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Reportage:  
Malta & Gastronomy

in collaboration with



**Malta**  
Gozo & Comino





Whether you're wanting a city break alone, with friends or a romantic trip with your partner, Valletta – the capital of Malta – has something to offer. Due to its Mediterranean location, whatever time of the year you visit, the sun is likely to be beating down on you as you sightsee; Valletta was recently revealed to be the sunniest city in Europe.

The grid of narrow streets boasts some of Europe's finest artworks, churches, palaces, grandmaster auberges, piazzas and museums. The warm Mediterranean city is busy by day, yet retains

a timeless atmosphere by night through the stunning architecture that surrounds you. Narrow side streets are full of tiny quaint shops and cafés, while Valletta's main streets are lined with larger international branded shops for fashion, music, jewellery.

There are lots of beautiful boutique hotels within the city that cater for all price ranges, and a couple of bigger hotels on the outskirts of the city. Malta is so small, nowhere is more than 30 minutes from Valletta by car.

# MALTA

A COSMOPOLITAN ISLAND WITH LOTS OF HISTORY AND A RICH CULTURE TO OFFER

Whether you're a history buff, a night owl, an adrenaline junkie, or simply a rambler wishing to be bowled over by natural splendour, the list of things to do in Malta is endless.

Whatever you're looking for in a holiday, with so much to see and do, a trip to the Maltese Islands is an unmissable experience for any type of traveller.







# CULTURE

With over 7,000 years of history, Malta is the ultimate holiday destination for any history buff! Home to some of the oldest free-standing temples in the World, the Islands have also played host to the Phoenicians, the Romans, the Knights of St. John, Napoleon and the British Empire. A jaunt to its phenomenal fortifications, and

an open-mouthed-gape at its truly awe-inspiring architecture is a must. No trip to Malta is complete without going on a journey through time, from the prehistoric times to modern day.

With so many rich and colourful traditions which have withstood the test





of time, the amount of pride the Maltese have for their culture is highly understandable. With elaborate fireworks displays, rowdy village festas, and outstanding hospitality, not to mention the mind-blowingly delicious food, the sheer magnetism of Maltese culture is apparent everywhere you go, making it almost impossible not to be drawn in.

### Out on the razzle?

Festivals, theatre, clubs, bars, and more. No two nights are the same in Malta!

With an infinite choice of bars, clubs, casinos, theatres, and restaurants, Malta's vast and varied night-life caters to even the choosiest of night owls!

You can choose to sip a classy cocktail in one of Valletta's swanky wine and cocktail bars or perhaps indulging your inner party-animal at St Julian's collection of nightclubs is more up your street. Maybe lady luck is on your side as you take on a casino. Whatever you fancy, a night on the town is not to be missed!



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# GASTRONOMY

The Maltese people are very proud, and rightly so, of their local cuisine. This goes hand-in-hand with the abundance of produce which is grown, reared, or caught around the Maltese Islands.

Maltese cuisine is eclectic and encompasses a variety of influences from previous eras. Surprisingly, most of the traditional Maltese dishes are strongly influenced by Provençal cuisine, rather than Italian cuisine. Most of the traditional dishes are cooked in wine, a signature of Provençal cooking and reflects the influence of the Knights of St John on the Maltese Islands. Italian



cuisine is the more widely spread offer in restaurants. Perhaps two of the most iconic dishes from the Maltese Islands are two of the humbler dishes. The first being the traditional pastizzi, which are flaky filo-style pastry filled traditionally with either sweet ricotta or mashed peas. New flavours have been appearing on the market, such as anchovy, as well as sweet pastizzi filled with Nutella.

Being home to an abundance of outstanding produce, a sea brimming with delicious seafood, and recipes



dating back centuries, food and drink are the very essence of Maltese Culture. Hence, it's hardly surprising that the Islands have some of the most spectacular cuisine in the World. Whatever type of dining experience you're craving, be it a quick snack, a culinary extravaganza at a Michelin-starred restaurant, or a hearty dig into some awesome local cuisine, there's always something to sink your teeth into in Malta.

Whether you feel like a quick bite or are in the mood for an exquisite 7-course tasting menu, or anything in-between, the Maltese Islands got you covered! Offering amazing indoor venues, as well as fantastic outdoor ones, Malta's dining options have got you covered! You should also look out for those restaurants in Malta that have received the Quality Assured Restaurant Award, which is overseen by the Malta Tourism Authority, which gives recognition to high-quality standards in service, hospitality, food, and ambience.



