

J. Marchini Farms

# Mangia Bene

Volume II Holiday Favorites



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# INTRODUCTION

Hello there and welcome to the Mangia Bene Volume II cookbook by J. Marchini Farms! We are the Marchini sisters and love cooking with fresh ingredients, gathering around the table, and taking pictures to capture the moment. Our Italian heritage and farming roots are what drives our love of cooking with fresh produce—especially with Italian specialties. We began creating recipes to inspire others to use more Italian specialties in the kitchen and enjoy at the table with loved ones because to us food and spending quality time with loved ones are some of the most important parts of life.

We believe cooking and spending time with loved ones go hand in hand during the holiday season. Some of our favorite memories during this time of year consisted of a busy kitchen filled with laughter while we fry Cardone with Mema (our Grand Mother) and a full table filled with good food and stories. We hope this cookbook inspires you to try new recipes and gather around the table this holiday season.





## HOLIDAY TABLE

*Magical moments happen at the dinner table. This cookbook includes recipes from our Joe's Premium products including Radicchio, Tuscan Kale, Fennel and Cardone. We hope you enjoy trying new Italian specialties this Holiday season!*

# Brunch



# Fig French Toast Bake

SERVES 4 - 6



## INGREDIENTS

**1/2 tsp ground nutmeg**  
**1 tsp ground cinnamon**  
**1 tsp vanilla extract**  
**1 tbsp sugar**  
**1/2 cup milk**  
**4 large eggs**  
**1 c. half and half**  
**1/2 loaf of franchisee or French bread**  
**4 oz plus more for pan butter**  
**1/2 c. packed light brown sugar**  
**1/2 c. chopped walnuts**  
**1 cup dried figs chopped**  
**2 tbsp maple syrup**  
**3 tablespoons water**

## METHOD

1. Slice French bread into 6 slices, 1-inch thick each and lay in a casserole dish.
2. In a large bowl, combine the eggs, half and half, milk, sugar, vanilla, 1/2 teaspoon cinnamon, 1/2 teaspoon nutmeg and salt and blend.
3. Pour mixture over the bread slices, making sure all are covered evenly with the milk-egg mixture. Cover with foil and refrigerate overnight.
4. The next day, preheat oven to 350 °F. Using a pastry cutter, mix butter, brown sugar, dried figs, walnuts, honey, and 1/2 teaspoon of cinnamon. Spread topping evenly over the bread and bake for 25 to 30 minutes lightly golden. Serve with powdered sugar and maple syrup. Enjoy!

**PREP TIME: 20 mins**  
**COOK TIME: 30 mins**

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*Nothing says Christmas morning like French Toast-and Figs makes it extra sweet.*



# Tuscan Kale & Radicchio Frittata

SERVES 4 - 6



## INGREDIENTS

**8 eggs**  
**1 cup of chopped radicchio**  
**1 cup of chopped kale**  
**1 cup whole milk**  
**1/2 cup of grated pecorino cheese**

**PREP TIME: 10 mins**

## METHOD

1. In a cast iron skillet, sauté kale and radicchio with 1 tablespoon of olive oil until wilted, approximately 3-4 minutes.
2. In a separate bowl, mix eggs, milk and cheese.
3. Add egg mixture into the skillet. Cook on medium heat for 5 minutes until firm around the edges.
4. Preheat oven to 325 and cook for 12 minutes until firm when shaken.
5. Sprinkle grated cheese on top and serve!

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*A breakfast Frittata is simple to make as it is delicious- and Tuscan Kale and Radicchio make it extra flavorful.*







# Sides

# Cardone Prep

SERVES 4 - 6



## INGREDIENTS

**1 bunch of Cardone**  
**1 lemon**  
**Salt**  
**1 pot of water**

## METHOD

1. Wash Cardone.
2. Remove side and back ribs caution of thornes; Cut into 1-2 inch slices
3. Place in pot; let boil for 45 to 60 minutes or until tender
4. Remove Cardone from heat and pierce with a fork to make sure it's tender
5. Strain and refrigerate for up to five days.
6. Buon Appetito!

