

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 (hotel not included). Overnight at the hotel.

DAY 2: Valletta Street Food & Culture Walking Tour [3.5 Hours] - Mondays. No transport required.

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.

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. Evening at leisure.

DAY 3: The Three Cities including Boat Tour of the Harbour Greeks (Half Day) – Saturdays. Transport included.

Discover the Grand Harbour area opposite Valletta known as the Three Cities – Vittoriosa, Cospicua and Senglea, where the Knights of St. John first settled in 1530.

Driving past Cospicua we reach Vittoriosa for a walking tour through the narrow streets in the shade of historic buildings, including the first auberges of the various languages of the Order. At the Vittoriosa waterfront we take a typical harbour boat (dghajsa) for a tour of the colourful harbour creeks.



From the Senglea Garden, situated at the tip of the peninsula, enjoy a stunning 360° view of the Grand Harbour, including the impressive Fort Sant Angelo from where Grand Master La Valette led the defence of the island during the Great Siege of 1565.

DAY 4: Optional: Cooking Class In Gozo Including Lunch & Visit To The Market – Wednesday. No transport included.

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. Evening at leisure.



DAY 5: Ravioli Making in Malta – Tuesday to Friday [1.5 hours, Private, no transport] + Folklore Dinner at Ta' Marija – Friday, transport included.

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: As indicated.

INCLUDED: Airport transfers, 3 activities, 24/7 assistance. To be combined with a Valletta Hotel.

PRICE: from €375.00 per person (hotel not included).