

# Bon appetito

The Island Hotels Group  
Holdings Plc Food &  
Drink Newsletter  
Issue 9, September 2009

Welcome

Cocktail Of The Month

Inspiration, Surprise &  
Delight

Newsletter Competition

What's On!

What's Happening in  
Malta

This Months Recipe



ISLAND HOTELS

GROUP HOLDINGS PLC



# Inspiration at the Radisson Blu Resort, St. Julian's

## KONTIKI End of Summer Sale

Every taste is catered for at the Kontiki Restaurants All You Can Eat Buffet. A massive array of antipasti, tapas and mezze start off your journey, this is followed by the delicious pasta station. The main course is a delightful selection of joints and cuts. Finally round it off with deserts from our master patissiere.

This September from Sunday to Tuesday the Buffet sells at only €20 per person, instead of the normal price of €28

Time: 18.30 onwards

Children 6 – 12 years of age half price.

Booking is recommended

## Welcome Once Again

Welcome to the September edition of Bon Appetito.

This is a big month for Island Hotels Group, as I am sure you have read. This is the month when we go public and the company gets listed on the Malta Stock Exchange. This is exciting for us who work with IHG as we see the company grow and have the opportunity of being part of this. As our most esteemed and loyal patrons I am convinced that you are also excited by this fantastic news and by the opportunity which is presented here.

On the Food & Beverage front September is always a mixed month. It is the end of summer, the start of the rainy season and the time when Lampuki are all the rage. In both Radisson Blu properties throughout the respective restaurants you will find this wonderful delicacy on specials and menus, prepared by our team with delicious results. The question for us on a daily basis in September is whether to ask for a table inside our outside, it is still hot enough to sit outside, but freak showers only offer mere seconds of warning before opening the heavens. Our suggestion is either to look for a covered terrace or play it safe and beat the rain and the heat by sitting in air-condition comfort.

Which ever your choice we look forward to being of service.

## LE BISTRO's Specialities for the month

Savour Chef Eddie's specialties exploit the flavours of Plums, Lampuki, Capers & Olives. Delights ranging from Fresh local goat's cheese and plum salad, Seasonal Lampuki cooked the traditional way or a tasty lampuki pie are all on the menu for you to delight in.

## THE EDGE

Endless Summer culinary feast with Marsovin D.O.K. wines at The Edge restaurant by the Mediterranean shoreline, the best of Mediterranean food, local Marsovin D.O.K. wines and live music. Price €35 per person is inclusive of welcome drink and free flowing wine throughout the night.

## Jazz Night at the Bridge Bar

Saturday 19th September

Following the success of last month's event, join us again this month and experience the art of improvisation with the 8th Street Quartet featuring Chris Busuttill (Piano), Warren Galea (Guitar), Ryan V. Bonello (Bass), and Robert Spiteri (Drums). The night will include a variety of styles such as Jazz, Latin, Blues and Fusion.

21.00 onwards

Free bar nibbles

Special prices on Meridiana wines, Cisk Export & Absolut Vodka



## Cocktail Of The Month

### Absolut Heaven – Gilbert Leone Ganado

- 1 cl Absolut Citron
- 1 cl Absolut Mandarin
- 1 cl Peach Archers
- 1 cl Bols Strawberry Liqueur
- 2 cl Orange Juice
- 2 cl Cranberry Juice
- 2 cl Pineapple Juice



Method: Shake all ingredients in a shaker half filled with ice and pour in a hurricane glass half filled with ice and garnish with apples.

## Newsletter Competition

*Give the names of 4 aircrafts participating in the Malta international Air-show this September.*

Send us your replies on [newsletter@islandhotels.com](mailto:newsletter@islandhotels.com) by the 20<sup>th</sup> of September 2009 and get the chance to win a 1 night stay for two people on Bed & Breakfast at the Radisson Blu Resort, St. Julian's.

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# What's Happening at the Radisson Blu Resort & Spa, Golden Sands

Lampuki (Dorado/Mahi Mahi Fish) Season

During the month of September the Lampuki season being in its full swing, we will be combining a specialty of this local fish cooked in the traditional way complimented with a glass of Palatino Chardonnay from Camilleri Winery. This dish will be served in all our outlets and one can enjoy the combination of the wine with fish and the sauce that accompanies the dish.

Lampuki Pie

Fried Lampuki with a Green Pepper Sauce



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## Events in Malta

**Visit Malta**

**Web: [www.visitmalta.com](http://www.visitmalta.com)**

24/09/2009 - 27/09/2009 THE HSBC VALLETTA BOAT SHOW  
No 1 Dock - Cospicua

26/09/2009 - 27/09/2009 ZEJT IZ-ZEJTUN  
Zejtun

26/09/2009 - 27/09/2009 MALTA INTERNATIONAL AIRSHOW  
Luqa & St Paul's Bay



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## This Months Recipe

**Osso Buco Ravioli with barigoule veg cream sauce. - James Bartolo**  
(Serves 10)

For this recipe you will need a pasta machine to get the dough to the desired thickness. If you don't have pasta machine add a little bit of extra water to the dough to get it softer so that you can roll it with a rolling pin.

### ingredients

Onion Marmalade:  
Large onions 2pcs  
Olive oil 20ml  
Butter 10g  
Dry Red Wine 150ml  
Balsamic vinegar 150ml  
Brown Sugar 50g

Barigoule veg sauce:  
Globe artichokes 2heads  
Carrots 50g  
Celery 25g  
Reduced Veal stock 100g  
Fresh Cream 40ml  
Seasoning to taste

Pasta Dough: (this recipe will yield about 50 pcs of ravioli)

Flour 00' 500g  
Egg yolks 260g  
Salt 10g

Osso Buco ravioli stuffing:  
Osso Buco(cleaned) 1kg  
Large onion 1 pcs  
Carrot 1 pcs  
Garlic 4cloves  
Vegetable Stock 5ltrs  
Bay leaves 2pcs  
Peppercorn 5pcs

### preparation method

For the marmalade heat up the pan add the oil and the sliced onions and sweat until transparent. Add the butter and cook till caramelised. Mix in the wine and reduce and again with the balsamic vinegar. Finish with the brown sugar and cook until dissolved. Cool down the marmalade as we are going to mix it with the stuffing.

For the barigoule vegetables cut all the vegetables brunoise size (small cubes). Sweat in a hot pan all the vegetables add the reduced veal stock reduce nearly, all than add the cream and gently simmer for 5mins. Check for the desired seasoning.

Pasta dough add all the ingredients in a food blender and blend till all the ingredients are mixed well. Remove from the bowl and knead all together. Cover and rest for 30 mins.

For the stuffing add everything in a large pot and simmer for about 2 hrs. Cool down the meat in the same cooking stock than remove. Chop all the meat and mix with half the marmalade and 200g mascarpone cheese. Form in 35g balls. Strain the stock and reduce as this you need it for the barigoule vegetable sauce.

