

# ricetti *minn* **għawdex**

*recipes from gozo*



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FOODS

*A Tradition of Quality*

# It-tisjir isir pjaċir meta issajjar għal minn japprezzah

*Cooking is about creating something delicious  
for someone you love!*

## Defrosting Meat & Poultry

Defrost your meat in the fridge or in a cool room below 10–15°C rather than at room temperature, so that the outside remains cold. It is particularly important to ensure that poultry is fully defrosted before cooking. Defrost turkey in a cool room for 3–4 hours per kilogram or in a fridge at 4°C for 10–12 hours per kilogram.

## Meat & Poultry Roasting Charts

When roasting meat, roast the joint in a preheated oven 220°C, for 15 minutes, then reduce the oven temperature to 180°C, and cook for the following times. The heat indications show the internal meat temperature. Ideally, meat should be left at room temperature for 2-3 hours before roasting. If you are roasting a joint directly after removing from the refrigerator, you will need to cook it for slightly longer.

|                        | <b>COOKING TIME</b> | <b>INTERNAL TEMP.</b> |
|------------------------|---------------------|-----------------------|
| Beef or Lamb Rare      | 10-12 mins / 500g   | 48-52°C               |
| Beef or Lamb Medium    | 15-18 mins/500g     | 60-66°C               |
| Beef or Lamb Well Done | 20-25 mins/500g     | 67-71°C               |
| Veal                   | 15-18 mins/500g     | 65-70°C               |
| Pork                   | 25-30 mins/500g     | 70-75°C               |

When roasting chicken, duck, goose and turkey, roast the joint at 220°C for 20 minutes, then reduce the oven temperature to 180°C, and cook for the following times per 500g weight.

|                | <b>COOKING TIME</b>            | <b>OVEN TEMP.</b> |
|----------------|--------------------------------|-------------------|
| Chicken        | 15-20 mins / 500g              | 180°C             |
| Duck and Goose | 20 mins/500g                   | 180°C             |
| Turkey         | 15-20 mins/500g (under 4.5kgs) | 180°C             |
|                | 10-15 mins/500g (over 4.5kgs)  | 180°C             |

## Resting Meat

Once your meat is cooked, rest it in a warm place covered with tented foil for 10-15 minutes. During this time it will become more juicy and easier to carve.

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# merħba welcome



Merħba għall-ħamest edizzjoni tal-ktieb tar-riċetti mill-**Magro Food Village** minn Għawdex.

L-għan tagħna hu li nżommu ħaj il-wirt kulinarju Għawdexi, billi nużaw riċetti u ingredjenti tradizzjonali b'tisjir itektek bil-mod. Ir-riċerka tagħna fuq riċetti godda u metodi differenti hija kontinwa. Kull fejn hu possibbli nużaw il-prodotti tagħna, li aħna tant kburin bihom, peress li joffru kwalità għolja u togħma tajba.

Ir-riċetti murija f'dan il-ktieb jinkludu wkoll valuri ta' informazzjoni nutrittiva, pass ieħor lejn l-impenn tagħna li noħolqu prodotti li huma tajbin għas-saħħa u nutrittivi. L-informazzjoni nutrittiva hija applikabbli għall-ingredjenti u l-użin mogħtija fir-riċetti - bidla fl-ingredjenti tbiddel il-valuri tan-nutrizzjoni għal kull porzjon.

Nittamaw li tieħdu pjaċir tużaw dan il-ktejjeb u taqsmu t-togħma bnina ta' dawn ir-riċetti mal-maħbubin tagħkom.

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Welcome to the fifth edition of the **Magro Food Village** recipe book from Gozo.

Our aim is to keep our Gozitan culinary heritage alive, using traditional slow-cooked recipes and ingredients. We are constantly researching and interviewing home cooks to create authentic recipes, and wherever possible using our products, which we are proud of, as they offer quality, diversification and good taste.

The recipes enclosed in this book also include nutritional information values, another step towards our commitment to creating products that are healthy and nutritious. The nutritional information given is applicable to the ingredients and weights given in the recipes - a change in the ingredients will obviously change the nutrition table per serving.

We hope that you will enjoy using this book and share the great taste of these recipes with your loved ones.



### Ingredjenti - Iservi 4

500g gambli sħaħ bil-qoxra u r-ras  
1.5 litru stokk tat-tigieg magħmul  
bi 3 imgħaref **Pinto's Pride**

#### **Chicken Spoon Stock**

2 werqiet rand

Mgħarfa **Pinto's Pride Garlic Sauce**

Kučċarina bżar sħiħ

Qoxra ta' lumija

Kučċarina melħ

Basla žgħira mqattgħa fina

Nofs kuċċarina paprika

Mgħarfa **Kunserva Three Hills**

Nofs kuċċarina zokkor

Bott **Creamylight tal-Ħanini**

Melħ u bżar

Meraq ta' nofs lumija

Mgħarfa u nofs dqiq imħallat ma'  
nofs kikkra ilma

Tursin imqatta' fin

**Metodu:** Qaxxar il-gambli u naddafhom.

Poġġi l-irjus flimkien mal-qxur f' borma u žid l-istokk tat-tigieg, il-weraq tar-rand, bżar, melħ, il-qoxra tal-lumija u nofs mgħarfa **Pinto's Pride Garlic Sauce**. Poġġi fuq in-nar u xħin jiftaħ jagħli, tettek għal nofs siegħa. F'tagen separat saħħan ftit butir u sajjar il-basla sakem tirtab; žid il-kumplement tal-garlic sauce, u wara ftit sekondi, žid il-paprika, il-**Kunserva** u z-zokkor. Sajjar għal madwar 30 sekonda u mbagħad itfgħu mal-istokk li lestejt qabel. Ħalli jtektek għal 20 minuta oħra u wara ħalli jiksaħ ftit. Ithan kollox sew sakemm il-qxur jitfarrku għal kollox u saffi sew. Ġo tagen ieħor, sajjar il-laħam tal-gambli fi ftit butir. Erga' saħħan il-likwidu u žid il-krema tal-**Ħanini** u l-laħam tal-gambli. Žid id-dqiq li ħallat mal-ilma u ħalli jtekktek għal madwar 10 minuti sakemm il-konsistenza tas-soppa tiġi aktar magħquda. Žid ftit bżar u melħ u żejjen bit-tursin.

### Ingredients- Serves 4

500g prawn with shells & heads

1.5 litres chicken stock made

with 3 tablespoons **Pinto's**

**Pride Chicken Spoon Stock**

2 bay leaves

1 tbsp **Pinto's Pride Garlic Sauce**

1 teaspoon white peppercorns

1 lemon zest

1 teaspoon sea salt flakes

1 red onion finely chopped

½ teaspoon paprika

1 tablespoon **Three Hills Kunserva**

½ teaspoon sugar

1 tub **Ħanini Creamylight**

Salt & pepper to taste

Juice of ½ lemon

1½ tablespoons flour mixed with

½ cup water

Fresh parsley, chopped, to serve

**Method:** Shell the prawns and devein

them (remove the black vein on their back). Place the prawn shells and heads in a pot and add **Pinto's Pride Chicken Spoon Stock**, bay leaves, peppercorns, salt, lemon zest and half the garlic sauce. Bring up to a boil and allow to simmer for 30 minutes, covered until the stock is well infused by the shells.

