**L-ikla t-tajba-Guten Appetit: 17th century Maltese cuisine through the “Regole per la lingua maltese” - With some linguistic considerations**

In this paper, I identify the terminology in the *Regole per la lingua maltese* that refers to food products. Broadly speaking these terms have been sub-divided into twelve different categories, which go by the name of: *Bread; Pasta products and other starters; Cereals; Drinks; Fruit; Vegetables; Pulses; Spices; Milk products; Poultry; Typical Maltese products and Miscellaneous.*

I then refer to Agius de Soldanis's *Damma* and Joseph Aquilina's *Maltese-English Dictionary* to verify the historical evolution of the term originally recorded by the *Regole* in the course of the 17th century.

While a good number of the terms have survived today in their original meaning, some of them have changed meaning or indeed have become obsolete.

Here, I shall limit myself to the "Bread" category. For example, the *Regole* records fetul, fetietel, guastella, longa (M 1091) / guastella, longa, fetul, fetielel (I 1709)

The term appears in Agius de Soldanis, s.v. fettul, but he gives ‘pastella’ [batter] as meaning of fettul, which has nothing to do with ‘guastella longa’. On the other hand, Aquilina completely ignores the culinary meaning and gives only the meaning: “Strip (of wool, etc.) twirled by one’s fingers; distaff; cigarette”.

חובז bel feugia is given as ‘pane mal conciato nel forno’ (M 1783) / pane mal conciato nel forno, ħobs bel feugia (I 2498), in the *Regole per la lingua maltese*. The meaning here is ‘badly baked bread’. Agius de Soldanis gives 20 different types or parts of bread in his *Damma*, but he makes no reference at all to ħobż bil-feewża. Aquilina also makes no reference at all to it in his dictionary. Had the term already disappeared in the relatively short span of a century?

The case of Ṣrida, pannata, pangrattato (M 2969) / panata, ġrida, pan grattato (I 2488), meaning ‘breadcrumbs’, is even more drastic since there is no mention at all of it in Agius de Soldanis and Aquilina.

The paper should therefore come up with a terminological list of food products that, having been listed by the *Regole*, still survive today, but also those that have got lost in the course of the past four centuries, thus becoming obsolete.

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