

J. Marchini Farms  
Mangia Bene

Volume III Salads



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## INTRODUCTION

Hello there and welcome to the Mangia Bene Volume III 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.

Sometimes people associate salads with being boring—however we think they are anything but that! Salads can be versatile and there is one for every time of year; savory in the Fall and Winter, refreshing in the spring and fresh in the Summer. Plus add Radicchio— and you've got a salad with beauty and a lot of flavor! We hope to inspire you to bring one of these salads to enjoy at the dinner table with loved ones and remember—there is a salad for every reason and every season!



# Spring



# Radicchio Panzanella

SERVES 4 - 6



## INGREDIENTS

### Salad:

**1 head of Radicchio**  
**2 fennel bulbs**  
**4 ounces of salami**  
**1/4 cup of fresh parsley**  
**6 cups of bread**  
**1/4 cup of green olives**

### Dressing:

**2 tbs Dijon mustard**  
**2 tbs Red wine vinegar**  
**1/4 shallot, minced**  
**2 tbs honey**  
**2 tsps. lemon juice**  
**1/4 cup olive oil**

**PREP TIME: 20 mins**

## METHOD

1. Cut pieces of bread into one inch squares, and drizzle olive oil on top and bake for 10 minutes at 350 degrees.
2. Wash Radicchio and tear into pieces into a medium size bowl.
3. Slice fennel thinly and chop parsley and olives and add to medium bowl.
4. In a small bowl, whisk olive oil, red wine vinegar, shallot, honey and dijon mustard in a small bowl.
5. Add vinaigrette to salad and serve.

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*Radicchio Panzanella: Both Hearty and flavorful!*

# Green Spring Salad

SERVES 4 - 6



## INGREDIENTS

### Salad:

**1 head of Radicchio**  
**1 large head of romaine lettuce**  
**1 bunch of radishes**  
**1 cup of green beans**  
**4 oz of feta cheese**  
**1/4 cup of dill**

### Dressing:

**1/4 cup of olive oil**  
**2 tbsp. of red wine vinegar**  
**3 tbsp. lemon juice**  
**1 shallot**  
**1 tsp of honey**

**PREP TIME: 20 mins**

## METHOD

1. Wash Radicchio and romaine and chop. Add to a medium bowl.
2. Slice radishes and beans and add to bowl.
3. In a small bowl, whisk olive oil, red wine vinegar, lemon juice, shallot and honey in a small bowl.
4. Add lemon vinaigrette to salad, feta and dill. Toss and serve.
5. Drizzle dressing and toss.

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*Spring veggies makes a crisp, refreshing salad!*



# Colorful Radicchio Salad

SERVES 4 - 6



## INGREDIENTS

### Salad:

**1 head of radicchio**  
**1 head of castelfranco**  
**1 bunch of watermelon radishes**  
**1 fennel bulb**  
**1 bag of colorful carrots**

### Dressing:

**3 tbsp. apple cider vinegar**  
**3 tbsp. extra virgin olive oil**  
**1 tsp. minced shallot**  
**salt to taste**

## METHOD

1. Tear Radicchio and Castelfranco leaves and place on a plate.
2. Slice radishes, fennel and carrots very thinly and place on the plate.
3. For dressing: mix apple cider vinegar, olive oil, minced shallot and salt.
4. Add pistachios and grate parmesan cheese.
5. Drizzle dressing and toss.

**PREP TIME: 15 mins**

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*This Radicchio and Castelfranco spring salad is full of color and flavor!*



Summer



# Radicchio Coleslaw

SERVES 4 - 6



## INGREDIENTS

**1 head of Radicchio**  
**1 head of Cabbage**  
**1/2 cup of fresh parsley**  
**1 1/2 cup of shredded carrots**

### **Dressing:**

1/2 cup of mayonnaise  
2 tbsp. Dijon mustard  
2 tbsp. honey  
2 tbsp.. apple cider vinegar  
Salt and Pepper to taste

## METHOD

1. Finely chop Radicchio and cabbage and add to a medium size bowl. Add carrots and chopped parsley in the bowl
2. In a small bowl, whisk mayonnaise, mustard, honey and apple cider vinegar..
3. Add dressing to the medium size bowl and mix until thoroughly mixed.