In a separate pot, melt a little butter & fry the onion until soft. Add the remaining garlic sauce & cook for a few seconds before adding the paprika, **Three Hills Kunserva** and sugar. Allow to fry for 30 secs then pour in the prawn stock with the shells & heads. Allow to simmer for 20 minutes then remove from the heat and allow to cool to room temperature.

When the stock has cooled down, blend, shells and all, until the shells are broken up completely. Pass the mixture through a sieve into a pot. Whilst the stock is cooling, in a frying pan, add some olive oil and gently pan fry the prawns.

Place the pot with the stock over a low heat & allow to come back up to heat. Pour in the **Ħanini Creamylight** & the prawn meat. Whisk in the flour paste and allow to simmer gently for 10 minutes until the soup has thickened slightly.

Season to taste and serve with a sprinkling of chopped parsley.



# soppa tal-gambli

## *prawn bisque*



**Din is-soppa tista' tiġi ppreparata b'xi awwista, grancijiet, gambli jew langostini fejn il-qoxra tilgħab irwol importanti.**

*Bisque is a smooth, creamy, seasoned soup, classically based on a strained broth of crustacean shells. It can be made from lobster, crab, shrimp, or crayfish.*



Saffi l-qoxra tal-gambli darbtejn biex tkun ċert li ma fadalx frak tal-qoxra.

If you double-sieve the shell stock you will make sure that no grit is left behind



**Nutritional Information per Serving**

**Calories** 241kcal

**Fat** 8.7g

**Carbohydrate** 11.0g

**Sugars** 15.8g

### **Ingredjenti - Iservi 2**

2 bottijiet **Spelt tal-Mayor**  
100g **Stukku tal-Ħabaq**  
12 cherry tomatoes,  
maqsumin min-nofs  
¼ kikkra pine nuts,  
mixwijin ħafif  
2 mgħaref **Pinto's Pride  
Balsamic Vinegar**  
2 mgħaref żejt taż-  
zebbuġa  
Melħ u bżar  
Ħabaq frisk

**Metodu:** Ġo skutella, ħallat l-ispelt tal-Mayor mal-iStukku tal-Ħabaq. Żid it-tadam.

Ġo skutella żgħira oħra, ħallat iż-żejt mal-**Pinto's Pride Balsamic Vinegar**, žid il-melħ u l-bżar u ferra fuq it-taħlita tal-ispelt.

Żejjen bil-weraq tal-ħabaq frisk. Din l-insalata tista' titlesta mill-ġurnata ta' qabel u żżommha fil-frigġ.

### **Ingredients- Serves 2**

2 cans **Mayor Spelt**  
100g **Stukku Basil Pesto**  
12 cherry tomatoes,  
halved  
1/4 cup pine nuts, lightly  
toasted  
2 tablespoons **Pinto's  
Pride Balsamic Vinegar**  
2 tablespoons extra virgin  
olive oil  
Salt  
Pepper  
Fresh basil (for garnish)

**Method:** In a bowl gently mix the **Mayor Spelt** with the **Stukku Basil Pesto**.

Top with the halved cherry tomatoes.

In a bowl mix well the olive oil and **Pinto's Pride Balsamic Vinegar**, season and pour over the spelt salad.

Garnish with some fresh basil leaves.

This salad may be refrigerated and served the next day.



Healthy  
Goodness!

# insalata tal-ispelt u l-pesto *spelt & pesto salad*



**Spelt huwa tip ta' qamħ b'toġhma partikolari. Huwa sors ta' fibra u fih ħafna proteini. Ideali ħafna għal insalata għal xi piknik jew bħala kontorn għas-Sajf.**

*Spelt, often referred to as the "caviar of grains", has a pleasant nutty taste. Slightly crunchy, it is excellent for cold salads. This one is a lovely picnic or summer party side dish.*



Tista' żżid 2  
Ġibniet Moxxi  
tal-Hanini f'biċċiet  
għal aktar toġhma.

Add some chopped Hanini  
Ġibniet Moxxi to add more  
flavour to this salad



**Nutritional  
Information  
per Serving**

**Calories** 704kcal

**Fat** 52.4g

**Carbohydrate** 40.5g

**Sugars** 6.6g

### **Ingredjenti - Iservi 4**

Żejt taż-żebbuġa  
Basla żgħira mqatta' fin  
4 sinniet tewm, mqattgħin  
fin  
Tuffieħa mqatta' fin  
Karrotta mqatta' f'biċċiet  
żgħar  
500g ikkapuljat taċ-ċanga  
jew tal-ħaruf  
Flixxun **Pinto's Pride Indian  
Curry Sauce**  
100g żbib (jekk tixtieq)  
2 kikkri ross basmati  
msajjar

**Metodu:** Ġo dixx, saħħan iż-żejt  
u sajjar il-basla sakemm tirtab.

Żid it-tewm u sajjar għal madwar  
3 minuti. Żid l-ikkapuljat u sajjar  
għal ftit tal-ħin ieħor. Żid it-  
tuffieħ u l-karrotti u sajjar għal  
madwar 5 minuti.

Żid iz-zalza ta' **Pinto's Pride** u  
ż-żbib. Ħawwad sew u sajjar fuq  
nar baxx għal madwar 20 minuta  
jew sakemm il-laħam ikun irtab.

Itfa' ftit melħ u bżar u servi fuq ir-  
ross bi ftit tursin fil-wiċċ.

### **Ingredients- Serves 4**

Olive oil  
1 medium onion, finely  
chopped  
4 garlic cloves, finely  
chopped  
1 apple, finely diced  
1 carrot, finely chopped  
500g minced beef or lamb  
1 jar **Pinto's Pride Indian  
Curry Sauce**  
100g raisins (optional)  
2 cups basmati rice,  
cooked

**Method:** In a frying pan, heat  
some oil and gently fry the  
onion, until softened. Add the  
garlic, stir well and cook for  
another 3 minutes.

Add the mince and cook until  
the meat turns brown. Stir in the  
apple and carrots and cook for a  
further 5 minutes.

Add **Pinto's Pride Indian Curry  
Sauce** and raisins (if using). Stir  
well and let it simmer for around  
20 minutes on very low heat or  
until the meat is tender.

Season to taste. Serve with  
basmati rice & garnish with  
finely chopped parsley.





# ross bil-kari

## curried rice



**Dawn iz-zlazi huma versatili u komdi ħafna biex tużhom. Kun kreattiv u prova platti mhawrin bil-ħaxix, laħam jew ħut.**

*Curry sauces are one of the most versatile sauces you can use to create different, vibrant dishes. It can be used with most vegetables, meat and fish recipes... just go get creative!*



Jekk tippreferi z-zalza aktar pikkanti, zid ftit Pinto's Pride Hot Pepper Sauce.

