

March 2024

5 Nights



Maltese Culinary Traditions Package 5 nights

Experience traditional Maltese cuisine, with wine tasting, cooking classes and much more.

DAY 1: Arrival in Malta. Private Transfer to your hotel in Valletta & Check In. Overnight at the hotel.

DAY 2: Valletta Street Food & Culture Walking Tour [3 Hours] – Monday or Saturday

Malta's cuisine and history are two sides of the same coin as they both reflect the country's rich past. This walking tour combines culture with street food, a fun way to learn about the city's interesting history whilst sampling authentic Maltese food. Along the way your guide will point out details you would have otherwise missed and relate stories and anecdotes not found in any guidebooks!

Experience traditional street food and the magnificence of our capital city - Valletta, our local professional tour guide, will bring you the tastiest treats of the Island to your fingertips!

Learn about Malta's history and cuisine during this experience, walk past the main landmarks such as Republic Street, Castille Square, Merchants Street, Upper Barrakka Gardens & the old market, see typical bars and side streets whilst savouring traditional delicacies like Malta's famous "Pastizzi" and other local antipasti, sweets, and drinks. Your guide will also give you tips on other typical food you can sample whilst in Malta.

Generally The Food Sampling Will Include:

- Pastizzi (Cheesecakes)
- Maltese Platter: Gbejniet (Peppered Cheeselets), Maltese Stuffed Olives, Bigilla (Broad Bean Dip)
- Maltese Sausage & Water Biscuits
- Ftira (A Traditional Leavened Maltese Bread, Usually Eaten With Fillings Such As Tuna, Potatoes)
- Fresh Tomatoes, Onions, Capers & Olives)
- Fried Ravioli
- Horse Meat
- Mqaret (Diamond Date Filled Pastries)
- Kinnie (A Maltese Bittersweet Soft Drink Brewed From Bitter Oranges & Extracts Of Wormwood)
- Local Lager Beer

The menu might change depending on the venue, time of the year (seasonal food) and festivities (such as Christmas, Easter etc.), items such as rabbit ravioli, rabbit liver, almond bones, honey rings and other local specialties might be included in lieu of other items on the menu.

DISCOVER MALTA WITH US



51. Censu Tabone Str. ST
Julians, STJ 1217 Malta



+356 23285000
+356 23285164



info@robertarrigo.com
www.RobertArrigo.com

CC 2024/1 (16th June 2023)

GIFT: Small gift consisting of either local coffee or a pack of twistees (Malta's iconic branded snack), or local herbs or spices etc. will be given to all clients. Evenign at leisure.

DAY 3: The Three Cities & Wine Tasting Tour (Half Day) - Tuesday or Friday

The Three Cities is a collective description of the three fortified cities of Cospicua, Vittoriosa and Senglea.

The oldest of the Three Cities is Vittoriosa, which has existed since the Middle Ages. The other two cities, Senglea and Cospicua, were both founded by the Order of the Knights of Saint John in the 16th and 17th centuries respectively.



We start our tour with a panoramic drive past the city of Cospicua, a double fortified harbour city and the largest of the Three Cities, flanked by Senglea on the West and Vittoriosa on the East; Cospicua is well known for its large dockyard and its impressive fortifications known as the Santa Margherita Lines and the Cottonera Lines.



A short stretch away from Cospicua lies the city of Vittoriosa, the city occupies a promontory of land with the impressive Fort Saint Angelo at its head and the city of Cospicua at its base.

The origins of this glorious city date back to the Medieval times, over the centuries Phoenicians, Greeks, Romans, Byzantines, Arabs, Normans, the Angevines, the Aragonese and the Order of the Knights of Saint John all contributed to the development of this magnificent city.

Ideally situated for safe anchorage, Vittoriosa has a very long history with maritime, mercantile, and military activities. Prior to the establishment of Valletta as the capital and main city of Malta, military powers that wanted to rule the Maltese islands always endeavoured to obtain control of Vittoriosa due to its significant position in the Grand Harbour. In fact, it served as the base of the Order of the Knights of Saint John and "de facto" capital city of Malta from 1530 to 1571. Vittoriosa is well known for its vital role in the Great Siege of Malta of 1565.

The third city is Senglea, named after Claude De La Sengle, the Grand Master who founded the city, Senglea is also known as "Civitas Invicta" a name given to the city for managing to resist the Ottoman invasion during the Great Siege of Malta of 1565.

The island on which Senglea lies was joined by a land bridge to Cospicua during the time of the Knights of St. John and as a result, it became peninsular in shape.

During the tour we will enjoy a fascinating walk through the distinctive narrow winding streets of the Three Cities, admiring and appreciating all the historic churches, buildings and captivating treasures found at every twist and turn.



