



Kalendarju

2016



L-Iskola tagħna tipparteċipa fl-Iskema Ewropea ta' Frott u Haxix għall-Iskejjel, bl-appoġġ finanzjarju tal-Unjoni Ewropea.
Ministeru għall-Iżvilupp Sostenibbli, L-Ambjent u t-Tibdil fil-Klima.



January 2016



SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Chicken and Vegetable Bake

Oven temperature: 180°C, Gas mark 4

Serves: 4

► Ingredients

- 300g minced chicken
- 1 medium onion, finely chopped
- 2 garlic cloves, crushed
- 1 green pepper, chopped
- 6 mushrooms, sliced
- 50g fresh / frozen corn
- 50g fresh / frozen peas
- 1 large carrot, grated
- 2 tomatoes, chopped
- 3 large potatoes, quartered
- 200g fresh French beans, trimmed and cooked
- pinch of black pepper
- 1 tbsp fresh parsley
- 1 tbsp fresh thyme
- 2 tbsp corn flour
- 2 tbsp extra virgin olive oil
- 200ml water

► Method

1. Peel and wash the potatoes, and cook in a medium sized saucepan.
2. In another saucepan, cook the chopped onion and garlic in olive oil. Add the

minced chicken and cook for a few minutes.

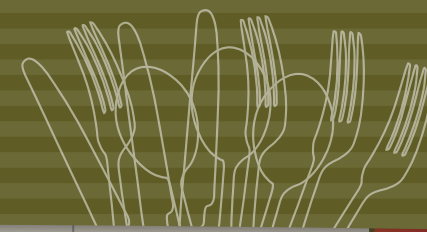
3. Add the carrots, mushrooms, green pepper, cooked french beans and the water. Simmer until vegetables are cooked.
4. Stir in the tomatoes, peas and corn and

season with herbs. If necessary add the cornflour to thicken the mixture.

5. Drain and mash the potatoes.
6. Place the chicken mixture in an oven proof dish and spread the mashed potatoes on top. Bake in a preheated oven.



February 2016



SUN	MON	TUES	WED	THUR	FRI	SAT
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Jacket Potatoes

Oven temperature: 200°C, Gas mark 6

Serves: 4

► Ingredients

- 8 medium sized potatoes
- 2 tbsps olive oil (suitable for cooking)

► Method

1. Wash and scrub the potatoes well and dry them. Prick several times with a fork.
2. Pour a small amount of olive oil into the palm of your hands and rub the potatoes.
3. Place the potatoes on a tray, bake in the oven for about 1 1/4 to 1 1/2 hours, until the potato is golden-brown on the outside and a knife passes through smoothly.
4. Cut open the top of the potato and spoon out some potato without breaking the skin, to make space for the filling.

Topping 1: Chicken and Vegetable Mix

► Ingredients

- 50g pine nuts
- 2 tbsps olive oil (suitable for cooking)
- 2 cloves garlic, finely diced
- 1 red pepper, coarsely cut

- 1 yellow pepper, coarsely cut
- 1 broccoli cut into small florets
- 1 chicken breast, diced
- Sprig of oregano

► Method

1. In a pan, toast the pine nuts until they turn a golden colour.
2. Place some olive oil in a pan and add the garlic, peppers, broccoli florets and chicken.
3. Stir fry lightly for a few minutes until chicken is cooked.
4. Add some oregano to taste. Add some pine nuts to the mixture and mix well.
5. Scoop the mixture into the potatoes and serve warm.

Topping 2: Avocado and Prawn

► Ingredients

- 2 tbsps olive oil (suitable for cooking)
- 1 clove garlic, finely diced
- 1 avocado, coarsely cut
- 1 medium sized onion, diced
- 5 tbsps skimmed milk
- 300g prawns
- Pinch of lemon balm or mint
- Paprika to taste

► Method

1. Peel the avocado, liquidise it in a blender and add the milk.
2. Cook the chopped onion and garlic in olive oil.
3. Mix the avocado and milk mixture to the prawns and spoon over the potatoes. Sprinkle the potatoes with paprika and serve warm.