If you prefer your curry to be spicier, add some Pinto's Pride Hot Pepper Sauce



**Nutritional Information per Serving**

**Calories 690kcal**

**Fat 33.6g**

**Carbohydrate 65.6g**

**Sugars 29.5g**

### Ingredjenti - Iservi 8

10 biċċiet lażanja  
200g, **Mayor Mushrooms**, msoffija  
Bżaru aħmar kbir, imqatta'  
Qargħa baġħlija, (tawwalija)  
imqatta'  
300g spinaci frizata u magħsura  
mill-ilma  
2 karrotti maħkuka  
Vażett **kaponata Mayor**  
Basla kbira, imqatta'  
4 sinniet tewm, mqattgħin fin  
2 kuċċarini saġhtar frisk, imqatta' fin  
4 mġharef żejt taż-żebbuġa  
2 flieksen **Mayor Tadam bil-Krema  
Bajda**  
750g **Hanini Irkotta**  
500g mozzarella maħkuka  
2 bajdiet  
Noċemuskata maħkuka  
250g **Hanini Pekorin** maħkuk, u ftit  
iktar għall-wiċċ  
Melh u bżar

**Metodu:** Saħħan iż-żejt u sajjar il-basla u l-bżaru għal madwar 4-5 minuti sakemm jibdwew jihmaru. Żid il-karrotti, l-**Mayor Mushrooms** u l-qargħa baġħlija tawwalija. Żid ftit melh u bżar u sajjar għal madwar 3-4 minuti oħra waqt li thawwad kultant. Żid it-tewm u s-saġhtar u l-**kaponata**. Sajjar għal minuta u neħhi minn fuq in-nar. Saħħan il-forn għal 180°C. Ġo skutella ħallat l-**Irkotta** ma' nofs il-mozzarella, il-ġobon **Pekorin** flimkien mal-ispinaci. Żid il-bajd, in-noċemuskata, melh u bżar. Idlek dixx tal-forn. Fil-qiegħ ferrex kwart taz-zalza tat-**Tadam bil-Krema**, għatti b'saff biċċiet tal-lażanja. Fuqhom itfa' terz tat-taħlita tal-irkotta. Imbagħad ferrex terz tal-ħxejjeg u itfa' fuqhom kwart taz-zalza tat-**Tadam bil-Krema**. Irrepeti dawn is-saffi billi terga' tibda bil-lażanja. Fl-aħħar spicċa billi troxx il-wiċċ bil-mozzarella li baqa' u l-ġobon **Pekorin** maħkuk. Għatti b'biċċa fojl u sajjar għal madwar 45 minuta. Imbagħad neħhi l-fojl u kompli sajjar għal madwar 20 minuta sakemm tiħmar. Ħalli kwarta tgħaddi qabel isservi.

### Ingredients- Serves 8

10 ready-to-use lasagna sheets  
200g **Mayor Mushrooms**, drained  
1 large bell pepper, chopped  
1 large courgette, chopped  
300g chopped frozen spinach,  
thawed & drained (squeezed)  
2 carrots, shredded  
1 jar **Mayor Caponata**  
1 large onion, chopped  
4 cloves garlic, minced  
2 teaspoons fresh thyme, finely  
chopped  
4 tablespoons olive oil  
2 jars **Mayor Tadam bil-Krema  
Bajda**  
750g **Hanini Irkotta**  
500g mozzarella cheese, shredded  
2 eggs – lightly whisked  
Nutmeg, grated  
250g **Hanini Pekorin**, grated, plus  
extra for topping  
Salt and fresh ground pepper

**Method:** Preheat a large frying pan over medium high heat. Add the oil, peppers and onion. Cook and stir for about 4-5 minutes until vegetables soften and begin to brown. Add the carrots, drained mushrooms and courgettes. Season with salt and pepper. Cook for another 3-4 minutes until courgettes soften. Stir occasionally. Add the garlic, thyme and **Mayor Caponata**. Cook and stir for 1 minute. Remove from heat and transfer to a bowl. Set aside. Preheat oven to 180°C. In a bowl, mix together **Hanini Irkotta**, half the mozzarella cheese, the **Hanini Pekorin** cheese and the chopped (well squeezed) spinach. Add the eggs, several grates of fresh nutmeg, season and mix well to combine. Grease a baking dish with non-stick spray. Spread ¼ of the tomato sauce on the bottom. Cover with a layer of lasagna sheets. Add 1/3 of the ricotta mixture in spoonfuls and spread evenly. Evenly distribute 1/3 of the veggies and then top with ¼ of the sauce. Repeat the process starting again with the lasagna sheets. Sprinkle the top with the remaining mozzarella and parmesan cheese. Cover the lasagna with greased foil. Bake for about 45 minutes or until hot a bubbly. Remove from oven. Carefully remove foil, return to oven and continue to bake for about another 20 minutes or until top begins to brown and cheese is bubbly. Remove from the oven and let rest for about 15 minutes to cool before serving.



# lażanja veġeterjana

## *vegetarian lasagne*



**Għal verżjoni bla glutina, uża slajsis irqaq u twal tal-brunġiel mixwi minflok il-biċċiet tal-lażanja.**

*For a gluten-free vegetable lasagne, use vegetables to replace the lasagne sheets. Layer long, thin slices of grilled aubergines in place of the lasagne.*



Uża ħaxix frisk ta' l-istaġun jew dak li għandek diġa fil-frigġ tiegħek.

You can easily change the vegetables to what is available in season or use what's in your fridge.



**Nutritional  
Information  
per Serving**

**Calories** 780kcal

**Fat** 48.6g

**Carbohydrate** 46.2g

**Sugars** 19.3g

### Ingredjenti - Iservi 4

10/12-il werqa kbira tal-kaboċċi  
500g kapuljat tal-majjal jew taċ-ċanġa  
Kučċarina paprika affumikata  
Mgħarfa **Pinto's Pride Garlic Sauce**  
2 basliet kbar, imqattgħin  
Bajda kbira  
Bżar iswed mithun  
2 kuċċarini tursin imqatta'  
100g ross imsajjar  
3 imġharef żejt taż-żebbuġa  
2 sinniet tewm, imqatta' fin  
500g **Mayor Zalza Maltese**  
250ml stokk taċ-ċanġa magħmul b'nofs imġharfa  
**Spoon Stock ta' Pinto's Pride**

**Metodu:** Nehhi l-weraq ta' barra tal-kaboċċa. Agħażel 12-il werqa kbira u elimina z-zokk tagħhom. Għallihom fil-miżhun għal madwar 4-5 minuti u wara kessaħ sew. Ġo skutella kbira, ħallat il-laħam mal-**garlic sauce**, il-paprika, nofs il-basla, bajda, bżar, tursin u r-ross. Poġġi 2-3 mġharef mit-taħlita fin-nofs ta' kull werqa u rambal. Għalaq b'tutpik. Irrepeti l-proċess għall-weraq u l-mili kollu. Ġo kazzola, saħħan iż-żejt u aqli l-kumplement tal-basal u t-tewm u sajjar għal madwar 5 minuti. Żid iz-zalza **Maltese tal-Mayor** u ħawwad. Żid l-istokk u ħalli jtektek għal madwar kwarta.