#### Fancy a glass of Maltese Wine?

Whether it is a full-bodied red, a crisp white, or a ravishing rosé, tantalise your tastebuds, in Malta's wineries and vineyards! Rich soil, light sea breeze and 300 days of sun make for the perfect wine-making combo. Visit one of the many local wineries and vineyards to go on your own wine journey.

#### Wineries & Vineyards to discover:

Marsovin Ramla Valley Estate  
Markus Divinus  
Marnisi Estate  
Meridiana Wine Estate  
Marsovin Cellars  
Tal-Massar Winery





# Rossini

✂ CIBO E VINO 🍷



## Wine & Food



Rossini Cibo E Vino offers delicious dishes prepared by Chef Marco Rossini and a good selection of white, red, sparkling and vegan wines from all over the world, in a quiet and friendly atmosphere. You can choose from a variety of different meats, fish and vegetarian dishes, homemade pasta as well as homemade ice cream and desserts. You can also enjoy a relaxing atmosphere in the Zen backyard.

## Joy

## Friends



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# GUIDE MICHELIN MALTA 2021:

WITH BAHIA AND ION TWO NEW STARS  
IN THE MICHELIN SKY

- Two new stars - Malta for the first time with five Michelin-starred gourmet restaurants
- Three Bib Gourmand ratings
- Five new discoveries: Michelin plates for restaurants across the country



Malta's typical culinary art is still on a highs: at the beginning of April the second edition of the renowned restaurant guide Guide Michelin for Malta was published. Two other restaurants on the local gastronomy scene were awarded the coveted star: the fine-dining restaurant **Bahia** in the winding streets of Lija and the rooftop restaurant **ION** - The Harbor of the luxurious Hotel Iniala Harbor House in the capital Valletta. Both restaurants can now adorn themselves with the coveted award. With the two new additions, Malta will now have five restaurants with Michelin stars in 2021. What they all have in common is a passion for genuine Maltese cuisine. This is currently experiencing a renaissance and is making the Mediterranean archipelago a destination for gourmets and travelers who like to explore the country through the palate.

**Restaurants continue to receive Michelin stars: De Mondion, Noni and Under Grain**

In addition to the Bahia and ION, the three excellent restaurants from the previous year were honored with a Michelin star again this year: De Mondion under the culinary direction of Kevin Bonello in Mdina, Noni with Chef de Cuisine Jonathan "Noni" Brincat and the Fine -Dining-Restaurant Under Grain under Executive Chef Victor Borg, were again honored for the outstanding quality and creativity.



**Bib Gourmand three times: good value for money**

In addition, the Michelin Guide awards three Bib Gourmand awards to Malta: With this title, the restaurant guide honors catering establishments that do not have a star, but deserve an award for carefully prepared dishes at a particularly good price-performance ratio. This year, Terrone in Birgu, Commando in Mellieha and Rubino in Valletta were honored again.



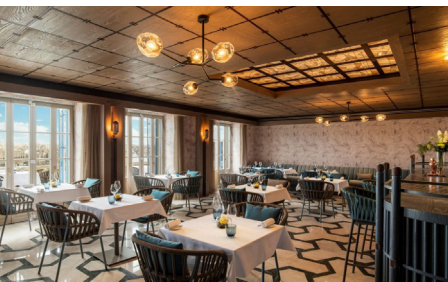
## Two new stars in Malta

**Bahia** with Executive Chef Tyrone Mizzi is a charming bistro in Lija, a small village around ten kilometers west of the capital Valletta. It borrows its name from the typical regional navel orange Bahia, of which the region is particularly proud of its cultivation. Chef Tyrone Mizzi likes to experiment with the high-quality regional ingredients that the country offers him depending on the season. The well thought-out dishes will come along and surprise with complementary combinations and wonderful

depth of taste.

**ION** - The Harbor was awarded a Michelin star within just six months of opening. The rooftop restaurant with terrace not only offers a great panoramic view of the Grand Harbor below the capital, but above all refined Mediterranean-inspired cuisine on a classic basis with modern accents. Executive Chef Andrew Borg has put together a menu that showcases the best seasonal produce from local farmers and fishermen.

**Five Michelin plates for new eateries**



## across the country

Five restaurants were added to the Michelin Guide in 2021 with the Michelin plate rating. The plate symbol identifies restaurants in which „fresh ingredients, skilfully prepared;“ simply a good meal “. Gwendal Poullennec, International Director of Guides Michelin, said: “The past year has been a huge challenge for the hotel industry

around the world and our hearts go out to those who face difficulties in these difficult times. Our inspectors had to adjust like the restaurants themselves, but we were delighted that they were able to spend time in the islands and find two new Michelin stars and five new Michelin plates to add to the guide. ”

These five restaurants, which have been



awarded a Michelin plate, are spread across the main island of Malta: **The Fork and Cork** in Rabat, the **Zest** in St Julian's, **Mezzodi** in Valletta and the **Chophouse** and **Fernandō Gastrotheque** restaurants, both in Sliema.

