

Corinthia Hotel St George's Bay restaurants awarded for consistency

3 Jan 2010 - Malta Independent

Corinthia Hotel St George's Bay restaurants awarded for consistency



Grill3301, the speciality restaurant at Corinthia Hotel St George's Bay that has taken the local gourmet scene by storm and the hotel's main restaurant Fra Martino, were both awarded for their high consistency of product and service at this year's Definitely Good Guide award presentations. Corinthia Group director George Pisani (left) and hotel general manager Mounir Sami received the awards on behalf of the two restaurant teams.



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February 2010

GOURMET TODAY

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THE DEFINITIVE(LY) GOOD GUIDE TO RESTAURANTS IN MALTA & GOZO TAKES A PEAK BEHIND THE SCENES OF MALTA'S MOST SUCCESSFUL RESTAURANTS



Tarragon's success story

By Fiona Hornstein



TemptAsian among top restaurants in Malta

15 February 2010 - The Times

BUSINESS 17



MTA Chief Executive Officer, Josef Formosa Gauci (right) presenting an award to Executive Chef Joseph Xuereb (left) at the gala dinner organised by The Definitive(ly) Good Guide where TemptAsian Restaurant was recognised as one of Malta's leading restaurants. Also in the picture Charles Tabone - Restaurant manager (TemptAsian)

TemptAsian among top restaurants in Malta

TemptAsian Restaurant, located at the top of The Palace hotel in Sliema, was recognised as one of the top restaurants in Malta by The Definitive(ly) Good Guide book - Malta's foremost survey-based restaurant guide. The

superior qualities of TemptAsian Restaurant were acknowledged during the annual gala dinner organised by the The Definitive(ly) Good Guide where TemptAsian was voted among the top eateries on the island.



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TemptAsian among top restaurants in Malta

18 February 2010 - Malta Business Weekly

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MTA CEO Josef Formosa Gauci (right) presenting an award to Executive chef Joseph Xuereb (left). Also in the picture is Charles Tabone, Restaurant manager (TemptAsian)



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March 2010

GOURMET TODAY

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THE DEFINITIVE(LY) GOOD GUIDE TO RESTAURANTS IN MALTA & GOZO PARADES PARANGA



Paranga - A Taste of Italy

By Tiona Hornstein

This year marks the sixth summer for Paranga, the successful, popular restaurant nestled on the idyllic St George's Bay near Paceville. It is one of the seven restaurants of the prestigious five star InterContinental Malta and retains an excellent reputation

amongst hotel guests and locals alike. When looking at the formula of this restaurant's success, the obvious place to start is with its location.

Location

Paranga can perhaps boast one of the

most desirable locations on the island as the restaurant actually sits on stilts in the sea in the charming St George's Bay. Guests not only enjoy the idyllic view of the tranquil Mediterranean but in the summer months may also feel the crisp sea air on their faces. On a quiet

day it is also possible to both see and hear the mesmerising waves lapping beneath the teak floor boards. As the restaurant is located close to shops and hotels it continually draws in a host of new clients whilst maintaining its loyal following amongst locals.



Small Wonder Cover
Spring 2010 - Square Meal UK

The magazine cover features a portrait of Gordon Ramsay wearing a dark suit, a patterned tie, and dark sunglasses. He is looking directly at the camera with a slight smile, his hands clasped in front of him. The background is a solid grey.

SquareMeal

SPRING 2010 £3.50

LIFESTYLE

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FIGHTING THE FLAK
& FACING THE FUTURE

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PERFECT WINES FOR
WARMER WEATHER

SUMMER GETAWAYS
HOT HOLIDAY
DESTINATIONS

KITCHEN CONFIDENTIAL
AT HOME WITH
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small wonder

The tiny Mediterranean island of Malta has undergone a remarkable transformation over the past decade and now combines sunshine, history and culture with a plethora of luxury hotels and top-class restaurants, as **Nick Jackson** discovers

Known today for its fine beaches and 300 days of sunshine a year, Malta has a history full of warfare and romance. Over the years it has given refuge to everyone from St Paul the Apostle to British navvies, and has stood up to apparently unbeatable terror from the Turks to the Nazis.

The result is a much more interesting destination than the travel-agent photos of smiling couples on sandy beaches suggest. It is a European island closer to Tripoli than Rome, with the only Semitic language in Europe and a culture fought over by the Italians and the English. It is one of the most familiar, and at the same time most foreign, countries in Europe.