Xħin iz-zalza tkun lesta, poġġi r-rombli tal-kaboċċi, fejn xulxin, ġo ftit zalza u għatti bil-kumplement taz-zalza. Għatti l-kazzola u kompli tektek fuq nar moderat għal baxx għal madwar 35-40 minuta.

### Ingredients- Serves 4

10-12 large cabbage leaves  
500g ground pork or beef  
1 tablespoon **Pinto's Pride Garlic Sauce**  
1 teaspoon smoked paprika  
2 large onions, chopped  
1 large egg  
Freshly ground black pepper  
2 tablespoons chopped parsley  
100g cooked rice  
3 tablespoons olive oil  
2 cloves garlic, crushed  
500g **Mayor Zalza Maltese**  
250ml beef stock made with half a tablespoon of **Pinto's Pride Beef Spoon Stock**

**Method:** Discard the outer leaves of a cabbage. Select 12 large leaves and remove their core. Place leaves in a large pot of boiling water; boil for about 4-5 minutes; drain and add very cold water to the pan; allow to cool.

In a large bowl combine the ground pork or beef, garlic sauce, paprika, half the onion, egg, pepper, parsley and rice and mix well together. Place about 2-3 tablespoons of meat mixture in the centre of each cabbage leaf and roll up tightly, tucking in the ends; secure with toothpicks; repeat the process until all the meat is used up and set aside. Heat the olive oil in a large saucepan and add the remaining onion and garlic; stir for about 5 minutes until onion is softened. Add the **Mayor Zalza Maltese**; stir frequently. Add **Pinto's Pride Beef Spoon Stock** and bring to the boil; simmer for about 15 minutes.

When the sauce is ready, place the stuffed cabbage leaves seam-side down in a single layer in the sauce; spoon some of the sauce over the top of the cabbage leaves so that they are covered. Cover and simmer over medium-low heat for about 35-40 minutes.



# kaboċċi mimlija

## stuffed cabbage leaves



**Il-weraq tal-kaboċċi m'għandekx tiftaħhom qabel ma tkun ser tużahom biex ma jintilfux il-vitamini tagħhom.**

*Cabbage head should not be cut open until it is going to be used because once the cabbage is cut it starts to lose its vitamin C content rapidly.*



Il-bejken jagħmel tajjeb ħafna ma' din ir-riċetta.

Bacon is also a great ingredient to add to this recipe



**Nutritional Information per Serving**

**Calories** 549kcal

**Fat** 35.3g

**Carbohydrate** 26.7g

**Sugars** 13.7g

### Ingredjenti - Iservi 4

50g butir  
Kuċċarina żejt taż-  
żebbuġa  
Basla mqatta' fina  
Kilo spinaci  
¼ kuċċarina  
noċemuskata  
500g **Hanini Irkotta**  
2 isfra tal-bajd  
85g **Hanini Pekorin**  
maħkuk  
375g għagina sfiljorata  
Ftit dqiq  
Bajda mħabbta

**Metodu:** Ixgħel il-forn fuq temperatura ta' 180°C. Ġo taġen, saħħan il-butir u ż-żejt u qalli l-basla. Xhin issir warrab ġo skutella.

Ġol-istess taġen, žid l-ispinaci, ftit ftit, sakemm tirtab. Wara li tkun sajjart l-ispinaci kollha, agħsarha sewwa ħafna biex tneħħi kemm tista' mill-ilma. Wara qattagħha u žid mal-basla msajra.

Žid in-noċemuskata, l-Irkotta, l-isfar tal-bajd, il-Pekorin, bżar u melħ u ħallat sew. Iftaħ l-għagina fuq ftit dqiq u poġġi fuq dixx tond. Itfa' t-taħlita tal-ispinaci fin-nofs u ferrixha mal-qiegħ kollu. Idlek il-madwar tal-għagina bil-bajda mħabbta u sajjar għal madwar 40 minuta jew sakemm l-għagina tiħmar. Ħalli l-ftira toqgħod 10 minuti qabel isservi.

### Ingredients- Serves 4

50g butter  
1 teaspoon olive oil  
1 onion, finely chopped  
1kg spinach  
¼ teaspoon ground  
nutmeg  
500g **Hanini Irkotta**  
2 egg yolks  
85g **Hanini Pekorin**, finely  
grated  
375g puff pastry  
A little flour, for dusting  
1 egg, beaten

**Method:** Heat oven to 180°C. Melt the butter with the oil in a frying pan. Add the onion and cook for 10 minutes until softened. Place in a bowl.

Add a few handfuls of spinach to the pan and cook for a few minutes until it wilts. Remove from the heat and drain in a sieve. Repeat until all the spinach is cooked. Press with the back of a spoon to remove any excess liquid. Roughly chop the spinach and tip into the bowl with the onion. Stir in the nutmeg, **Hanini Irkotta**, egg yolks, **Hanini Pekorin**, season and mix well.

Roll out the pastry on a lightly floured surface of a round oven dish. Pour the spinach mixture in the middle of the pastry and flatten to distribute over the pastry. Brush the pastry all the way round with some beaten egg.

Bake for 40 minutes or until the pastry turns golden. Leave to rest for 10 minutes before serving.



# ftira tal-irkotta u spinaci

## irkotta & spinach open pie



**L-irkotta tal-Hanini hija versatili għaliex tista' tintuża ma' bosta riċetti u hija favorita ma' ħafna Maltin u Għawdxin.**

*Hanini's Irkotta is relatively low in fat making it an excellent ingredient to have at all times. It is very versatile and a favourite in many Maltese & Gozitan recipes.*



Din ir-riċetta tista' ssajjarha minn qabel u ssaħħan qabel ma sservi. Tista' tiġi ffrizata wkoll.

This recipe can be frozen, you can make and cook the pie ahead of time and then just reheat it when needed.



**Nutritional Information per Serving**

**Calories** 1068kcal

**Fat** 72.7g

**Carbohydrate** 65.3g

**Sugars** 21.1g

### Ingredjenti - Iservi 2

Weraq tal-ħass  
Kikkra ħjar slajsjat  
Kikkra bżar ġelu slajsjat  
Kikkra cherry tomatoes  
maqsumin min-nofs  
100g ġewż sħiħ  
Bott **Quinoa tal-Mayor**  
Kuċċarina paprika  
180g **Ġobon tan-Nar** tal-għażla  
tiegħek imqatta' fi slajsjs  
Meraq ta' nofs lumija  
Bżar  
Żejt taż-żebbuġa  
**Pinto's Pride Balsamic Vinegar**

**Metodu:** Ipprepara l-ħaxix u l-ġewż ġo skutella jew platt. Hallat il-paprika mal-**Quinoa** u žid mal-ħaxix. Saħħan gradilja, idlikha bi ffit żejt u sajjar il-**ġobon** għal madwar minuta u nofs fuq kull naħa. Žid mal-ħaxix. Ġo skutella ħallat flimkien iż-żejt, il-meraq tal-lumi, il-**balsamic vinegar** u l-bżar. Ferrex fuq l-insalata.

