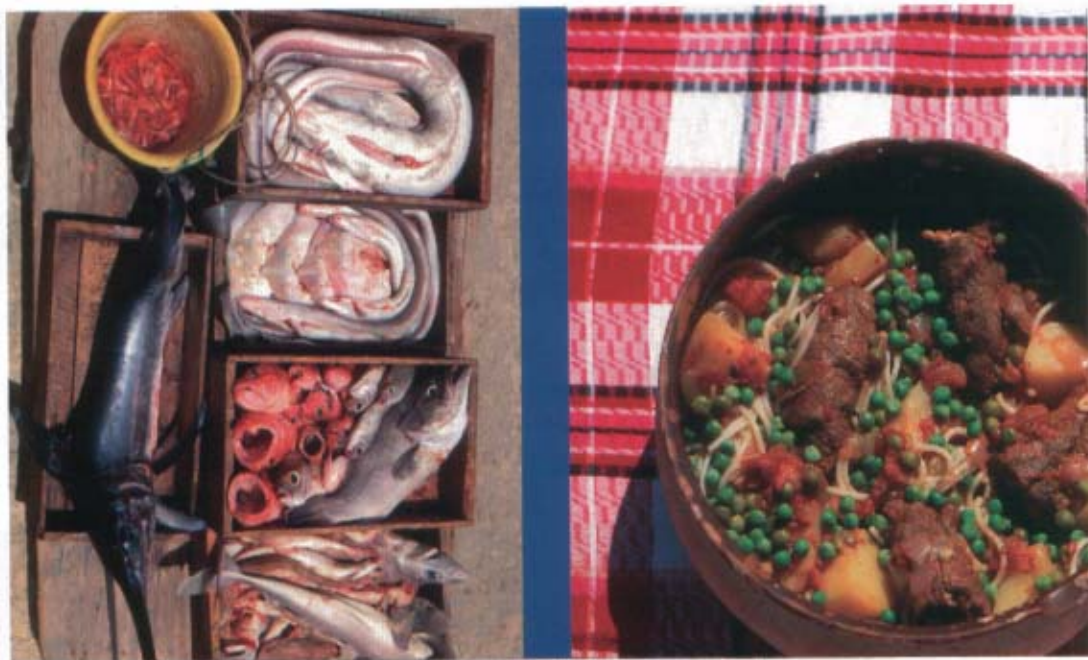


Maltese & local Gastronomy



A dish which is unique to Mellieha is the Pumpkin Pie (qassata tal-qara ahmar) This is a pie filled with pumpkin and rice, flavoured with salted tuna and olives. Maltese pastizzi (cheese or meat pies) are very popular, especially when eaten in the morning fresh from the oven. Bread pudding is an old home speciality reflecting the frugality of Maltese families. It is made from bread with a mixture of walnut and raisins. Village biscuits (biskuttini) and other sweets are also much in demand. Mellieha is well 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.

Traditional sweets include the honey rings (qaghaq tal-ghasel) at Christmas, 'Figolli' at Easter and the 'Prinjolata' during Carnival.



Above Photos: A selection Of typical Maltese Dishes with the Courtesy of the Malta Tourism Authority; www.visitmalta.com