The first port of call for anyone interested in more than a suntan is Valletta, Malta's political and cultural capital. Encased in thick limestone walls built in the 16th century against marauding Turks, and packed with Mannerist and Baroque architectural flourishes, Valletta is an impressive place. Victorian Prime Minister Benjamin Disraeli described it as 'a city of palaces built by gentlemen for gentlemen' and, although Malta has been settled since 5000 BC, most of what you see now is inherited from the days of the Knights of St John – Christian gentlemen warriors from across Europe who ruled the island from 1530 until Napoleon's conquest in 1798.

Valletta is tiny, with only 7,000

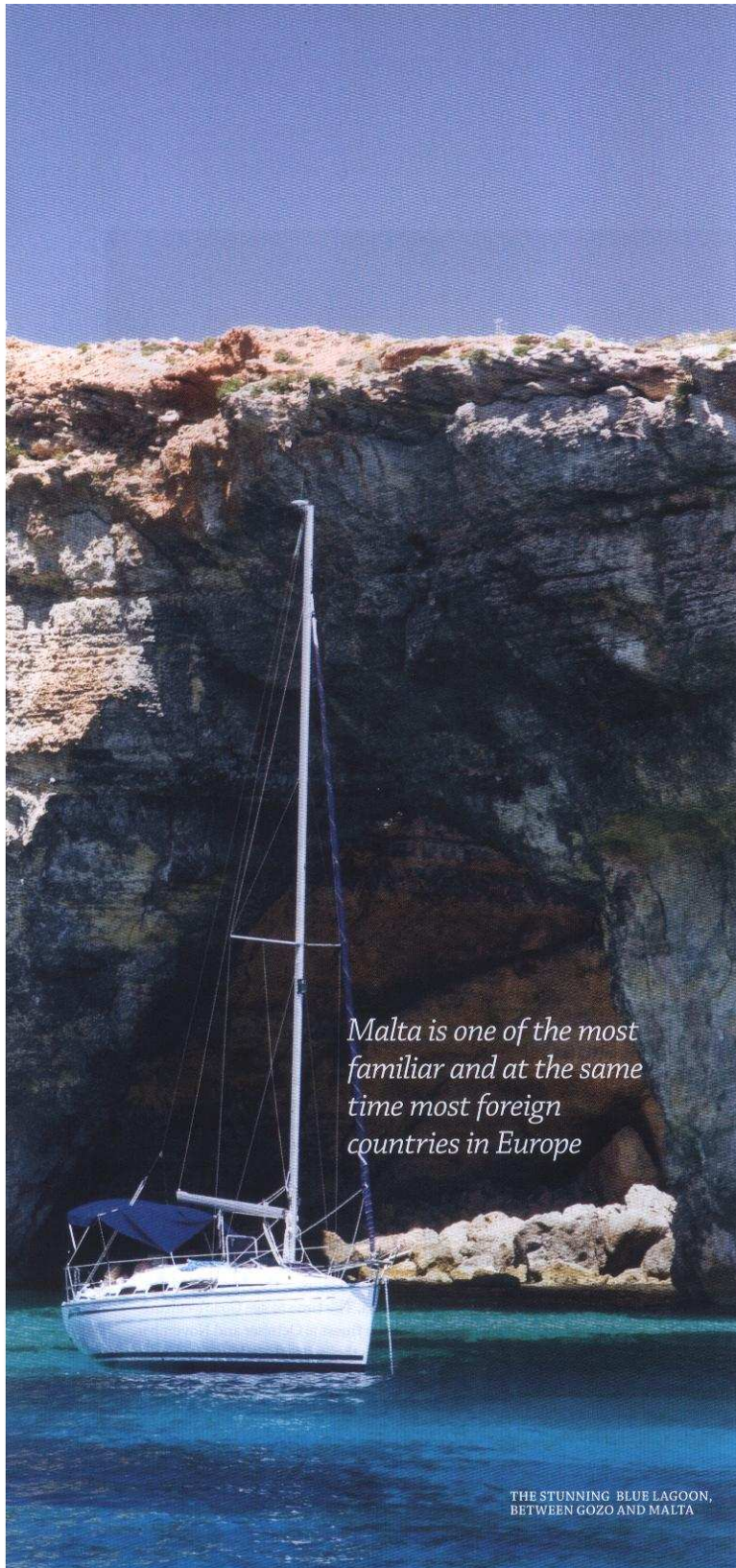
inhabitants. The best way to see it is to take a leisurely stroll – walk past the knights' houses and palaces converted into shops and bars, while above you old Maltese men lean over covered wooden balconies for a cigarette and olive-skinned girls call to their friends. Down narrow alleys you can still find the old frontages of British sailors' bars, apparently abandoned and untouched since the Royal Navy left Malta in 1979.