### Ingredients- Serves 2

Lettuce leaves  
1 cup sliced cucumbers  
1 cup sliced sweet peppers  
1 cup cherry tomatoes, halved  
100g whole walnuts  
1 can **Mayor Ready-to-Eat Quinoa**  
1 teaspoon paprika  
180g **Tan-Nar Cheese** (of your choice) cut into thick slices  
Juice of 1/2 lemon  
Black pepper  
Extra-virgin olive oil  
**Pinto's Pride Balsamic Vinegar**

**Method:** Prepare the vegetables, greens & nuts together in a bowl.

Mix the **Mayor Ready-to-Eat Quinoa** with the paprika and place over the salad.

Preheat a lightly oiled griddle pan on medium-high heat and cook the **Tan-Nar Cheese** slices for about 1½ minutes per side until golden.

Place the **Tan-Nar Cheese** on the salad.

Whisk together oil, lemon juice, **Pinto's Pride Balsamic Vinegar** and pepper. Drizzle dressing over salad.





# insalata bil-ġobon mixwi

## grilled cheese salad



**Il-Ġobon tan-Nar huwa ġobon Malti li jmur lura għal mijiet ta' snin. Maż-żmien dan il-ġobon tan-nar ma baqax isir iżda llum nistgħu nerġgħu nsibuh fis-suq ta' Malta.**

*Ġobon tan-Nar is a Maltese cheese steeped in tradition, which, over the past hundred years, was almost completely forgotten from our culinary history and is now introduced back into the Maltese market.*



Il-ġobon tan-nar jista' jiġi moqli jew mixwi.

Tan-Nar Cheese has a high melting point and so can easily be fried or grilled.



**Nutritional Information per Serving**

**Calories 916kcal**

**Fat 68.2g**

**Carbohydrate 33.8g**

**Sugars 19.5g**

### Ingredjenti - Iservi 4

Kilo siċċ imnaddaf  
Linka tas-siċċ  
Żejt taż-żebbuġa  
3 sinniet tewm  
imqatta'  
Basla mqatta'  
Ħabaq u nagħniegħ  
frisk  
Kikkra nbid abjad  
400g **Mayor Polpa**  
2 imgħaref żebbuġ  
iswed  
Bżar u melħ

**Metodu:** Xhin tixtri s-siċċ itlob lil tal-ħut biex inaddafulek u jagħtik ukoll il-boroż tal-linka. Is-siċċ jista' jissajjar frisk mhux bħal qarnit, li aħjar ikun iffriżat.

Qatta' s-siċċ f'biċċiet zgħar. Saħħan iż-żejt u sajjar it-tewm u l-basla sakemm il-basla tirtab. Żid is-siċċ u sajjar għal madwar 10 minuti sakemm jiħmar. Żid l-inbid u sajjar sakemm l-inbid jonqos bin-nofs.

Żid iż-żebbuġ u sajjar għal 3 minuti oħra u wara żid il-**polpa**, il-linka, il-ħabaq u n-nagħniegħ u sajjar fuq nar baxx għal madwar 20 minuta sakemm iz-zalza ssir aktar magħquda. Servi mal-għaġin mgħolli jew patata maxx, jew sempliċiment ma' kisra ħobż tal-Malti.

### Ingredients- Serves 4

1kg squid, cleaned,  
chopped into small  
pieces  
Squid ink  
Olive oil  
3 garlic cloves,  
chopped  
1 onion, chopped  
Fresh basil  
1 cup white wine  
400g **Mayor Polpa**  
2 tablespoons black  
olives  
Salt & pepper

**Method:** Ask the fishmonger to clean the squid for you and keep the ink sacs. Unlike octopus, squid does not need to be pre-frozen to be tender.

Chop the squid and tentacles into bite-sized pieces. In a frying pan heat 2 tablespoons olive oil. Add the garlic and the onion and cook until the onion becomes transparent.

Add the squid, stirring constantly, and cook until it turns red, around 10 minutes.

If you are cooking the spaghetti you may add it to boiling water at this stage.

Add the white wine to the squid and cook until it reduces by half. Add the black olives and cook for a further 3 minutes. Add the **Mayor Polpa**, squid ink, mint and parsley and cook for a further 20 minutes on low heat until the sauce thickens.

This can be served with pasta, mashed potatoes or simply with hard crust, crunchy Maltese bread!



# stuffat tas-siċċ

## squid stew



**Il-qarquċa tas-siċċ ilha għal ħafna żmien tintuża biex l-għasafar isinnu l-munqar jew bħala bażi għal min jaħdem id-deheb jew il-fidda.**

*"Cuttlebone", the internal shell of the squid, has been put to good use over the years - most commonly as a beak sharpener for birds or for moulds for jewellers to craft gold and silver jewellery on!*



Din ir-riċetta tajba wkoll mingħajr il-linka.

This recipe also works well without the addition of the black ink.



**Nutritional Information per Serving**

**Calories 319kcal**

**Fat 11.8g**

**Carbohydrate 10.4g**

**Sugars 6.8g**

### Ingredjenti - Iservi 2

4 trill sħaħ

Dqiq

Melħ u bżar

Żejt taż-Żebbuġa

2 bottijiet **Mayor**

**Caponata**

2 kuċċarini **Pinto's**

**Pride Hot Pepper**

**Sauce** (tista' telimina)

Tursin frisk imqatta' fin

**Metodu:** Għazel it-trill li jkollhom għajnejhom ċari u jleqqqu. Itlob sid il-ħanut inaddafhomlok. Tista' ssajjarhom kemm bir-ras jew mingħajrha.

Ġo dixx tawwali, ħallat mgħola 2cm dqiq mal-melħ u l-bżar u għaddi l-ħut sew ġo fih. Saħħan iż-żejt ġo taġen fuq nar moderat u aqli l-ħut għal madwar 5 minuti fuq kull naħa. Kultant ħarrek it-taġen biex tevita li l-ħut jeħel miegħu. Wara 5 minuti aqleb il-ħut u kompli sajjar għal 5-7 minuti oħra. Battal il-bottijiet tal-**kaponata** ġo kazzola u saħħan fuq nar baxx. Ħawwad spiss. Hawn tista' żżid il-**Pinto's Pride Hot Pepper Sauce**. Ħallat sew u ferrex fuq il-ħut. Servi ma' insalata friska.

### Ingredients- Serves 2

4 whole red mullet fish

Flour for coating

Salt & pepper

Olive oil

2 cans **Mayor**

**Caponata**

2 teaspoons **Pinto's**

**Pride Hot Pepper**

**Sauce**, (optional)

Bunch of parsley,  
chopped to garnish

**Method:** When choosing red mullet, choose the ones with bright, shiny eyes, dark red gills and firm skin. Ask your fishmonger to clean the fish for you. You may cook the fish with or without the head.