**PREP TIME: 15 mins**

**COOK TIME: 60 mins**

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*Cardone is an Italian delicacy that is especially favored during the Holiday season. Once boiled it can be used for soups, dips, pastas or our favorite-fried.*

# Fried Cardone

SERVES 4 - 6



## INGREDIENTS

**Cardone (1 bunch,  
prepped & cooked)**  
**Flour (app. 2-3 cups)**  
**Eggs (3-4)**  
**Bread crumbs (app. 2-3 cups)**  
**Light olive oil**  
**Lemons (garnish)**

**Garlic Aioli Sauce:**  
**1/4 cup Mayo**  
**1 clove garlic**  
**1 tbs lemon juice**  
**Salt & Pepper**

**PREP TIME: 15 mins**

**COOK TIME: 30 mins**

## METHOD

1. Place flour, eggs and bread crumbs each in three separate bowls
2. One at a time, dip Cardone in flour, then eggs and finish with bread crumbs
3. Place in hot oil and cook until golden brown
4. Mix Aioli ingredients in bowl & serve with Cardone + Lemon wedges
5. Mangia

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*Cardone is similar in flavor to Artichoke-and fried is absolutely delicious. This is a Holiday tradition in our family and we hope you enjoy it as much as we do.*



# Fennel al Forno

SERVES 4 - 6



## INGREDIENTS

**3 heads fennel**  
**1.5 cups chicken broth**  
**5 oz gorgonzola cheese**  
**1/3 cup finely pureed bread  
crumbs or panko**

## METHOD

1. Cut fennel bulbs from stock. Cut fennel in half lengthwise
2. Lay fennel cut-side up in a frying pan and add chicken broth. Cover the fennel and bring to a boil over high heat; reduce heat and simmer until fennel is tender when pierced approximately 7-9 minutes.
3. Place fennel in baking dish and cover fennel with remaining broth and chopped fennel fronds.
4. In a separate bowl, mix the gorgonzola cheese and finely pureed bread crumbs until mixed. Sprinkle over the fennel
5. Preheat oven to 375 degrees. Bake for about 20 to 25 minutes or until the cheese is golden.
6. Serve and mangia.

**PREP TIME: 25 mins**

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*Flavorful fennel and gorgonzola cheese-this side dish will be a hit at your holiday party.*

# Fennel and Sausage Stuffing

SERVES 4 - 6



## INGREDIENTS

**1 pound mild Italian sausage**  
**6 tablespoons butter**  
**2 heads of Joe's Premium fennel (bulb only), diced**  
**1 onion (yellow or red), diced**  
**1 tablespoon fresh sage and thyme, chopped**  
**4 stalks of celery, diced (about 1/2 cup)**  
**3 cups chicken broth**  
**2 eggs**  
**1/4 cup chopped parsley**  
**16 cups toasted bread cubes**  
**salt and pepper to taste**

## METHOD

1. In a large deep skillet, sauté crumbled Italian sausage in 6 tablespoons butter for 5 minutes.
2. Add fennel, onion, celery, and fresh sage and thyme. Cook until translucent, about 5 minutes.
3. In a large bowl (or pot) combine sausage mixture & 3 cups chicken broth. Once broth mixture is slightly cooled add in egg, parsley, and bread cubes.
4. Toss the stuffing and spread in a buttered 9-by-13-inch baking dish. Top with butter cover and bake 30 minutes at 350. Uncover and bake until golden, 20 more minutes.

**PREP TIME: 25 mins**

**COOK TIME: 30 mins**

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*Stuffing is always a classic during the holiday season- but add a Fennel for an extra flavorful side dish.*



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La cucina piccola fa la casa grande

A small kitchen makes the house big

**Italian Proverb**



# Salads



# Radicchio, Pear and Parsley Salad

SERVES 4- 6



## INGREDIENTS

### **for salad:**

**1 head radicchio, halved, cored, and thinly sliced**  
**1 ripe pear, halved, cored, and sliced thin**  
**1 cup fresh Italian parsley**  
**2 oz / ½ cup blue cheese, crumbled**  
**¼ cup pistachios, lightly chopped**

### **for the dressing:**

**5 tbsp. extra-virgin olive oil**  
**3 tbsp. honey**  
**2 tbsp. balsamic vinegar**  
**1 tsp. Dijon mustard**  
**Salt and pepper**

**PREP TIME: 20 mins**

## METHOD

1. In a large severing bowl, add radicchio, pear, and parsley. Transfer to platter, sprinkle with pistachios, and serve.
2. Whisk olive oil, honey, vinegar, mustard, 1 teaspoon salt, and 1/2 teaspoon pepper together in large bowl.
3. Toss Salad with dressing (up to 15 minutes before serving) and sprinkle over blue cheese & chopped pistachios.

