan on a medium heat and cook the patties in the pan.
13. Flip and place a slice of cheese on the upturned side so that it starts melting. Leave them to cook for a further two minutes. Place briefly under the grill with the door open for the cheese to melt.

Recipe: Debbie Schembri

VEGGIE STUFFED MARROWS

Serves 2

INGREDIENTS

1tbsp butter
2tbsp vegetable oil
1bsp ground cumin
2 cloves garlic
2 marrows cut in half
Pinch of Salt and pepper
1 small chopped onion
100g red kidney beans
100g broad beans
100g chickpeas
Lollo rosso
Freezy lettuce
Microherbs; chives

METHOD

1. Heat the oil and butter in a pan, add the chickpeas, broad beans and red kidney beans. Cook over a medium heat for 5 minutes until softened.
2. To the pan, add the cumin, garlic, and onions and stir to combine.
3. Cut the marrow in half lengthways, drizzle it with olive oil and scoop out the seeds.
4. Spoon the mixture into the marrows.
5. Bake in the oven at 180C for approximately 20 minutes.
6. Once cooked, remove the marrow from the oven and allow to cool slightly before serving.
7. Serve on a bed of salads and top with mix of microherbs over them.

Recipe: Robert Cassar



Crusty on the outside, chewy on the inside, and so much better when it's homemade

HOMEMADE FOCACCIA

Serves 2

INGREDIENTS

400g bread flour
100g wholemeal flour
10g salt
1 sachet instant yeast
300ml water

METHOD

1. Bring together in a bowl and then knead for approximately 15 mins.
2. Allow to rise in a clean bowl covered in

cling film for 2 hours minimum. Leave up to a maximum of 24 hours.

3. Once it has risen, place baking paper in a dish covering the sides. Gently place the dough, stretching it to fill all corners of the dish.

4. Allow to prove in the dish for 40 mins.

5. Using your fingers, press straight down to create deep dimples. Brush top with olive oil. Sprinkle with the sea salt and rosemary

6. Bake at 180°C for 20-40mins until golden brown.

Recipe: Kurt Mifsud



BOV CARDS

YOUR CARD YOUR EXPERIENCES

Dine with your BOV Contactless Cards and make the most out of your experience. Just tap and go – fast and easy payments for all your purchases.

More information is available from www.bov.com or contact **2131 2020**.

Issued by Bank of Valletta p.l.c., 58, Triq San Żakkarija, Il-Belt Valletta VLT 1130

Bank of Valletta p.l.c. is a public limited company regulated by the MFSA and is licensed to carry out the business of banking in terms of the Banking Act (Cap. 371 of the Laws of Malta).

Beach me UP