In an oblong dish place about 2cm of flour and mix with salt and pepper. Dip each mullet individually and coat well with the flour mix.

Put 2 tablespoonfuls of olive oil in a frying pan over medium heat and when it starts smoking, gently add the fish. Move the pan gently so that the fish do not stick to the pan. After about 5 minutes flip over the fish and continue cooking for another 5-7 minutes. Set aside.

In a pot, pour the contents of the **Mayor Caponata** cans and heat gently over a low heat, stirring often. Add the hot pepper sauce, if desired. When heated through, pour over the mackerel and serve with a healthy green salad.

Healthy  
Goodness!



# trill moqlija fiz-zalza

## red mullet in tomato sauce



**It-trill hu sors kbir ta' proteini, vitamini, minerali u Omega 3; li huma tajbin ħafna għas-saħħa.**

*Red mullet is a great source of high quality protein, vitamins and minerals and omega 3 fatty acids that are essential for maintaining optimal health.*



It-trill jiġu tajbin ħafna bil-felfel u l-kappar.

Red mullet is well suited to piquant flavours such as chilli and capers.



**Nutritional  
Information  
per Serving**

**Calories 1427kcal**

**Fat 98.6g**

**Carbohydrate 33.3g**

**Sugars 27.1g**

## Ingredjenti - Iservi 6

Basla mqatta'

Kučċarina Pinto's Pride

**Garlic Sauce**

250g kkapuljat tal-majjal

250g kkapuljat taċ-ċanga

100g frak tal-ħobż

Kikkra **Hanini Pekorin**,

maħkuk

Bajda mħabbta

Mgħarfa **Mayor Classic**

**Mustard**

100g **Hanini Creamylight**

2 kikkri ġewż mqatta'

Biċċa ġobon tat-tursina

mqatta'

Tursin frisk imqatta'

4 bajdiet iebsin u mqaxxin

**Metodu:** Saħħan l-forn fuq temperatura ta' 180°C. Ġo skutella kbira ħallat il-basla, il-**Garlic Sauce**, l-ikkapuljat, il-**Pekorin**, il-**Creamylight**, il-bajda u l-**mustarda**, il-ġobon u t-tursin. Żid ftit melħ u bżar. Iksi dixx rettangolari (loaf tin) bl-istrixxi tal-bejken u żid nofs it-taħlita. Poġġi l-bajd iebes wara xulxin u żid fuqu il-kumplament tat-taħlita. Dawwar l-istrixxi tal-bejken għal fuq il-wiċċ tat-taħlita u aħmi għal madwar siegħa.

Wara, oħroġ il-pulpettun minn ġol-forn, aqilbu fuq dixx ċatt, u erġa' daħħlu fil-forn għal ftit minuti sakemm il-bejken jihmar. Servi sħun ma' ftit **Mustarda tal-Mayor** u patata l-forn.

## Ingredients- Serves 6

1 onion, chopped

1 tablespoon **Pinto's Pride**

**Garlic Sauce**

250g pork mince

250g beef mince

100g breadcrumbs

1 handful grated **Hanini**

**Pekorin**

1 egg, beaten

1 tablespoons **Mayor**

**Classic Mustard**

100g **Hanini Creamylight**

2 handfuls walnuts,

chopped (divided)

1 chunk blue cheese,

crumbled

1 bunch fresh parsley,

chopped

4 eggs, hard-boiled and

peeled

**Method:** Preheat the oven to 180°C.

In a large bowl mix the onions and **Pinto's Pride Garlic Sauce** followed by the beef and pork mince, bread, **Hanini Pekorin**, beaten egg, **Mayor Mustard**, **Hanini Creamylight**, walnuts, blue cheese and parsley. Mix all of the ingredients well and season.

Line a loaf tin with the bacon strips so each slice just overlaps the last. Press half of the meatloaf mixture into the tin, lay in the eggs, then filling it to the top with the rest of the minced meat. Wrap any excess bacon over the top of the meat. Place in the oven for 1 hour.

Turn the meatloaf out onto a baking tray and return to the oven for a couple of minutes at the oven's highest temperature to crisp up the bacon.

Serve whilst piping hot, with **Mayor Mustard** and plenty of baked potatoes!



# pulpettun meat loaf



**Din hija riċetta sempliċi biex tipprepara u tingħogob mill-membri tal-familja kollha. Jekk jibqa' żejjed, tista' tużah għas-sandwiches.**

*This is a recipe that's easy and foolproof. It's economical, quick to prepare, a classic family favourite and leftovers make terrific sandwiches.*



Din ir-riċetta tiġi tajba wkoll bl-ikkapuljat tat-tiġieġ jew dundjan

In this recipe you may substitute the mince for chicken and turkey



**Nutritional  
Information  
per Serving**

**Calories 502kcal**

**Fat 35.6g**

**Carbohydrate 17.2g**

**Sugars 4.5g**

### Ingredjenti - Iservi 4

8 koxox tat-tigieġ bla għadam u bla gilda  
Basla żgħira mqatta'  
Mgħarfa **Pinto's Pride Garlic Sauce**  
2 felfel imqatta' (jekk trid)  
Żejt taż-żebbuġa  
100g zokkor ismar  
6 imgħaref **Pinto's Pride Balsamic Vinegar**  
200ml **Mayor Ketchup**  
2 imgħaref **Pinto's Pride Worcester Sauce**  
2 kuċċarini **Mayor Classic Mustard**  
Melħ u bżar  
**Mayor BBQ Sauce** biex tidlek

**Metodu:** Ġo food processor ithan il-basla, il-**garlic sauce** u l-felfel flimkien maż-żejt taż-żebbuġa. Żid ftit melħ u bżar. Itfa' din it-taħlita ġo skutella u żid magħha l-ingredjenti l-oħra kollha tas-sauce. Poġġi t-tigieġ ġot-taħlita u iksi sew. Halli għallinqas 3 sigħat. Saħħan il-forn għal 180°C u sajjar it-tigieġ għal madwar nofs siegħa. Sadanittant ipprepara l-barbikju. Tista' żżid ftit ħxejjex aromatiċi fil-barbikju bħal klin biex tagħti aktar togħmiet. Komplu sajjar it-tigieġ fuq il-BBQ u qalleb ta' sikwit. Ara li t-tigieġ ikun sar sewwa billi tningeż l-aktar parti ħoxna tal-laħam u tara li joħrog likwidu bajdani u ċar. Idlek bil-**Mayor BBQ Sauce** ta' sikwit.

### Ingredients- Serves 4

8 boneless, skinless chicken thighs  
Small onion, peeled & diced  
1 tablespoon **Pinto's Pride Garlic Sauce**  
2 red chillies, fresh, chopped, (optional)  
Olive oil  
100g of soft brown sugar  
6 tablespoons **Pinto's Pride Balsamic Vinegar**  
200ml **Mayor Tomato Ketchup**  
2 tablespoons **Pinto's Pride Worcester sauce**  
2 teaspoons **Mayor Classic Mustard**  
Sea salt & freshly ground black pepper  
**Mayor BBQ Sauce** for basting

**Method:** In a food processor blitz together the onion, garlic sauce and chilli with olive oil. Take this paste and add to a bowl, mix in all the other ingredients for the sauce. Taste for seasoning.