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*Bitter Radicchio, sweet pears and flavorful blue cheese and parsley make for delicious holiday salad.*



# Tuscan Kale and Butternut Squash Salad

SERVES 4 - 6



## INGREDIENTS

**1 pound peeled butternut squash, cut into 1/2-inch dice (3 cups)**  
**2 cups grain of choice (Barley, Quinoa, Faro)**  
**2-3 Bunches Tuscan kale, stemmed, leaves sliced crosswise 1/4 inch thick (4 c.)**  
**2 tbsp sherry. cooking wine**  
**1/2 c. minced shallots**  
**1 tbsp. finely chopped sage**  
**2 garlic cloves, minced**  
**6 tbsp. extra-virgin olive oil**  
**Salt & pepper**

**PREP TIME: 15 mins**

**COOK TIME: 1 hour**

## METHOD

1. Preheat the oven to 400°. On a baking sheet, mix the squash with 2 tablespoons of the olive oil and season with salt and pepper. Roast the squash for 20 to 25 minutes, until tender. Transfer to a large bowl.
2. Meanwhile, in a medium saucepan, cover the grain with 5 cups of water and 1/4 teaspoon of salt and bring to a boil. Simmer over moderate heat until tender, 25 minutes and water is evaporated.
3. Add the kale to the grain and saute for 3-5 minutes together. Cover, remove from the heat, and let stand until the kale is wilted, 5 minutes.
4. Add the wheat and kale to the squash in a large bowl. In a medium skillet, heat 2 tablespoons of oil. Add the shallots and cook over medium high heat until translucent & almost brown, 3 to 4 minutes.
5. Add the sage, garlic, and cook for 1 minute, until fragrant. Add the sherry cooking wine and simmer, stirring, until evaporated. Add the warm shallot and garlic mixture into the salad and toss. Season with salt & pepper.

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*This salad is hearty with grains and squash, crisp with Tuscan Kale and dressed with a flavorful dressing.*

# Sweet Chicory Salad

SERVES 4-6



## INGREDIENTS

**2 heads of Radicchio**  
**4 ounces goat cheese**  
**(crumbled)**  
**12 dried mission figs or**  
**dates (quartered)**  
**1 c. whole Walnuts**  
**3/4 c. Olive Oil**  
**1/2 c. of lemon juice**  
**2 tbsp. Dijon Mustard**  
**3 tbsp. white sugar**

**PREP TIME: 15 mins**

## METHOD

1. Wash radicchio heads and chop or shred and place in a large bowl.
2. Add goat cheese, dried figs, and walnuts (I used red walnuts)
3. In a separate bowl whisk together olive oil, lemon juice, Dijon mustard, and sugar
4. Pour dressing over salad, serve, and mangia!

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*Bitter Radicchio, sweet figs, savory goat cheese and sweet dressing make for a perfect holiday salad.*

# Shaved Fennel Salad

SERVES 4 - 6



## INGREDIENTS

**2 fennel bulbs**  
**1 pomegranate**  
**1/2 c. chopped walnuts**  
**2 tbsp. olive oil**  
**red wine vinegar**  
**1 tbsp. honey**

**PREP TIME: 10 mins**

## METHOD

1. Shave fennel
2. Separate seeds from the pomegranates
3. Top fennel with pomegranates and walnuts
4. Mix oil, vinegar and honey. Pour over salad and mix.

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Shaved fennel sprinkled with walnuts and pomegranates makes for an extra festive salad.



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A tavola non si invecchia

At the table with good friends and family you do not become old.

Italian Proverb







Pictured is Marissa and Francesca Marchini

From our farm to your table!

We hope these recipes inspire you to try new Italian Specialties in the kitchen and bring them to your table this holiday season to enjoy with loved ones.

## *Mangia Bene* Francesca & Marissa Marchini

Follow us to see more more about the farm & get recipe inspiration!

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