

The Sky is the Limit_Issue 4

MALTA

A delicious desert

By Andreja AHČIN

The symbol " stands for an or an 'inch' is a [unit](#) of [length](#) in the (British) '[imperial](#)' and United States [systems of measurement](#). An inch equals 2.54 cm.

The most interesting parts for me when visiting a new country are definitely people, their lifestyle and their cuisine. If you ever travel to Malta I suggest you to taste 'kwarezimal', the local dessert. The name of this dessert refers to the forty days of Lent, which is the period when Maltese housewives traditionally used to prepare it.

INGREDIENTS to make your own kwarezimal:

500 g ground almonds
250 g caster sugar
2 eggs
1 teaspoon cocoa powder
grated lemon, orange and tangerine grind
1 anisette liqueur
1 tea spoon orange flower water
vanilla essence
1 teaspoon mixed spice
½ teaspoon cinnamon
½ teaspoon ground cloves
honey for glazing
chopped almonds
flour for dusting

Don't worry, it's easy to make kwarezimal!

Sift both flours in a bowl and add the bran from wholemeal flour back in the bowl. You will then need to heat and melt margarine in a saucepan. Stir the melted margarine in the bowl and add some orange flower water. Add the remaining ingredients to the flour mixture and add enough water to knead it into a stiff dough. Form dough into shapes 16 x 3" and 1" thick and lay them out on a baking pan. Bake in oven at 180°C for about 15 minutes or until golden brown. While still hot, brush on honey and sprinkle with chopped nuts.