Place the skinless chicken thighs in the prepared marinade, ensuring they are well coated. Add to a baking tray, with any excess marinade, cover with foil and marinate for at least 3 hours.

Preheat the oven to 180°C. Place the baking tray in the oven. Leave to cook for approximately 30 minutes; during this time get the barbecue ready. You can also add some rosemary, bay leaves or any herbs to the barbecue to add some extra flavour to the meat.

Remove the chicken from the oven and place the individual marinated thighs on the barbecue, using tongs to turn them over. Allow to cook (covering the chicken with a heatproof bowl helps to smoke it and makes it even juicier)

Check the chicken is cooked thoroughly by piercing the thickest part of the chicken (juices should run clear) and baste with **Mayor BBQ Sauce**.





# tiġieġ fuq il-bar-b-q

## barbecued chicken



**Il-koxox tat-tiġieġ huma ideali ħafna għaliex barra li huma tajbin, jibqgħu roto b xħin jissajru. Tista' tippreparahom minn qabel u ssajjar xħin ikollok bżonn.**

*These BBQ chicken thighs are so tender and flavorful. You can prep them ahead of time and just toss them on the bbq when you're ready; making them perfect for parties.*



Għal rizultati aħjar, immarina l-laħam kemm jista jkun minn qabel.

Marinating the chicken is essential to create a juicy thigh. If you have time leave them to marinate overnight.



**Nutritional Information per Serving**

**Calories** 693kcal

**Fat** 26.0g

**Carbohydrate** 55.5g

**Sugars** 51.4g

### Ingredjenti - Iservi 4

4 kustilji tal-majjal madwar 1.5cm għoljin  
Nofs kuċċarina paprika  
2 kuċċarini żejt taż-żebbuġa  
Basla mqatta' fin  
Mgħarfa **Pinto's Pride Garlic Sauce**  
Mgħarfa dqiġ  
3 imgħaref butir bla melħ  
Bott kbir **Mayor Mushrooms**, imsoffi  
Nofs kuċċarina **Pinto's Pride Red Pepper Hot Sauce**  
350ml **Pinto's Pride Chicken Spoon** stock magħmul minn tliet kwarti ta' mgħarfa Spoon stock tat-tigieġ  
2 kontenituri **Hanini Creamylight**  
Tursin jew klin (jekk tixtieq)  
Melħ u bżar

**Metodu:** Itfa' ftit melħ, bżar u paprika fuq il-laħam. Saħhan kuċċarina butir u 2 mgħaref żejt ġo taġen kbir. Aqli l-laħam għal madwar 3-4 minuti fuq kull naħa sa xħin jifmar u warrab għall-ġenb. Go l-istess taġen, dewweb il-kumplament tal-butir u aqli l-faqqiegħ għal madwar 2 minuti. Żid il-basal, il-**Pinto Garlic Sauce** u ftit melħ u bżar. Sajjar għal 3-4 minuti. Żid id-dqiġ u ħawwad sew għal ftit sekondi. Żid l-**istokk tat-tigieġ**, il-**Pinto Hot Sauce** u l-krema tal-Hanini, melħ u bżar u tektek sakemm il-konsistenza tibda' tagħqad. Issa żid il-majjal li tkun qlejt qabel u itfa' fuqu l-mushroom sauce. Ħallih fuq nar baxx għal madwar 5-8 minuti sakemm il-laħam ikun sar sew. Żejjen bi ftit tursin jew klin.

### Ingredients- Serves 4

4 boneless pork chops about 1.5cm thick  
½ tsp paprika or to taste  
2 teaspoons olive oil  
Onion, finely chopped  
1 tablespoon **Pinto's Pride Garlic Sauce**  
1 tablespoon flour  
3 tbsps unsalted butter  
1 large can **Mayor Sliced Mushrooms**, drained  
½ teaspoon **Pinto's Pride Red Pepper Hot Sauce**  
350ml **Pinto's Pride Chicken Spoon Stock**  
2 tubs **Hanini Creamylight**  
Parsley or rosemary (optional garnish)  
Salt & pepper

**Method:** Season pork chops with salt, pepper and paprika. Heat 1 tablespoon butter and 2 teaspoons oil in a large pan over med/high heat. Once hot, sear chops 3-4 minutes per side until golden brown. Remove pork chops and cover to keep warm. In the same pan, add 2 tablespoon butter and the **Mayor Sliced Mushrooms**. Cook for 2 minutes over medium heat, or until lightly golden. Add the onions and garlic sauce and lightly season with salt and pepper. Cook 3-4 minutes, until onions are tender. Add the flour and stir vigorously for 30 seconds.

Add the **Chicken Spoon Stock**, hot sauce, and **Creamylight** and season with salt and pepper to taste. Simmer 2 minutes, or until cream begins to thicken. Add the pork chops back to the pan and cover with the mushroom sauce.

Reduce heat to low and simmer 5-8 minutes, allowing the pork chops to become tender and the flavors of the mushroom sauce to penetrate into the pork chops. Garnish if desired and serve.



# kustilji bil-faqqiegħ

*pork chops with mushrooms*



**Din l-ikla hija sempliċi bizżejjed għal matul il-ġimgħa waqt li hi speċjali wkoll għall-mistednin.**

*This quick and easy one-pot meal is simple enough for weeknight dinners and special enough for guests.*

*It not only tastes good but smells delicious too!*



Tista' sservi ma' ftit patata maxx.

You can serve with mash potatoes for an ultimate mid-week dinner meal!



**Nutritional Information per Serving**

**Calories** 698kcal

**Fat** 49.5g

**Carbohydrate** 12.5g

**Sugars** 10.3g

### Ingredjenti - Iservi 4-6

Fenek sħiħ imqatta' biċċiet  
200g basal imqatta'  
200g karrotti, mqaxxin u  
mqattgħin f'biċċiet żgħar  
100g bejken imqatta'  
4 sinniet tewm imqattgħin  
2 imgħaref għasel  
4 kikkri nbid aħmar  
2 kikkri ilma  
2 imgħaref Pinto's Pride  
Worcester Sauce  
2 imgħaref Pinto's Pride Soy  
Sauce  
Żejt taż-żebbuġa  
Klin frisk jew weraq tar-rand  
Melħ u bżar

**Metodu:** Immarina l-fenek fit-taħlita ta' għasel, **Worcester Sauce**, **Soy Sauce** u l-inbid. Immarina mill-ġurnata ta' qabel jew tal-inqas 3 sigħat. Ixgħel il-forn fuq temperatura ta' 180°C. Ġo taġen, kbir, saħħan 2 imgħaref żejt u aqli l-biċċiet tal-fenek biex isir min naħa ta' barra. Wara, poġġi ġo dixx tal-forn. Ġo l-istess taġen, aqli l-basal u t-tewm u wara ftit zid il-bejken u aqli għal 2-3 minuti. Baxxi n-nar u zid il-karrotti u l-klin jew rand. Sajjar għal madwar 5 minuti oħra. Zid l-inbid u l-ilma, melħ u bżar sakemm l-ilma jiftaħ jagħli. Ferra l-kontenut tat-taġen ġod-dixx bil-fenek u għatti bil-fojl. Sajjar fil-forn għal madwar 90 minuta. Fl-aħħar 20 minuta neħhi l-fojl.