March 2016



SUN	MON	TUES	WED	THUR	FRI	SAT
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
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27	28	29	30	31		

Mini Fruit Pizza

Oven temperature: 200°C, Gas mark 6

Serves: 4

Basic Yeast Dough

► Ingredients

- 250g flour (½ plain flour, ½ wholemeal flour)
- 2½ tsp. dried instant yeast
- 125 ml warm water
- 1 tbsp. extra virgin olive oil
- zest of 1 lemon

Topping

► Ingredients

- 10 strawberries, sliced
- 2 kiwi, sliced
- 10 grapes or black raisins
- 400g ricotta
- 1 tsp. honey
- ½ tsp. ground cinnamon

► Method

1. Sieve the flour. Add the yeast and stir with a spoon. Add the lemon zest.
2. Pour in the warm water and oil and knead to form a dough.

3. Turn the dough onto a lightly floured surface and knead well. Place in a large mixing bowl and cover with a clean dishcloth. Leave to rise in a warm place for an hour or until double in size.
4. Roll out the dough and cut into the desired shapes. Prick with a fork.
5. Bake for 10 to 15 minutes or until golden

6. brown. Put on a cooling tray.
6. Peel, wash and chop the fruit as required.
7. In a small bowl mix the ricotta with honey and cinnamon. Spread some ricotta mixture on each pizza. Decorate the mini pizzas with the fruit and serve.
8. These fruit pizzas can be stored in an airtight container in a refrigerator.



April 2016



SUN	MON	TUES	WED	THUR	FRI	SAT
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
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Pasta with Broad Beans

high heat until pasta is cooked. Fold in tuna chunks and goat's cheese. Add

fresh pepper and garnish with mint. Serve warm.

Serves: 4

► Ingredients

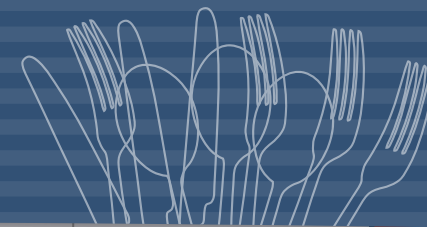
- 1 medium diced onion
- 1 finely diced garlic clove
- 350g skinned broad beans (Skinned from both skins)
- 1 tbsp tomato puree
- Kusksu or other small pasta
- Fresh pasteurised *gbejna* cut into small cubes
- 1 large can tuna (drained)
- Home-made fish stock
- Mint and oregano
- Olive oil (suitable for cooking)
- Fresh pepper

► Method

1. Add a little olive oil to a pan and add the onion and garlic. Cook on low heat for about 2 minutes until they become a golden colour.
2. Add tomato puree, beans and some water to cover contents in pan and bring to the boil. Lower heat and continue cooking for 5 minutes until beans are tender.
3. Add the kusksu, oregano and enough stock to cover the pasta and cook on



May 2016



SUN	MON	TUES	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Stuffed Peppers

Oven temperature: 170°C, Gas mark 3

Serves: 4

Ingredients

- 4 peppers, halved and deseeded
- 2 onions, finely chopped
- 2 cloves garlic, finely chopped
- 200g pumpkin, chopped
- 1 marrow, chopped
- 3 tomatoes, chopped
- 1 pasteurised peppered cheeselet, chopped
- 50g pine nuts
- 100g quinoa / wholegrain rice / wholemeal couscous
- 1tbsp. olive oil
- ½ tsp. dried oregano
- Some fresh basil
- Crushed black pepper

Method

1. Heat the olive oil in a non-stick frying pan. Stir fry the onion and garlic until soft. Add the marrows and pumpkin. Cook for about 10 minutes.
2. Add the chopped tomatoes to the mixture and cook for a further few minutes.
3. While the mixture cools, dry fry the

pine nuts or roast in the oven until golden brown.