RENAISSANCE OPULENCE

If you step into one of the city's 25 churches you can hear services offered in English, French, German, Italian or Greek, as well as Latin and Maltese, a hangover from the days when young men travelled from all over Europe to join the Order of St John. Coming from Protestant England, where even cathedrals are stripped to bare stone, the opulence of Maltese churches is dizzying, with the humblest neighbourhood churches decked out with magnificent late Renaissance frescos. The greatest of Valletta's churches is the barrel-vaulted St John's Co-Cathedral, where in the oratory you can find Caravaggio's awe-inspiring *The Beheading of St John the Baptist*.

To lunch with the great and the good, head to Ambrosia, an intimate bistro on Archbishop Street that majors in Maltese, Italian and Spanish cuisine. Or if you fancy traditional Maltese fare, try Rubino on Old Bakery Street. Dishes might include *bragjoli*,





Malta is one of the most familiar and at the same time most foreign countries in Europe

THE STUNNING BLUE LAGOON,
BETWEEN GOZO AND MALTA

fried beef stuffed with pork, ham, cheese, eggs and parsley, or *fenkata*, a traditional rabbit stew. The place to go for fine dining in grand surroundings is Phoenix, the restaurant at the Phoenicia Hotel, where the terrace overlooks Marsamxett Harbour.

LIMESTONE PALACES

Across the Grand Harbour are Valletta's sister cities, Senglea, Cospicua and Vittoriosa. Senglea is worth a trip just for the Gardjola gardens, where a watchtower juts out precipitously over the walls with an incongruous limestone ear plastered on one side, an eye on the other. From here, you can hear the sounds of the shipping across the harbour and even the rigging whipping against cotton sails on restored frigates. A meal in Vittoriosa's Don Berto restaurant offers a view over the marina, where the forest of pleasure boats tethered to ferries is evidence of the moneyed yachting set.

Leave the coast and drive towards the heart of the island and a dramatic white citadel soon emerges from the landscape – Mdina, the ancient hilltop capital of Malta. The city was all but levelled by an earthquake in 1693, and just a few Siculo-Norman palaces remain as testament to the period between 1100 and 1530 when the Maltese nobility tried to emulate their Sicilian counterparts in the magnificence of their palaces. Today, Mdina is an almost perfectly preserved Baroque citadel, a maze



Small Wonder

Spring 2010 - Square Meal UK



FROM TOP: THE HARBOUR AT MARSAXLOKK; STREET LIFE IN MDINA; THE COAST OF GOZO - GREAT FOR SNORKELLING

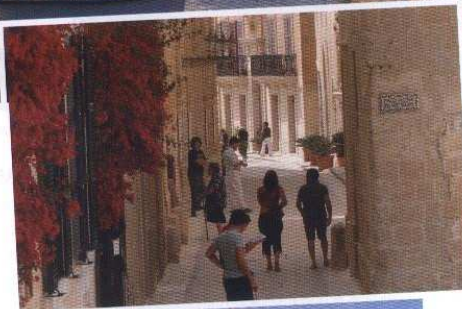
of white limestone palaces, narrow streets, ornate arches and shady courtyards, with the spectacular Cathedral of St Paul at its heart.

CANDLELIT ROMANCE

Mdina is nicknamed The Silent City, but on summer nights it is abuzz with tourists who lap up the romance of the city's candlelit walls and shadowy stone arches. The finest, and grandest, way to forget you are living in the 21st century is to dine at De Mondion, the restaurant at the 17th-century Xara Palace Relais & Châteaux. Here, a terrace built into the city walls offers views across the island.

If the bustle of Valletta and the heat and grandeur of Mdina get too much, you can always escape to Marsaxlokk, a fishing village in the south-east of the island, where seafood restaurants line the harbour. Or you could head to the beach, choosing between the rocky coves of the south coast or the west coast's sandy beaches, such as idyllic Gnejna Bay.

To really get away from it all, take a ferry or seaplane to Gozo, Malta's little sister off the west coast. Gozo is



rumoured to have been Homer's model for Ogygia in *The Odyssey*, the island where Calypso enchanted Odysseus. The island's coastline is dotted with bays that are far quieter than those on Malta and offer fine snorkelling.

By far the most beautiful stretch of sand in the islands lies underwater. Between Gozo and Malta are the tiny islands of Comino and Cominotto, which together protect the stunning, crystal-clear, sand-bottomed Blue Lagoon from the elements – though not, sadly, from throngs of day-trippers.

