

# MALTESE CUISINE

Combining language and culture

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gateway  
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## PASTIZZI



A traditional savoury pastry from Malta. Pastizzi usually have a filling either of ricotta, mushy peas, chicken or the latest trend with nutella!

Pastizzi are usually diamond-shaped or round-shaped and made with a pastry very much like the Greek phyllo pastry. They are typically baked on metal trays in electric or gas ovens in a pastizzeria. They are also sold in bars, cafes and by street vendors. Pastizzi are also produced by Maltese immigrant communities in Australia, Canada, the UK, America and Canada. The first pastizzeria in Scotland opened in 2007.

## STUFFAT TAL-QARNIT



A traditional Maltese dish with octopus. It is a stew

made with Mediterranean staples – onions and garlic, tomatoes, olives and potatoes, capers and wine. Stuffat Tal-Qarnit can be served as a starter or as a main course.

In Malta octopus are usually caught by spear fishing. They can be caught in Gnejna Bay or the beaches close by.

## HOBZ BIZ-ZEJT



"Hobz biz-zeit" means in English simply "bread with oil" but there is much more to it than just that.

The thick slices of bread are usually spread with a sweetish tomato paste called kunserva and topped with capers, olives, garlic, black pepper and a drizzle of olive oil. Sometimes tuna or anchovies are added. It is a great snack as well as an appetizer and is often served as nibbling food in local bars when ordering a drink in the evening.

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## IMQARET



Imqaret are sweet and delicious pastries in a diamond shape. They are usually stuffed with dates and deep fried, but they can also be baked instead. The fried pastries are best eaten hot, although the baked ones are just as good at room temperature.

The word "Imqaret" derives from an Arabic word meaning a diamond shape.

## TIMPANA



Timpana is another traditional Maltese food. It is a pie made with pasta.

A bolognese style sauce is covering Macaroni in a pastry case with layers of mince, bacon and hard-boiled eggs in between the layers of penne. Timpana is baked in either a deep dish or baking tray until it is golden brown and ready to eat. In Malta, many pastizzerias offer it.

## GBEJNA



Gbejna is a small round cheese made in Malta and commonly associated with the island of Gozo. It is made from sheep milk, salt and rennet. The majority of the sheep's milk produced in Malta are used for the production of these cheeses.

Prior to Malta's accession to the European Union, the EU accepted Malta's request to protect the gbejna along with the traditional variant of ricotta.

## IMBULJUTA

Imbuljuta is a traditional Maltese Christmas drink which is served after Midnight Mass and on New Year's Eve. It is made with chestnuts, cocoa, cloves, citrus zest and cinnamon. It is the perfect drink if you want something warming, spicy and deliciously seasonal. Generally it is served in mugs or small bowls and always piping hot.