4. Add the pine nuts, the cheeselet and the herbs to the cooked mixture.

5. Stuff the peppers, season and bake in an ovenproof dish, lined with baking paper.

6. Serve with quinoa / wholegrain rice / wholemeal couscous.



June 2016



SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Filled Saddled Sea Bream (Kaḥli)

Oven temperature: 200°C, Gas mark 6
Serves: 4

Ingredients

- 2 large 'Kaḥli' cleaned and de-scaled
- Olive oil (suitable for baking)

Stuffing

Ingredients

- 2 small peeled and grated carrots
- 4 finely chopped green olives
- 2 very finely chopped garlic cloves
- 2 mint leaves
- Lemon juice

Fresh Salad

Ingredients

- ¼ small onion preferably red
- 2 mint leaves and 1 basil leaf
- 2 tsp extra virgin olive oil
- 2 tsp cream balsamic vinegar
- 1 red pepper
- 1 yellow pepper
- 1 orange pepper
- 1 clove garlic, very finely chopped
- 150g mixed lettuce

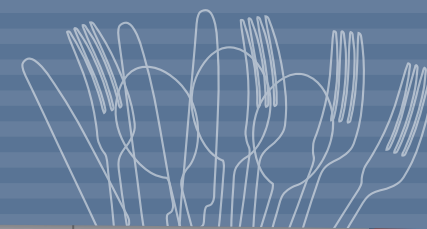
Method

1. Mix together in a bowl the carrots, garlic, olives and some mint. Place this mixed filling inside the fish pocket (created after cleaning the fish).
2. Place 'Kaḥli' on a baking tray and sprinkle with olive oil, a drizzle of lemon and one of the garlic cloves. Cover the tray with foil and bake the fish in the centre of the oven for approximately 30 mins or until the fish meat is opaque and the flesh flakes easily.

3. In the meantime, de-seed the peppers, cut into strips and combine with the mixed lettuce.
4. Mix together, the remaining garlic, the very finely chopped onion, mint and basil, extra virgin olive oil, and the cream of balsamic vinegar, and whisk with a fork until the mixture is well blended.
5. Place salad on a serving dish and drizzle with the vinaigrette mixture.
6. Serve with the baked fish. This dish can also be served cold.



July 2016



SUN	MON	TUES	WED	THUR	FRI	SAT
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Fruit Pops and Fruit Ice-cream

Energy time: 3 hours

Serves: 4

Fruit Pops

► Ingredients

- Fresh fruit in season, chopped (2 peaches / 2 kiwi fruit / 4 plums / bunch of grapes / 4 slices of melon / 4 slices of watermelon) 4 oranges, squeezed

► Method

1. Place the fruit into the lolly moulds / yoghurt tubs. Pour the orange juice over the fruit. Cover the mould, if using yoghurt tubs insert a lollipop stick.
2. Freeze.

Fruit Ice-cream

Serves: 4

► Ingredients

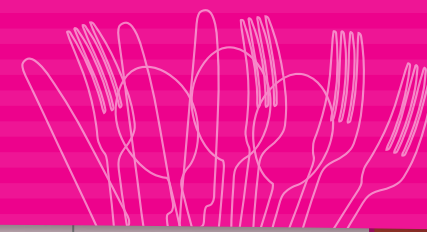
- 2 bananas, sliced
- 200g strawberries, halved

► Method

1. Place the fruit in a freezer safe container and freeze.
2. Place the frozen fruits in a blender or food processor and blend until smooth.
3. Serve immediately.



August 2016



SUN	MON	TUES	WED	THUR	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Summer Delight Peach Yoghurt

Energy time: 3 hours

Serves: 4

► **Ingredients** (for the frozen yoghurt)

- 350g fresh peeled peaches
- 480g natural yoghurt
- ½ tsp cinnamon
- ½ tsp vanilla

► **To serve**

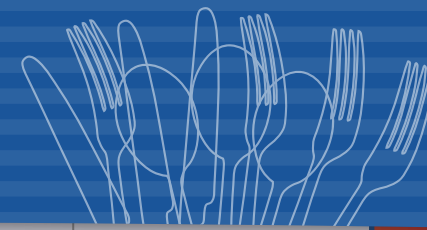
- 2 washed unpeeled peaches, sliced into quarters
- Mint leaves

► **Method**

1. Chop ¼ of the peaches into small pieces and blend the remaining ¾ of the peaches in a blender.
2. Add the yoghurt to the blended peaches and mix well until a smooth mixture is obtained.
3. Add the chopped peaches into the yoghurt.
4. Transfer into a covered bowl and place in the freezer until frozen.
5. To serve, place a scoop of the peach yoghurt into a serving cup, add 2 peach quarters and garnish with mint leaves.



