

Created by: Debra C. Argen

L'Ortolan Recipes - Gozo, Malta (Maltese)

Ricetti ta Executive Sous Chef Jonathan Spiteri ta **L'Ortolan** f' [Kempinski Hotel San Lawrenz](#)- Gozo, Malta.

Menú

(Spring Rolls) Tal-gobon affumikat b' kontorn ta insalata u granita tal-mirtill

Trilogija ta tonn b' kebab biz-zalzett affumikat Malti

Akkumpanjat b'marmellata tad-tadam

Mousse tal-Valhrona akkumpanjat bi spang Tal-Kanella, granita tal-laring u galett tal-brandi



(Spring Rolls) Tal-gobon affumikat b' kontorn ta insalata u granita tal-mirtill

Ghal ghagina ta l-ispring rolls Ingredjenti:

100 gramm dqiq
20 ml ilma

Ghall-mili Ingredjenti:

150 gramm Mozzarella
5 gramm Cumin
5 gramm Coriander
5 gramm Habaq Frisk

Metodu: Ghagina ta l-ispring rolls. Itfa d-dqiq go bowl u ghamel hofra fin-nofs. Ferra l-ilma ftit ftit u hawwad sakemm jghaqad. Halli t-tahlita kemm kemm iebsa u halliha toqghod ghal-ghaxar minuti. Aqşam it-tahlita f'hamest iblalen zghar, iftahom 10cm dijametru, idlikhom biz-zejt, itfagghom fuq xulxin u erga kompli itfagghom sakemm tilhaq id-dijametru ta 20 cm. Aqlihom f'tikka zejt go tagen fuq nar bati. Sakemm isiru hallat it-tahlita kollha flimkien, ibda iftah l-ghagina ta l-ispring rolls, itfa il-mili fin-nofs, idlikhom bl-ilma u rromblhom. Itfagghom fil-friza.

Granita tal-mirtill Ingredjenti:

puree tal-mirtill
250 ml ilma
50 gramm zokkor
75 gramm Glucose

Metodu: Izen l-ingredjenti kollha, itfagghom flimkien go magna tal-gelat u halighom sakemm jghaqdu.

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Trilogija ta tonn, b' kebab ta l-insalata, biz-zalzett affumikat Malti u akkompanjat b'marmellata tat-tadam

Trilogija ta Tonn tal-Mediterran Ingredjenti:

140 gramm tonn tax-xewka blu
10 gramm gunglien
10 gramm bzar iswed
20 gramm ghagina Short Crust
tina
5 gramm berquq
5 gramm gheneb Girgentina
2 gramm basal
2 gramm ginger
2 gramm haxixa tal-lumi

Kebab biz-zalzett affumikat Malti Ingredjenti:

20 gramm zalzett Malti
20 gramm insalata
zkuk tat-tuffieh biex taffumika z-zalzett

Marmellata tat-tadam Ingredjenti:

100 gramm tadam frisk
meraq ta laringa
qoxra ta laringa
5 gramm basal
5 gramm tewm
2 gramm ginger
5 gramm zokkor

Metodu: Aqta t-tonn f'cilindri ta 2 cm dijometru u 5cm tul. Aqbad wiehed minnhom u dawwru gol-bzar iswed, iehor gol-gunglien abjad u l-iehor hallih plejn. Aqlihom f'fit ghal zewg minuti u imbadhad kompli sajjarhom fil-forn ghal ghaxar minuti. Sa dan il-hin affumika z-zalzett Malti, bic-cana tat-tuffieh. Aqli l-basal, giner u l-haxxixa tal-lumi u imbadhad zid ilberquq u l-gheneb. Zid iz-zokkor ghat-toghma u hallih itektek fuq nar baxx sakhemm jiehu il konsistenza mixtieqa.

Ikkaramelizza t-tina billi taqlija goz-kokkor, butir u f'fit ilma.

Sa dan it-tant iftah l-ghagina tas-short crust u imbadhad poggija god-dixx li tkun ser tuza. Niggez l'ghagina repetutament b'furketta, un imbadhad sajjara ghal 10 minuti. imbadhad imia l-ghagina bit tahlita tal-frott u erga sajjara ghal 5 minuti ohra. Ibda l-marmellata tad-tadam billi tqaxxar it-tadam u gattghu b'kubi zghar. Aqli l-basal, it-tewm, u l-ginger. Imbadhad itfa t-tadam, iz-zokkor, il-qoxra tal-laring u l-meraq tal-laring u hallih fuq nar baxx sakhemm jaghqad.

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Mousse tal Valhrona akkumpanjat bi spang Tal-Kanella u granita tal-laring u galett tal brandi

Mousse tal-Valhrona Ingredjenti:

1 litru krema
750 gramm cikkelata tal valhrona 75%
1 kuccarina essenza tal-Kaffe
1 grokk rum
6 isfar tal bajd
100 gramm glucose
120 gramm zokkor

Metodu: tal-mousse tal-valhrona: dewweb ic-cikkelata f'temperatura li ma taqbix l-40 gradd. Hall il weraq tal-gelatina fl-ima kiesah, saffih, u imbaghad hallat mieghu ic-cikkelata sakhemm idub. Hallat il-glucose, zakkar, ru, essenza tal-kafe u ilma u sajjar go borma sakemm it temperature titla ghal 118-il grad. Sa dan it-tant habbat l-isfar tal-bajd u itfghu fuq it tahlita taz-zokkor. Tella il-Krema u hawwada mac-cikkelata, u imbaghad hallat it-tahlita tac-cikkelata mat-tahlita tal-bajd. Aqta l-ispang f'forma tonda, itfa it-tahlita tac cikkultata fuqu u imbaghad hallih gol-frigg sakhemm jaghqad.

Spang tal canella Ingredjenti:

900 gramm abjad tal bald
1100 gramm zokkor
625 gramm tabb tal-Kannella
625 gramm butir
425 gramm lewz mithun
425 gramm dqiq

Metodu: Go tagen hallat it-trabb tal-kannella mal-butir u sajar sakemm jihmar. Arbel id-dqiq u il-lewz mithun. Habbat l-abjad tal-bajd u sakhemm ittella l-abjad tal-bajd itfa iz-zokkor ftit ftit. Itfa bil-mod it-tahlita tal-abjad tal-bajd mat-tahlita tad-dqiq. Ferra it-tahlita f'lima forma tixtieq u sajjara f'temperature ta 180grad, sekemm tihmar.

Granita tal-laring Ingredjenti:

1 litru merak tal laring
1 litru ilma
150 gramm glucose
400 gramm zokkor

Metodu: Izen l-afarijiet kollha, hallathom ma xulxin go borma u ghollijhom, imbaghad itfa kollox gol-magna tal-gelat sakkemm jghaquadu.

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Galett tal brandy Ingredjenti:

250 gramm butir
250 gramm zokkor
500 gramm gulepp tal-qamharrun
250 gramm dqiq
5 gramm brandi

Metodu: Hallat il-butir u z-zokkor flimkien, itfa il-gulepp tal-qamharrun, il brandi u fl-ahhar id-dqiq. f lfforma blalen zghar u sajjarhom f'temperature ta 200 gradd sakkemm jihmaru, iffurmhom kif trid qabel ma jikshu.



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L'Ortolan

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For information on the **Maltese Islands**, please visit: **Malta Tourist Authority**, www.VsitMalta.com, and **Heritage Malta**, www.HeritageMalta.org.

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