

World Cuisine



Embassy of the Republic of Malta in Japan

The Republic of Malta is a small country situated in the heart of the Mediterranean Sea. However, Malta has a long history. For example, in Malta one can find many prehistorical temples, that are actually among the world's oldest standing buildings. Like our rich history, our cuisine was influenced by the many foreign cultures that came into contact with our country. Although Malta's diet is mainly Mediterranean, influenced by Italian and Arabic cuisine, one can also find British elements in our recipes. Today, Maltese cuisine is a symbol of tradition, soul and family mainly transmitted by our ancestors from one generation to the another.

What follows are some of the most popular dishes not only among us Maltese, but also with foreigners who visit our country.

プディナー・ タール・ ホブズ

Pudina tal-Fobż (Bread Pudding)

Bread is a staple of Maltese cuisine. We like bread so much that we eat it at any time of the day. However, like the Japanese people, we believe in *mottainai*. In fact, whenever we have some leftover bread, we know that tomorrow our mothers will prepare this delicious dessert. By combining bread with milk, cocoa powder, eggs, nuts, and dried fruit, which are baked for a few minutes. The end result will be a soft and chewy pudding.



Source: TasteAtlas

フティラー・ビズ・ゼット

Ftira biż-Zejt (Maltese Style Tuna Sandwich)

For those who do not have time to cook, our *ftira biż-zejt* is so easy to make and so delicious that it even found its place in the UNESCO's Intangible Cultural Heritage List. The *ftira biż-zejt* is bread with fresh tomato, olive oil, tuna, pickled vegetables, and *bejna* – our traditional Maltese cheese.



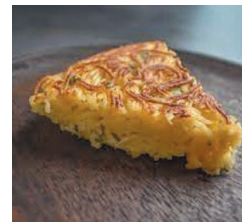
Source: Times of Malta

タリヤー・ モウリッヤー

Tarja Moqlija (Maltese Style Yakisoba)

Another Maltese favourite is *tarja moqlija*. The dish is

very easy to make because you can put almost anything in it! However, the traditional recipe is leftover spaghetti, bacon, onion, cheese and eggs, which are cooked for a few minutes in the frying pan until they become golden brown. Oishii!



Source: Apron & Whisk

スツファット・ タール・ フェネック

Stuffat tal-Fenek (Rabbit Stew)

Every person who visits Malta should definitely try our rabbit stew. Maltese families typically enjoy eating a *fenkata* (rabbit feast) for Sunday lunch with their family and friends. The meal involves frying the rabbit in oil and garlic, then adding tomato sauce, carrots, and peas. Afterwards one lets it cook slowly until the meat falls off the bone. The first part of the meal consists of spaghetti with rabbit sauce, followed by two pieces of rabbit served with roast potatoes.



Source: Air Malta

ロッセ・ イル・フォルン

Ross il-Forn (Baked Rice)

Rice is a staple ingredient in Japanese cuisine, which has also found its way into Maltese cuisine, most likely through British influence. Our favourite rice dish is *ross il-forn*. The dish is a combination of cooked rice, tomato sauce, chicken liver and eggs, baked for a few minutes. Yummy!



Source: Apron & Whisk

The recipes mentioned above are only a few of the many delicious things that you can find in Malta. As a result, we hope that someday you will consider visiting our sunny islands to taste these meals for yourself. You will not regret it!