In the centre of Gozo is the citadel of Victoria, worth a visit for its morning market, dazzling Baroque cathedral and its opera houses, the Aurora and the Astra. The time to see Gozo's culture at its finest is October and November, when the Festival Mediterranea cultural jamboree takes place and the Aurora's *Carmen* goes up against Astra's *La*

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Former fishing village Sliema, which appropriately means 'peace' or 'comfort', is Malta's luxury capital

traviata. After the opera, one of the best places to eat in Victoria is Maji, a wine bar and restaurant with a roof terrace, serving Gozotan and international food with a Heston Blumenthal spin (try the Asparagus 3 Way, dipped in a calcium chloride bath).

Back on Malta, gastronomic options are numerous, with more than 1,000 restaurants now packed into the island's 300 square kilometres. 'Things have changed dramatically over the past 10 years,' says Lisa Grech, publisher of *The Definitive (ly) Good Guide to Restaurants in Malta & Gozo*. 'Few islands in the Mediterranean offer such diversity of cuisine. Malta is becoming the gastronomic centre of the Med.'

LUXURY COMFORTS

Several restaurants and hotels combine old-world charm and modern comfort. The Palazzo Parisio, home to the restaurants Cafe Luna and Luna di Sera, is a stunning 17th-century palace set in formal gardens

in the village of Naxxar and run by Baroness Christiane Ramsay Scicluna. While The Palace, a five-star boutique hotel, incorporates the Palazzo Capua and has everything the most demanding consumer might expect, down to Concept Suites.

Sliema, which appropriately means 'peace' or 'comfort', is Malta's luxury capital. A former fishing village, its population has risen to three times that of the capital, and the clean lines of a cluster of five-star hotels stand in sharp contrast to the narrow streets and fiddly architectural details of Valletta, across the harbour. It is here that you will find the Fortina Hotel and the Fortina Spa Resort, a true haven of luxury. Ten minutes from Valletta, 20 from Mdina, and half an hour from the ferry, the Fortina is a world away from Gozo's farmhouses. It's in a world of its own, in fact – a self-contained oasis of pampering. The Fortina Spa Resort is Malta's newest five-star hotel and it is hard to imagine many places that could outdo its commitment to its guests' every whim – from the Pilates studio for the body-conscious to the cosmetic

surgery clinic for those who don't want to break into a sweat to maintain their youthful looks. The resort has even invented a luxury of its own, offering the world's first therapeutic spa bedrooms, decked out so that you can get the full spa experience without leaving your room.

If, however, you fancy some company, you can choose from 200 different treatments at the resort's four spas, or else relax in one of its five swimming pools. Don't miss the Garden Pool in the hotel's tropical garden, which has its own bar perched in the middle. Fortina Spa Resort's award-winning restaurants serve as a microcosm of Malta's newly diverse restaurant scene, with six restaurants serving Japanese, Indian, Italian, Thai-Chinese, French-Mediterranean, and even Mediterranean-Vietnamese food.

So whether you're interested in history and culture, fine dining and luxury, or you are simply looking for a relaxing holiday in the sun, Malta might just be the place to go.



FACT FILE

GETTING THERE

Air Malta flies twice daily from London Heathrow and once daily from London Gatwick. Return fares from £131.20; www.airmalta.com

WHERE TO STAY

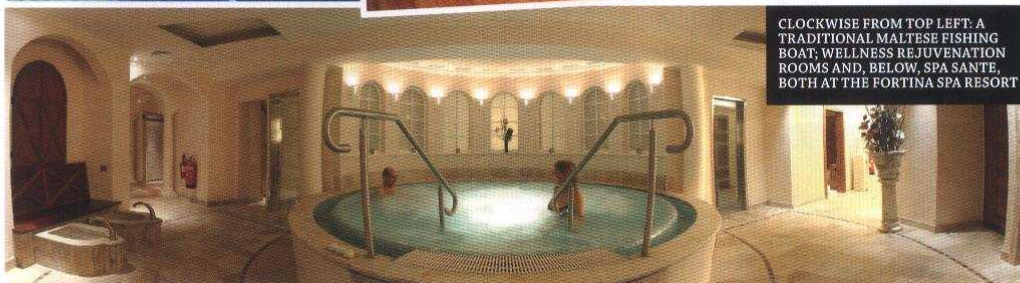
Fortina Hotel. Double rooms start from £40 a night; www.hotelfortina.com
Fortina Spa Resort. Double rooms start from £56 a night; www.hotelfortina.com
The Palace. Double rooms start from £85 a night; www.thepalacemalta.com

