**-Malta-**

**-Maltese rabbit stew:**

This stew comes from the 14th century, and was published in The Forme of Cury during this time as a recipe for stewed hare.



Ingredients: Rabbit, carrots, onion

**-Maltese timpana:**

Timpana is a traditional Maltese baked pasta pie made of rigatoni, bacon, hard-boiled egg and minced meat.

**-Spain-**

**-Fabada:**

It’s a bean based meal that comes from the region of Asturias. 

Ingredients: Faba asturiana, chorizo, black pudding and other pork meat

**-Spanish torrija:**

It’s a sweet dessert eaten during Easter made of fried bread soaked in milk.



Ingredients: Bread, milk, sugar and cinnamon