## The second edition of Michelin Guide Malta

Getting a Michelin star is considered to be one of the highest achievements a restaurant can get. The new Michelin Guide Malta once again highlights the island's outstanding restaurants, the variety of cooking styles and the rich culinary heritage of the island trio around Malta, Gozo and Comino.







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# GOZO & COMINO


A PERFECT PLACE TO RECHARGE IN  
CONTACT WITH NATURE

Malta's sister island, Gozo, is definitely worth a visit, either as a stand-alone destination or else for a few days trip, using one of the ferry-boats connecting the islands. Gozo is more sparsely populated and yet offers a myriad of attractions for the young and young at heart, and provides visitors and locals alike an experience of a more rural way of life.

Visitors can experience old traditions such as the milking of goats and sheep and watch as this milk is prepared into traditional Gozitan cheese. Ranging from 5-star hotels to hostels, Gozo

also affords the self-catering visitor with a large selection of traditional farm-houses. Gozo does not lack in visitor experiences – with the world's oldest free-standing temples of Ggantija, a UNESCO world heritage site. This majestic site, situated in lush countryside, is made up of two massive temples.


In the vicinity of Ggantija, one can also find the Ta' Kola Windmill, which gives visitors an insight into how Gozitans from yesteryear used to grind their wheat in order to make bread and other baked goods. The recently restored ancient town of Cittadella, located on top

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THE BLUE LAGOON ATMOSPHERE  
TO ENJOY IN THE EARLY MORNING  
WALK IN NATURE

private charter boats to day trip specials leaving mostly from Sliema, Malta. The seas around Comino are wonderful, with the famed Blue Lagoon and the Crystal Lagoon being the top attractions. The fantastic sea visibility has also led to Comino being one of the top diving destinations, with all sites being boat dives. A 17th Century watchtower is the highest landmark on the island, aptly named the Santa Marija Tower. This tower was built by the Knights of St. John and was used as a prison by the Knights! This watchtower was constructed in the 16th Century. When the Ottoman Turks attacked the Maltese Islands, they first completely wiped out all the inhabitants on Gozo and Comino. Therefore, this tower added a level of security. After visiting the tower, one may meander towards the Isolation hospital, which as per its name, was used in the 19th and 20th Centuries to isolate any person who was diagnosed with the plague or cholera. This hospital was always used to

of one of Gozo's famed three hills, stands high and proud, dominating skylines around the island. Adjacent to Gozo's Capital, Victoria, Cittadella is made up of a maze of quaint streets, weaving in and around the bastions surrounding the town and the Cathedral! However, Gozo is not only for history buffs – it also provides some fantastic gastronomy options, with Michelin plate restaurants, as well as some of the best examples of traditional local cuisine. Many of which either grow their own produce or are related to someone that does.

Located between Malta and Gozo, one can find the charming Island of Comino. Just a short 10-minute boat ride from Gozo and home to only one family! Other services to Comino abound from



house German prisoners during World War I. Comino is mostly uninhabited, with just one permanent residence, and a few campers throughout the year. This adds to the exotic and adventurous feel of this island.



 XAGHRA, GOZO

MORE  
TO EXPLORE





# MALTA INSPIRES

One week is the ideal time for a trip to Malta! Below you will find a day-by-day Malta itinerary featuring the best things to do in Malta!

If you are lucky enough to have more time, give yourself a few extra days chilling at the beach if that is what you like, or spend a day diving or even spend the night on Gozo island! This itinerary also features instagrammable places in Malta, so if you are into photography then you won't want to

miss these spots. Always remember to have a camera at the ready.

Now for the food - Malta has DELICIOUS food so get ready to never go hungry. If you do find yourself peckish, there is always somewhere selling 'Pastizzi' which is famous street food so make sure you don't leave Malta without having tried one of these!

## How to get around?

The easiest way to get around Malta, and to do everything on this itinerary is to hire a car. However, if you don't have a car, make sure to purchase a bus ticket for the week and make the most of it!

One week in Malta is the perfect amount of time to visit all of the places below, try lots of delicious Maltese cuisine, and spend some time relaxing on the beautiful beaches of Malta.



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