

Maltese & local Gastronomy

Mellieħa is also known for the production of honey. The countryside is full of wild thyme and this offers the most appropriate ingredients to produce a really genuine product.



Eating out in Mellieħa is an exciting proposition. The local restaurants and hotels offer a very wide range of dishes. In Mellieħa, as everywhere else in Malta, local food is prepared the Maltese way and the recipes vary widely. It is necessary to be prepared for a completely appetising meal.

All sorts of meat dishes are available. However a rabbit dish remains the preferred one for many Maltese. So great is the demand that it can be named a national meat dish. There are different ways how to prepare a good and genuine rabbit dish. When ordering rabbit let the chef explain and guide your choice.

There are other local specialities which, while you are away from home, you must try.

Fish is also very popular. Luckily local fishermen provide good catches. Lampuki is always in great demand but

it is only available in its proper season. When consumed freshly fried, it is one of the best fish dishes, especially when ordered with tomato and caper sauce.

Pasta dishes are also popular. Baked macaroni, prepared using the same old home recipe, is a Maltese speciality. It is worth trying the ravioli filled with rikotta. Garnished with a tasty sauce it makes an excellent starter. Of course one cannot miss out on the Maltese bread. A local fresh loaf, baked in the original way, is, as it is generally acknowledged, the best in the world. Many bakers in Mellieħa prepare the Maltese loaf in the traditional way and it really tastes good.

Local dishes must be complemented with a good wine. Malta is well known for the wine produced from local grapes. Ask for home made wine which is very good if produced by those who use the proper recipe, and of course, good grapes.