WHERE TO EAT

To find restaurants in Malta, visit www.restaurantsmalta.com

FIND OUT MORE

Visit www.visitmalta.com



CLOCKWISE FROM TOP LEFT: A TRADITIONAL MALTESE FISHING BOAT; WELLNESS REJUVENATION ROOMS AND, BELOW, SPA SANTE, BOTH AT THE FORTINA SPA RESORT



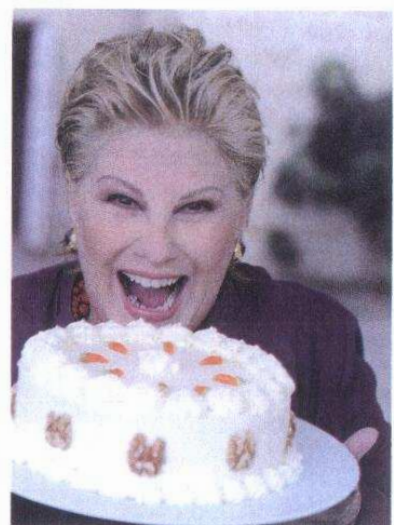
Heaven on Earth

May 2010 - Gourmet Today Magazine

May 2010

GOURMET TODAY

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14, 4 of whom concentrate on pastry under the guidance of Parisian patisserie chef, Olivier Parthenay; last year the team won the prestigious *Definitively* Good Guide's Best Restaurant Award.

The menus describe dishes with an expressiveness that makes the simplest ingredients appeal. What is different is the quality of these ingredients, the combinations and the presentation. When I asked Baroness Christiane about her current favourite item on

"It doesn't need to be a birthday or anniversary, any day is a good day to go. It is relaxed while being refined, you are cosseted without it being costly, and indulged in luxury whilst being surrounded by beauty; I want to live there."

offer she reeled off a number, the carrot cake, or the chocolate one? The foie gras – seared or in a terrine or with the risotto – or perhaps the club sandwich or the slow-cooked *really scrumptious* suckling pig? Then she confesses the menu changes every couple of months and therefore so do her favourites, though

one dish that remains in hear heart is the cottage pie with you may be lucky enough to have with her secretish added ingredient of pickled walnuts, which she brought back from Fortnum & Masons, 'it's a homely, nobilitated granny dish that I just love.'

Palazzo Parisio appreciate that not everyone can eat out often and that the daily grocery shop has influenced the way we eat; and this is a huge responsibility for the importers and supermarkets. The range of foodstuffs available has at least trebled in the last 5 years, but quality must always remain a priority. "For us, we find the best products from the best suppliers and this sometimes means we have to bring in ingredients from abroad. Shipping can add a cost and complexity to this process, but we have to meet the needs and expectations of our clientele."

Coupled with this is the unarguable point of service being a key factor to any customer interaction and I challenge you to find better. They seem to have the balance absolutely right – Baroness Christiane accepts no half measures from serving breakfast to a private function or weddings in the gardens. The passion, drive and absolute control with a whimsical touch, permeate through every aspect of the operation. The white linen-clad waiters gracefully serve, looking as if they have stepped straight out of an Armani campaign.

This approach goes for the wine list too, believing there are so many producers off the beaten track that may not have stellar marketing budgets but still deserve attention. Of course there is a sommelier on

hand to guide you. There is plenty to choose from without being overwhelming but what impressed me most are the extensive vegetarian options; indeed hand on heart I can say it's the only restaurant I have been to with a vegetarian degustation menu and for celiacs there is a special menu that believe it or not, looks appetising and not at all bland.

What there isn't listed is 'gelatinous blobs that float and pop and fizz,' thankfully. While Baroness Christiane believes there is a place for molecular cuisine, experience shows that such places are only worth the one visit and that today's true culinary innovation is tradition, ironically, and of the 24,000 people visit Palazzo Parisio a year, many of these are local serial diners, and are proof to this concept.

On this visit we enjoyed lunch in the gardens and had delightful miniature arancini as a pre-appetiser, followed by a pearl barley and pear risotto in a red wine reduction served in UFO-like plates. We chose a Nero D'Avola to accompany the meal which was poured into voluminous two-hand size, fine stemmed balloon goblets.

Next came a tomato and melon terrine, the colours of a Kubrick but almost too beautiful to eat. Ours with half shelled prawns entwined in a tango-esque pose and for our vegetarian guest, a gazpacho. Any guilt for destroying the tower vanished on first forkful; crunchy, juicy, sweet, tart, delicious.

Next course was a mini goldfish bowl with a perfectly al dente couscous salad with feta and leaves. A simple salad but it looked (and tasted) so amazing, I



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