

Maltese Traditional Foods



One bite into the crunchy pastry and there's an explosion of flakes in your mouth mixed with tasty stuffing. The diamond-shaped delights are traditionally filled with ricotta or mushy peas prepared to just the right consistency - not too solid, not too creamy. At 30-35c per pastizz (singular), they're cheap, delicious and work well to fill your stomach at any time of day.



Pastizzi

Fennek (Rabbit)





Ftira

Ftira is a ring-shaped, leavened, Maltese bread, usually eaten with fillings such as sardines, tuna, potato, fresh tomato, onion, capers and olives.[1] Regional variations include Gozo ftira, which is served more like a pizza than a sandwich. Gozitan ftira is served open with thinly sliced potato over the crust, or folded over like a calzone.





Lampuki Pie

Enter Maltese Lampuki pie. Lampuka is the Maltese name for mahi-mahi, a mild, delicious white fish that forms the heart of a dish that hints at English cooking (savoury pies being one of the great British staples), with some Arabic flavours (mint, lemon peel and raisins add some exotic punch), and Italian verve (tomatoes, olives, capers).