

Lifestyle



Massimiliana commenting on the menu



Members of the Accademia looking forward to the meal

Ligurian dishes at 'A Lanterna

Massimiliana Tomasselli, President of the Malta branch of the *Accademia Italiana della Cucina*, a few weeks ago organised a dinner at 'A Lanterna in Bugibba. Chef Igor Lecci and Sabrina Bardozzo went all out to organise a delicious menu based on Ligurian food.

That evening there were *Pansotti* which are stuffed, among other ingredients with five wild herbs including borage.

Herbs, such as basil, grow abundantly in the region, hence its fame for pesto which is now enjoyed worldwide.

Each dish came with a story, presented to delighted diners by the President who had looked into the history of every dish.

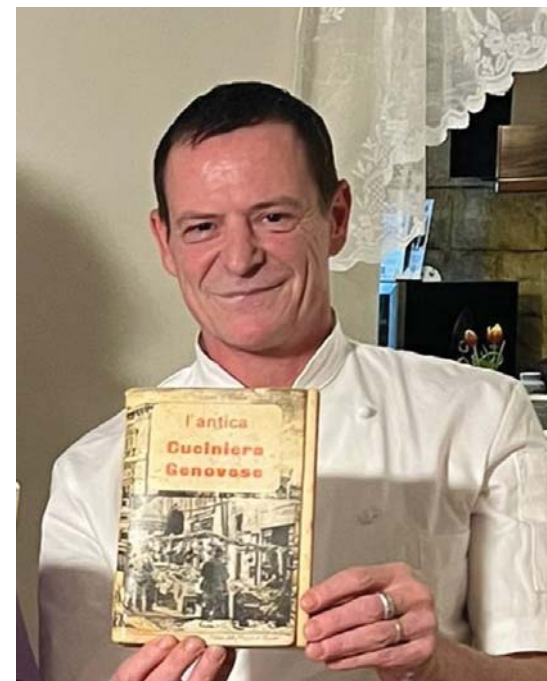
There was *Farinata*, a chickpea pancake that's a staple of Ligurian cuisine. Also *Brandacujun* made with stockfish which is dried, unsalted fish, especially cod and potatoes cooked in a special way with extra virgin olive oil. Several legends are attached to this dish, Siga. Tomasselli explained.

What is Italian cuisine without artichokes? The green Ligurian artichoke has flashes of purple. They remind us of

the beautiful nymph with green eyes, Cynara, with whom Zeus fell in love but in refusing his attentions he turned her into an orchard.

'Genova la Superba', as Petrarca called it in 1358, is the capital city of the region of Liguria and is a crossroads of cultures. Thanks to its busy port and the comings and goings of merchants, one type of food introduced was *pasta secca*, (as opposed to *pasta fresca*). *Pasta secca* is often known as *pasta di Genova*.

The evening at Bugibba went well and was thoroughly enjoyed by those members of the *Accademia*, now 10 years in existence in Malta, who attended. Siga. Tomasselli was thanked for the hard work she has put in during these 10 eventful years.



Chef Igor Lecci holding up a vintage cookery book



Lemons in abundance



Purple and green artichokes in all their beauty



A slice of 'Farinata' a staple of Ligurian cuisine



Ingredients waiting to be made into pesto Genovese



'Wahhax, Haxwex, Wahx' - Sara Pace

'Malta Oskura', an art exhibition at Casino Notabile

The Dark Malta Music Festival is an underground festival which promotes Gothic, Industrial and Metal music. The festival is organised every year by local DJ Hades, Rene Farrugia. For the second year running, the festival was accompanied by a visual arts exhibition, *Malta Oskura*. Rene met up with the selected five artists, namely Joseph Bugeja, Luca Cauchi, Jennings Falzon, Franco Navarro and Sara Pace to create artworks that pertain to the theme of Darkness. The works consist of paintings, designs, prints and sculptures. They focus on dark elements from Maltese mythology, folklore and everyday life. 'Dark' signifies elements of horror, fear, discomfort and death. Apart from their meaning, the artists have, on purpose, chosen darker coloured palettes, sharply painted lines and materials that evoke this sense of fear, such as barbed wire and the texture of prickly pear leaves.



'The Devil made me do it' - Franco Navarro

The festival took place at the Gianpula festival grounds, where the exhibition was set up next to the main stage. Local and international bands and DJs played for three days from the 21st to the 23rd of April 2023.

The art exhibition was launched as a

standalone event on the 29th of April and will be running for two weeks until the 14th May at the Casino Notabile, Rabat, Malta. It was inaugurated by well known writer and journalist, Ramona Depares.

Entrance to the exhibition is free. It is open daily from 17.00 pm to 20.00 pm and during the weekends from 10.30 am -13.00 pm and then again from 16.00 pm -20.00 pm.



'Medusa' - Jennings Falzon



'Il-Gardjola' - Joseph Bugeja



'Sirena' - Luca Cauchi