September 2016



SUN	MON	TUES	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Traditional Pumpkin Pie

Oven temperature: 200°C, Gas mark 6

Pie Dish: 23cm diameter

Serves: 4

► Ingredients

Pastry:

- 150g plain flour
- 150g wholemeal flour
- 60ml extra virgin olive oil
- 150ml cold water
- 1 tbsp. sesame seeds/poppy seeds

Filling:

- 400g pumpkin, chopped
- 1 medium sized onion, finely chopped
- 10 whole black olives, chopped
- 1 tbsp capers
- 1 tbsp fresh marjoram, chopped
- 1 tbsp fresh mint, chopped
- 1 large can tuna, drained
- 100g wholegrain rice, rinsed well

► Method

1. Sieve the flour in a mixing bowl.
2. Gradually add the oil and rub into the flour using the fingertips until the mixture looks like fine breadcrumbs.
3. Gradually add the water and mix to a

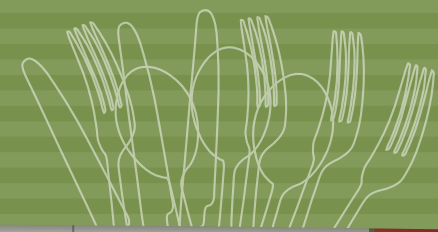
firm smooth pastry. Add some more cold water if needed.

4. Knead the pastry on a lightly floured surface until smooth and cover. Place in the refrigerator for half an hour.
5. Divide the pastry into two, one piece slightly larger than the other. Use the larger piece to line the lightly greased 23cm pie dish.
6. Mix all the ingredients for the filling in a mixing bowl.

7. Spoon the mixture over the pastry.
8. Roll out the rest of the pastry and cover the pie.
9. Trim off any excess pastry at the sides. Prick the pastry with a fork, brush the top of the pastry with milk and garnish with sesame seeds or poppy seeds.
10. Cover with foil and bake in a preheated oven for 20 to 30 minutes. Remove foil and continue to bake until golden brown.



October 2016



SUN	MON	TUES	WED	THUR	FRI	SAT
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Thick Triple Mushroom Soup

Serves: 4

Ingredients

- 1 small handful (approx. 15g) of dried porcini mushrooms
- 450g mixed fresh mushrooms (equal quantities of chestnut pale brown cap and button white mushrooms) clean and coarsely sliced
- 3 cloves garlic, peeled and finely chopped
- 1 medium sized red onion, peeled and finely chopped
- 1 handful fresh thyme leaves
- 1 sprig of fresh oregano
- Freshly ground black pepper
- 500ml homemade vegetable stock
- 200ml skimmed milk
- Olive oil (suitable for cooking)

Method

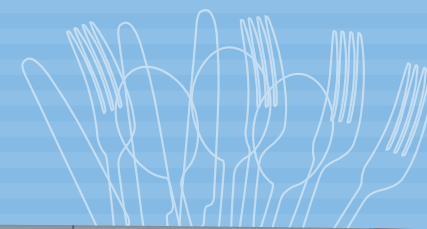
1. Place the dried porcini mushrooms in a small bowl, add enough boiling water to cover and leave to soak.
2. Use a large saucepan and stir fry the onion and fresh mushrooms in a little olive oil until soft.
3. Add the garlic, thyme and oregano. Cook for 1 minute. Add the porcini mushrooms and cook for another 10 minutes.

4. Add the home-made vegetable stock and the extra liquid from the porcini mushrooms. Bring to boil then simmer for around 25 minutes.
5. Pour half the soup into a blender and blend well.