**PREP TIME: 15 mins**

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*Radicchio Coleslaw is a twist on traditional coleslaw- and is a great addition to any summer BBQ!*

# Radicchio, Peaches & Burrata Salad

SERVES 4 - 6



## INGREDIENTS

### **Salad:**

**1 head of Radicchio**  
**1 head of Castelfranco**  
**3 peaches**  
**8oz of burrata**  
**1/4 of chopped pistachios**

### **Dressing:**

**1/4 cup of pistachios**  
**1/2 cup olive oil**  
**3 tbsp. of red wine vinegar**  
**3 tsp. Dijon mustard**  
**2 tbsp. chopped basil**  
**1 small shallot chopped**  
**2 tsp. honey**

**PREP TIME: 25 mins**

## METHOD

1. For the vinaigrette, put the pistachios, olive oil, red wine vinegar, mustard, basil, shallot and honey in a blender and blend until smooth.
2. Tear Radicchio and Castelfranco leaves and place on a platter. Cut peaches and tear burrata and add to the platter.
3. Drizzle with the dressing, toss and serve.

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*Crisp Radicchio, sweet peaches and delicious burrata makes for a perfect Summer salad.*

# Radicchio & Fig Salad

SERVES 4 - 6



## INGREDIENTS

### Salad:

- 1 basket of figs
- 1 head of Radicchio
- 2 cups of Arugula
- 6 oz of fresh mozzarell

### Dressing:

- 2 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- 1 bsp. Dijon mustard
- 2 tsp honey
- 1 tbsp. chopped fresh basil
- 1 tsp. chopped fresh thyme

**PREP TIME: 15 mins**

## METHOD

1. Wash Radicchio and tear the leaves into small pieces into a bowl
2. Add arugula to the bowl and wash the figs and cut into slices of four. Tear the pieces of fresh mozzarella and add to the bowl.
3. In a different smaller bowl, mix olive oil, balsamic vinegar, mustard, honey and fresh chopped basil and thyme.
4. Add dressing to salad, toss and serve. Enjoy!

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*Nothing says Summertime more like a sweet figs and refreshing Radicchio salad!*



# Radicchio Pasta Salad

SERVES 4 - 6



## INGREDIENTS

**1 pound orzo pasta**  
**⅔ cup sun-dried tomatoes**  
**(a jar/ oil-packed)**  
**⅔ cup pitted Kalamata olives**  
**1 cup pine nuts**  
**1 head of radicchio**  
**1½ cups baby arugula**  
**1 Red Onion**  
**1 cup fresh basil leaves,**  
**loosely packed**  
**1 cup freshly-grated**  
**parmigiana Reggiano**  
**cheese**  
**6 tablespoons extra virgin**  
**olive oil**  
**6 tablespoons balsamic**  
**vinegar**  
**Kosher salt and fresh**  
**ground black pepper**

**PREP TIME: 25 mins**

**COOK TIME: 15 mins**

## METHOD

1. Cook the pasta al dente in a pot of boiling water with pinch of salt & little olive oil. Drain, transfer to a bowl, and let cool.
2. While the orzo rice is cooking, chop the sun-dried tomatoes (you can either use some of the oil or discard), olives, radicchio, baby arugula, basil, onion. Place in large bowl and set aside.
3. Toast Pine Nuts in a dry skillet over medium heat for 2-3 minutes, stirring constantly, until they start to turn golden brown. Set aside and cool.
4. Once everything is room temperature, combine all ingredients and toss with parmigiana, olive oil, and vinegar.
5. Serve immediately or store in the fridge overnight (all the favors combine).

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*The flavorful pasta salad is the perfect summer meal!*

A top-down view of a white ceramic bowl filled with a salad. The salad consists of dark red leafy greens, sliced pears, crumbled blue cheese, and roasted almonds. The bowl is set on a light-colored, possibly marble, surface. To the right of the bowl is a large bunch of fresh green parsley. Above the bowl, a small white bowl contains more almonds, with several almonds scattered on the surface around it. The text "Fall/Winter" is overlaid in a dark brown serif font across the middle of the image.

Fall/Winter

# 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.*





# 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**

## 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.

**PREP TIME: 10 mins**

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