After our visit to the Three Cities, we will drive to "1743 Razzett L-Antik" for our wine tasting experience, situated in the medieval baker's village of "Casal Curmi" (today known as the village of Hal Qormi), "1743 Razzett L-Antik" takes pride in promoting Malta's deep-rooted culinary heritage and rich culture.

The restaurant is set in what was once a milling factory to grind grain to flour for daily bread and is over 400 hundred years old! In addition, its wine cellars are home to many varieties of premium and private estate wines of the Maltese islands. Trained staff will guide guests through a wine tasting session to sample different Maltese wines accompanied by a selection of local savouries such as Maltese bread and cheese.

During the whole tour our knowledgeable and experienced guides will be providing you with riveting information and enhance your experience through narration and engaging storytelling. Evenign at leisure.

DAY 4: Cooking Class In Gozo Including Lunch & Visit To The Market - Wednesday

Experience our culture through our food and its preparation, and immerse yourself in our culinary traditions.

- Enjoy a brief walk to the city centre of Victoria to visit the market and purchase fresh products
- Learn the basis of traditional Maltese cooking whilst working with a professional chef and a fully equipped kitchen.
- Enjoy a relaxing lunch including a glass of local wine or beer at the end of the cooking class

We organise cooking classes during the day in our air-conditioned open kitchen above our bistro. It is an informative and entertaining activity where guests get the opportunity to discover more about Maltese traditional recipes while working in a professional kitchen.

Our cooking classes are hands-on. Guests are expected to roll-up their sleeves and participate in all the preparation and cooking. One of our chefs will be present for some tips and tricks but rest assured, the experience is not just a basic cooking demonstration.

Each cooking class includes a brief walk to the city centre of Victoria to visit a vegetable shop, butcher or fishmonger and meet a cheesemonger to purchase freshly made sheep cheese. At the end of the cooking class guests can take it easy and enjoy lunch with a complimentary glass of local wine or beer, mineral water, and coffee. Evenign at leisure.



DAY 5: Ravioli Making in Malta - Tuesday to Friday [1.5hours, Private] + Folklore Dinner at Ta' Marija - Friday

Master the technique of pasta making. Learn how to make traditional Maltese ravioli including the dough kneading process and enjoy the fruits of your labour whilst having a relaxing ravioli based lunch including a glass of local wine at our restaurant.

Nothing gives you more satisfaction than learning the art of making fresh hand made ravioli. Our chef will guide you through the motions of making the dough, creating delicious fillings, and producing the ravioli. A pot of boiling water and some lovely tomato sauce or butter and sage and you have your plate of ravioli in the making!

Included:

- 1½ hours private workshop/class, followed by lunch.
- A relaxing ravioli-based lunch at our restaurant including a glass of local wine (serving the fruits of your labour).
- A kitchen apron (which you can take home).
- Recipes and techniques used.
- No transport.



Important Information:

- Transport is not included but can be organized at an extra cost
- This is a private experience, only you and your party will be participating.
- The venue is at Diar Il-Bniet Farmhouse Kitchen Studio, located at the following address: 121, Triq Il-Kbira, Dingli (Google Location: <https://goo.gl/maps/LUw27AVeMZZwKq3j6>)
- Starting time is at 11:00 a.m.
- Minimum number of participants is 2 persons & Any participants must be at least 12 years old.
- The duration of this activity is approximately 2/2½ hours (including lunch at the end of the class/workshop).

Folklore Evening Dinner Show At A Traditional Maltese Restaurant (Including a 4 course dinner with free flowing local wine, mineral water & coffee)

Established in 1964, Ta' Marija Restaurant is one of the island's most historically rich restaurants. This long-standing experience, coupled with our chefs' explosive creativity, have enabled us to introduce a new take on Maltese cuisine; one which serves as a fusion between the old and the new. For an evening of culinary delights sprinkled with a lot of liveliness, come for our special Folklore Dinner Shows. These special nights start at 19:30 hrs. and end at approximately 22:30 hrs.



After dinner our folklore show features six dancers in traditional eighteenth-century costumes who will lure you into a jovial story of Maltese history told through dance. Our dancefloor also elevates to enable you to watch the show comfortably from your dining table. After the show, and après-dinner, Ta' Marija's dancefloor will light up, with soft or popular music according to the mood, to make your own history of a truly unforgettable evening!

DAY 6: Check out of hotel & private transfer to the airport. Private tours: Any day of the week. All public others: Days as indicated where applicable.

PRIVATE TOURS: Any day of the week. All public others: Days as indicated where applicable.

INCLUDED: 3* Boutique accommodation on B&B for 2 adults, airport transfers, 4 activities, 24/7 assistance.

PRICE: from €382 / person in March