6. Mix with the other half, add the milk and heat for a further 2 minutes. Season to taste and serve immediately.



November 2016



SUN	MON	TUES	WED	THUR	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
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Endives and Tuna Patties

Oven temperature: 200°C, Gas mark 6

Serves: 4

► Ingredients

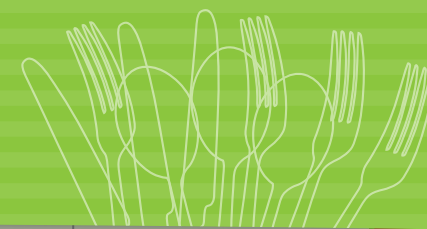
- 400g endives
- 3 large potatoes, quartered
- 1 medium sized onion, finely chopped
- 2 cloves garlic, finely chopped
- 6 black olives, chopped
- 1 large can tuna, drained and flaked
- 2 eggs, beaten
- 1 tbsp. extra virgin olive oil
- black pepper
- some basil and parsley, finely chopped

► Method

1. Peel the potatoes and boil them in a saucepan. When cooked mash in a mixing bowl.
2. Cook the onion and garlic in olive oil.
3. Add the chopped endives and cook until soft.
4. Remove from the heat and place in a colander. Using a mixing bowl, press the mixture to remove excess water.
5. Add the mashed potatoes. Stir in the chopped black olives, flaked tuna, beaten eggs, parsley, basil and pepper
6. Shape the mixture into patties and bake in an ovenproof dish.



December 2016



SUN	MON	TUES	WED	THUR	FRI	SAT
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Cabbage Rolls with Pumpkin and Meat Stuffing

Oven temperature: 200°C, Gas mark 6

Serves: 4

Ingredients

- 8 cabbage leaves
- 100g grated local cheeselets

Filling

- 350g lean minced veal
- ½ cup whole grain rice
- 500ml water
- 1 finely chopped onion
- 250g pumpkin, chopped
- 1 teaspoon pepper
- Rosemary sprig
- A drizzle of olive oil

Tomato Sauce

- 2 tbsp olive oil (suitable for cooking)
- 2 tbsp tomato paste
- 1 onion, finely chopped
- 500g chopped fresh tomatoes or 400g chopped tomato can
- 150ml water
- 2 garlic cloves finely chopped
- Fresh basil leaves
- Oregano
- Fresh mint

White Sauce

- 85g polyunsaturated margarine
- 85g plain flour
- 750ml skimmed milk

Method

1. Cook cabbage leaves into boiling water for 3 minutes. Drain well.

Tomato Sauce

2. Add 2 tbsp of olive oil to a saucepan, add chopped onions and finely chopped garlic cloves. Cook over a medium heat until onions become translucent and soft.
3. Turn up the heat a little, add the water and stir in 2 tbsp tomato paste, add the tomatoes, basil leaves, oregano and mint leaves. Bring to boil, then simmer for 20 minutes.



White Sauce

4. Melt the margarine in a saucepan, stir in the flour and cook for about 2 minutes.
5. Use a whisk to gently beat in the milk, then bring the mixture to the boil, stirring continuously.
6. Reduce the heat, and cook until the sauce thickens.

Filling Pumpkin Risotto

7. Heat 1 tbsp olive oil in a pan over a medium heat and cook the onion until it is soft.
8. Add the lean minced meat and cook until it is brown in colour.
9. Add the water and rosemary and stir gently for 15 minutes.
10. Add the pumpkin and continue cooking for about 20 minutes until all the water has disappeared.
11. Check that the rice is cooked. If necessary, add a further amount of water and carry on cooking until the rice is soft.
12. Place a portion of rice into the centre of each cabbage leaf and roll the leaf carefully around the filling. Place the filled leaves in a baking dish.
13. Cover with the tomato sauce, and then pour over the white sauce on top. Grate local cheeselets over the cabbage rolls.
14. Bake covered in a preheated 200°C oven for 20 to 30 minutes or until the mozzarella melts and becomes golden. Serve warm.



Skema

tal-Fruolli

u Haxxix

tal-Fruolli u Haxxix

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