

RAVIOLI

(RAVJUL)

Serves 4

Ingredients

Pastry:

100g flour
100g semolina
Some chilled salted
water

Filling:

200g rikotta (cottage cheese)
2 well beaten eggs
2 tablespoonfuls
finely chopped parsley
Pinch of salt

Method

Sift the flour and combine with the semolina. Gradually add the salted water and knead to form a rather stiff dough. Let it stand for half an hour. Mix the rikotta with the well beaten eggs, add parsley and salt.

Roll out pastry with thin long strips. Place spoonfuls of the rikotta mixture on the lower part of the strips. Fold over the upper part and press edges together taking care to cover the rikotta mixture. Cut the ravioli separately and place on a floured baking sheet.

Bring a large pan of salted water to the boil and place the ravioli one by one. Care must be taken not to break the ravioli when stirring. Let the ravioli boil until they float to the top. Drain well and serve with tomato sauce and grated cheese.



WIDOW'S SOUP

(SOPPA TA' L-ARMLA)

Serves 4

Ingredients

2 carrots (chopped)

2 onions (chopped)

2 lettuces

400g peas

400g rikotta (cottage cheese)

50g butter

4 eggs

3 fresh soft cheese

$\frac{3}{4}$ litre water

Method

Put the butter in a saucepan and saute all the vegetables until golden brown. Add the water and bring to the boil. Add the rikotta, soft cheeses and the eggs one at a time. Care must be taken not to break the rikotta, cheese and eggs.



DATE SLICES

(IMQARET)

Ingredients

Pastry:

200g flour

25g lard

25g margarine

25g sugar

1 tablespoon anisette

1 tablespoon orange flower
water

Filling:

200g dates

1 tablespoon anisette

1 tablespoon orange flower
water

Grated rind of 1 lemon

Grated rind of 1 orange

Grated rind of 1 tangerine

½ teaspoon mixed spice

Method

Pastry: Mix all ingredients and knead into a smooth dough. Let the dough stand for 30 minutes.

Filling: Mix all ingredients and simmer until the mixture is smooth. Roll out pastry into long strips and put some mixture in the middle and lay another strip over the mixture. Press ends and sides. Cut into rhombus shapes and deep fry until golden brown.



RABBIT STEW

(STUFFAT TAL-FENEK)

Serves 4-6

Ingredients

1 rabbit fried

50g lard

200g tomato paste

400g tomatoes (peeled)

50g sugar

200g peas

4 onions (chopped)

2 carrots (chopped)

2 bay leaves

1 glass red wine

Seasoning

½ teaspoon oregano

1 teaspoon mixed spices

300ml stock

Method

In a large heavy saucepan melt the lard, add the onion and cook, stirring occasionally for 8 minutes or until the onion is soft and translucent but not brown. Add the tomatoes and chopped carrots. Cook over a gentle heat for a further 10 minutes. Add the wine and the stock, the tomato purée and the sugar and stir well. Add the bay leaves, seasoning, and herbs and let the stew simmer for about an hour. Serve with spaghetti and the rabbit stew could be used as another separate dish.

