

Media Release

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Sun, Sea and Spice: *Shane Delia's Malta* serves up the Mediterranean this summer

Feast on 9,000 years of culinary history

Mondays from 24 November on SBS Food and SBS On Demand

****Interviews available****

****Images [here](#)****

****Trailer [here](#)****

One of Australia's most celebrated chefs, **Shane Delia** invites you to the vibrant archipelago of Malta; a Mediterranean crossroads where cuisine and culture collide. From turquoise harbours to olive groves, every corner of Malta bursts with rich history and delectable dishes. Savour the tastes of the Mediterranean and fire up a summer feast to remember with ***Shane Delia's Malta***, premiering **Monday 24 November at 8.00pm on SBS Food and SBS On Demand**.

Plating Up History

Gleaming at the heart of the Mediterranean, Malta's 9,000-year history is awash with trade and invasion by countless civilisations – the Phoenicians, Romans, Byzantines, Ottomans, and British. Each left bold fingerprints on Malta's culinary scene. Across six episodes, Shane reveals how these empires' influences persist on Maltese plates today.

From neighbourhood bakeries to Michelin star restaurants, Shane meets the Maltese cooks serving traditional meals with global legacies. No dish is without roots to the past. Pastizz bakes Arab and Italian influences into a drool-worthy pastry; a classic pasta dish with bully beef fed communities during British WW2 rationing; and Easter figolli decorating traditions gather families around the table.

Shane's adventures don't stop in the past. On limestone streets and fortresses, he meets locals (and even a real Knight of Malta!) to hear the stories of creativity and resilience which have defined the nation.

Bringing the Mediterranean Home

Then, inspired by his Maltese heritage, Shane crafts a Mediterranean menu made for

summer. In each episode, Shane puts his spin on local and family recipes, sharing the secrets behind mouth-watering Maltese dishes.

You'll be dying to try his braised octopus, Maltese baked potatoes, *sfineġ* gooey with mozzarella, wild cumin nougat and cured tuna. So get ready to get cooking. With Shane's tips and a touch of capers, the fresh flavours of the Mediterranean can be yours.

Shane Delia said: "Malta's geography determines its history, and so too, its incredible food. While uncovering the nation's stories for *Shane Delia's Malta*, I felt both an immense pride for our past, and hope for the future. Maltese cuisine represents the best of its people – innovative, welcoming, and delighting in tradition. I can't wait for Australia to experience a taste of Malta at home."

SBS Head of Food and Entertainment, Emily Griggs said: "Watching Shane cook recipes from his heritage brings the story of Malta to life. Every meal has meaning. He's a generous guide through the islands, breaking bread at family tables and upscale restaurants -- and even making bread a few times. Always sharing flavours shaped by generations, after each episode you'll feel inspired to travel, or cook, or maybe both."

Shane Delia's Malta is an i8 Studio production for SBS.

***Shane Delia's Malta* premieres Monday 24 November at 8.00pm on SBS Food and SBS On Demand, with episodes airing weekly. Recipes will be available on [SBS Food](#).**

Images for media use are available on the [SBS Screening Room](#).

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