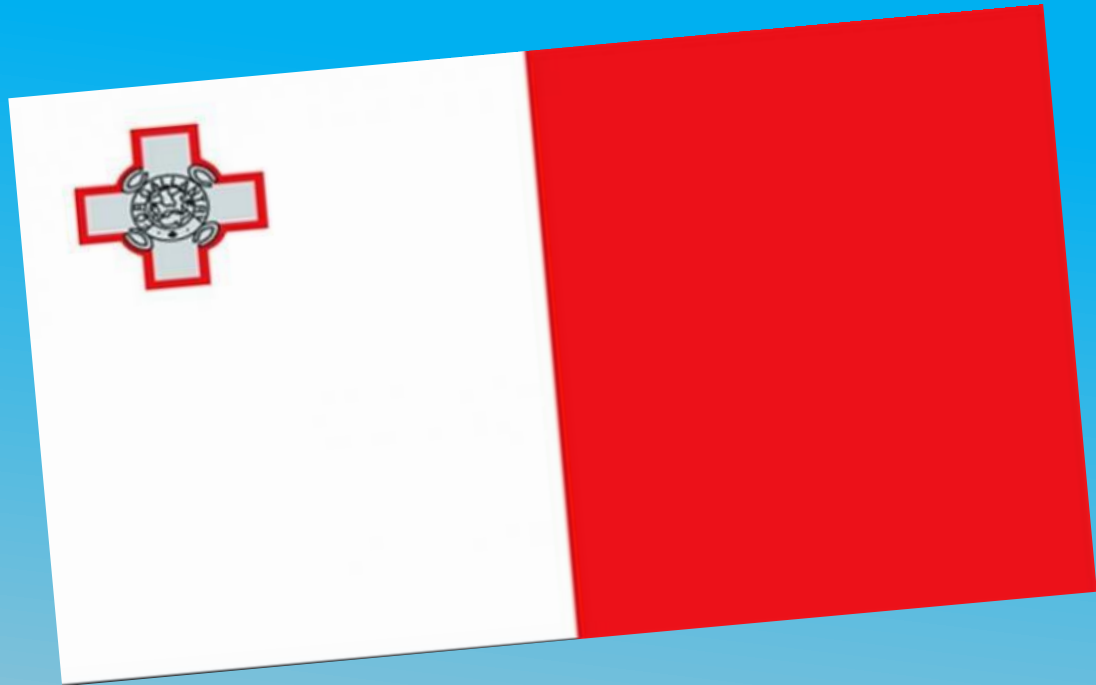




Traditions and Maltese Culture

Presented by Mr Charlie Farrugia

From where are we coming?



We are coming from a small island in the middle of the Mediterranean sea, called Gozo. Malta is the bigger sister island of Gozo.

Let's have a look where our beautiful Gozo is.



Gozo's population is of around 31,200 and its inhabitants are known as Gozitans.

It is rich in historic locations such as the Ġgantija temples, which, along with the other Megalithic Temples of Malta, are amongst the world's oldest free-standing structures.



The island is rural in character and less developed than the island of Malta. Gozo is known for its scenic hills, which are featured on its coat of arms.

Gozo has many places of interest. There are many historical sites, caves, breathtaking views and sceneries and beautiful sandy beaches.



Traditions.

There are various typical Maltese traditions which still exist nowadays. Unfortunately, some traditions have disappeared with time.





GOZO

TRADITIONAL CRAFTS

The People Of These Islands Are Captivated And Enchanted With Malta Fireworks.



Malta fireworks is part of the Maltese culture traditions. We celebrate at least 102 village feasts in our towns and villages to the patron saint of each locality. It is a very old tradition linked with traditional religious ties over the last four centuries. It is also part of our character to expose our desire to celebrate and not the least with lots of noise.



Local delicacies

Food in Malta is a pretty big deal. The Maltese love food and their cuisine is so full of flavour it's undeniable that passion, love and dedication are the key ingredients.

Very much inspired by local produce, traditional recipes passed on through the generations and having similarities in flavour influences to neighbouring countries, yet unique in its approach to freshly available ingredients, traditional Maltese food is something you just need to try.

Like in most Mediterranean cuisines, cheese is a star player of many dishes. Throughout the island there is an assortment of cheeses available, from mild hard cheeses to softer, stronger flavours. ***Gbejniet*** is a popular choice – it's a local sheep's cheese that is often served up as part of a sharing platter.



The most popular snack are ***pastizzi*** – fluffy pastry formed in specific shapes and stuffed with either ricotta cheese or a paste of peas (*pizelli* in Maltese).



One bite into the crunchy pastry and there's an explosion of flakes in your mouth mixed with tasty stuffing.

A pastizz and a Kinnie (which is a Maltese bittersweet soft drink brewed from bitter oranges and extracts of wormwood) is a must while visiting our islands.



Timpana is the ultimate pasta pie! Macaroni with bolognese style sauce are baked in a pastry case in either a deep dish or baking tray until its golden brown.



Maltese bread (Maltese: **Il-Ħobż tal-Malti**) is a crusty sourdough bread from Malta, usually baked in wood ovens.



Traditional Maltese **stewed rabbit**, better known as 'Stuffat tal-Fenek', is considered Malta's national dish. It's been around the Maltese Islands since the Knights of St John, which makes it a cultural delicacy that contributes to Malta's rich heritage. The dish is internationally famed, popular among locals and foreigners alike and is definitely one of the top Maltese foods.



Maltese **Bragjoli** also known as beef olives, are slowly braised stuffed bundles of beef. The term olive is a bit confusing as there are no olives in this recipe. It turns out they got their name because they are stuffed and somewhat resemble the shape of an olive when cooked.



Bigilla is a traditional Maltese dish, made of mashed beans, olive oil, salt and red pepper. It is usually served as a dip.



Qagħaq tal-għasel (Honey rings)

With their circular shape and black treacle filling, Qagħaq tal-għasel are a popular treat originally made around Christmas time but can be found all year round nowadays, on sale at most supermarkets. Although they're referred to as honey rings (għasel translates to honey), *Qagħaq tal-għasel* contains no honey and come in different sizes. Great to have with a cup of tea.





Imqaret

The Maltese love their sweet treats, and you'll notice plenty of patisseries lining the streets of the towns. Like with savoury snacks, many of the sweeter dishes are also packaged in a flaky layer of pastry and *Imqaret* is no different, featuring an outer wrapper of fried pastry stuffed with a thick layer of date paste. This should absolutely feature on your list of food to try.

Biskuttini tar-raħal - Village biscuits.

These biscuits known to us as village biscuits are a wonderful little treat. Cinnamon, clove, citrus and aniseed scented biscuits traditionally made all year round in our household.

There are a lot of other traditional sweets according to seasons and feasts, like Figolli in Easter, Zeppoli, kwarežimal in Lent, Prinjolata in Carnival and many more sweets.



Biskuttini tal-Lewż is another popular sweet treat amongst the Maltese, and you can find these throughout the patisseries and bakeries on the island. It's a very simple dish but packs a punch with its flavour, combining the creamy taste of almonds in a soft macaroon.



After all this food and before we taste some of these sweets, let me give you some information about what you (the young generation) want to hear:

Night life:

Malta is well known for its nightlife and party scene, and with a vast array of nightclubs, bars, restaurants and wine bars, you'll never be far from a good time. There's also a lively art and music scene, with lots of festivals to attend, during the summer season, as well as during the quieter winter months.



Maltese festivals include the Glitch Festival, Lost & Found Festival, Summer Daze Malta, Full Moon Med Fest, One Drop Fest, Isle of MTV and others.







Thank you