### Ingredients- Serves 4-6

Rabbit, whole, cut in pieces  
200g onions, chopped  
200g carrots, peeled and cut  
into small pieces  
100g bacon, chopped  
4 garlic cloves, chopped  
2 tablespoons honey  
4 cups red wine  
2 cups water  
2 tablespoons Pinto's Pride  
Worcester Sauce  
2 tablespoons Pinto's Pride  
Soy Sauce  
Olive oil  
Fresh rosemary sprigs & bay  
leaves  
Freshly ground sea salt &  
pepper

**Method:** In a large bowl marinate the rabbit in the honey, **Pinto's Pride Worcester Sauce**, **Soy Sauce** and 2 cups red wine. Leave overnight or for at least 3 hours to infuse the flavours. When ready to start cooking, preheat the oven to 180°C.

In a large frying pan heat 2 tablespoons olive oil and seal the individual pieces of rabbit on all sides. Once done, transfer the rabbit to an oven proof dish.

In the same frying pan lightly fry the onions and garlic. Add the bacon and fry for another 2-3 minutes. Lower the heat and add the carrots and herbs, cook for a further 3-5 minutes. Add the remaining 2 cups of red wine and water, season and turn up the heat to medium. Cook until the mixture starts to lightly boil. Add the mixture to the rabbit in the dish, cover with foil and cook for around 90 minutes, removing the foil in the last 20 minutes.



# fenek il-forn

## baked rabbit



**Ir-Rumani kienu jemmnu li l-fenek imsajjar bl-għasel huwa ta' benefiċċju għas-sbuħija tal-mara. Hemm ċans li kienu huma li daħħlu din l-użanza hawn Malta.**

*The Romans believed that women enhanced their beauty when consuming rabbit meat cooked and served with honey - it is likely that that they brought this cooking practice here to Malta.*



Tista' żżid bott piżelli tal-Mayor mal-fenek lejn l-aħħar 20 minuta ta' sajran.

When you remove the foil, for the last 20 minutes of cooking time, you may add 1 can Mayor Processed Peas



**Nutritional Information per Serving**

**Calories 363kcal**

**Fat 15.3g**

**Carbohydrate 13.7g**

**Sugars 12.5g**

## Ingredjenti - Iservi 4

### *Għall-pulpetti:*

700g Ikkapuljat tal-ħaruf  
Mgħarfa **Pinto's Pride Garlic Sauce**  
Mgħarfa kożbor imqatta'  
2 kuċċarini kumin maħkuk  
Kuċċarina u nofs paprika  
pikkanti

Kuċċarina u nofs melħ  
Mgħarfa u nofs żejt taż-żebbuġa

### *Għaz-zalza tal-Yogurt:*

160g Greek Yogurt  
2 imgharef meraq tal-lumi  
2 imgharef ħwawar imqattgħin bħal  
nagħniegħ, tursin jew kożbor  
Melħ

### *Għall-insalata taċ-ċicri:*

2 bottijiet **Mayor Chickpeas**, imsoffija  
Mgħarfa żejt taż-żebbuġa  
Kuċċarina kumin mithun  
Kuċċarina all-spice

**Għaz-zalza tal-Yogurt:** Ġo skutella żgħira ħabbat il-yogurt mal-meraq tal-lumi. Żid il-ħwawar imqattgħin fin, melħ u bżar, u poġġi fil-frigġ.

**Għall-pulpetti:** Poġġi l-ingredjenti kollha ġo skutella kbira, u ħallat kollox sew b'idejk. Ifforma madwar 12-il ballun ovali bl-għoli ta' madwar 2.5cm. Poġġi fil-frigġ għal madwar nofs siegħa. Saħħan grilja tajjeb u ixwi l-pulpetti sew.

**Għall-insalata taċ-ċicri:** Ġo skutella, ħallat iċ-ċicri mal-ħwawar. Saħħan iż-żejt u aqli ċ-ċicri għal ftit minuti waqt li tħawwad kontinwament.

## Ingredients- Serves 4

### *For the patties:*

700g minced lamb  
1 tablespoon **Pinto's Pride Garlic Sauce**  
1 tablespoon chopped coriander  
2 teaspoons ground cumin  
1½ teaspoons hot paprika  
1½ teaspoons sea salt  
1½ tablespoons extra-virgin olive oil

### *For the yogurt sauce:*

160g Greek yogurt  
2 tablespoons fresh lemon juice  
2 tablespoons finely chopped herbs,  
such as mint, parsley or coriander, plus  
herb sprigs, for serving  
Sea salt

### *For the chickpea salad:*

2 cans **Mayor Chickpeas**, drained  
1 tablespoon olive oil  
1 teaspoon ground cumin  
1 teaspoon all spice

**Yogurt sauce:** In a small bowl, whisk the yogurt with the lemon juice. Stir in the chopped herbs, season with salt and refrigerate until ready to use.

**Lamb patties:** In a bowl, use your hands to mix together all of the ingredients. Form the mixture into twelve oval patties (about 2.5cm thick). Arrange the patties on a plate and refrigerate for at least 30 minutes, until firm.

Preheat a grill on moderately high heat for at least 10 minutes. Grill the patties for 5 to 6 minutes. Rotate the patties and grill for 4 to 6 minutes longer.

**Chickpea salad:** In a large bowl, mix together the chickpeas with the spices. Heat the olive oil in a large pan over high heat and fry the chickpeas for a couple of minutes. Shake the pan so the chickpeas roll, or stir gently. Transfer into bowl and cool slightly.



# pulpetti tal-ħaruf

## *lamb meatballs*



**Għal din ir-riċetta, minflok ħaruf, tista' tuża tiġieġ, majjal jew ċanga. Eċċellenti ħafna bħala mili tal-pita bread jew ma' ftit ħaxix mixwi.**

*In this recipe, lamb may be substituted for chicken, pork or beef mince. They are excellent as a filling for pita bread or with a side of grilled vegetables*



Din ir-riċetta tajba anke ma' insalata friska bil-ħjar u t-tadam.

This recipe makes a great filling for pita bread and you may also add a fresh salad of cucumbers and tomatoes.



**Nutritional Information per Serving**

**Calories 615kcal**

**Fat 40.3g**

**Carbohydrate 18.7g**

**Sugars 1.1g**



keeping Gozitan culinary traditions alive...



while sharing our love of food!

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