J. Marchini Farms

Mangia Bene

Volume 1 Radicchio

Recipes inspired by Radicchio, Family and Italian Heritage

Writing and photography by
Francesca Fordice & Marissa Marchini

Contents

Appetizers

5 Radicchio Arancini

7 Radicchio Salad Cups

8 Roasted Radicchio and Brussel Sprouts

9 Radicchio Dip

Salads

12 Radicchio and Apple Salad

13 Radicchio, Pear and Parsley Salad

15 Radicchio Holiday Salad

17 Cardone Chicory Salad

Entrees

20 Gnocchi with Radicchio

21 Radicchio Risotto

23 Cutlets with Chicory Salad

25 Rigatoni with Radicchio

INTRODUCTION

Hello there and welcome to the Mangia Bene cookbook by J. Marchini Farms! We are the Marchini sisters that love photography, traveling and cooking with fresh ingredients. Our love of food and cooking ultimately stems from our family's deep farming roots and Italian heritage. In the 1920s, our great-grandfather Florindo Marchini immigrated from Italy and began farming in the rich soils of the Central Valley in California. Floridno's middle son Joe (our Nono/ Grandfather) from a young age loved to work in the gardens and fields. After a long day, Joe enjoyed watching his mother Elisa in the kitchen. Elisa's meals were traditional Italian and seasonal vegetables from the garden.

Joe's passion for growing new items never seems to stop and in the 70s he became interested in growing radicchio. By the late 80s Joe and his son, Jeff (our father), mastered growing California radicchio and started J. Marchini Farms, grower shipper of radicchio and Italian specialties. Farming has been a lifestyle that our family has embraced. It involves early morning and late evenings but we always found time to gather around the dinner table as a family and share a meal together typically featuring seasonal items from our fields. We love to try new recipes featuring the variety of commodities we grow however Radicchio is one of our favorites. From growing up our entire lives in the agriculture industry, we have a deep appreciation for food and all of the recourses it takes to grow it.

There is a phrase in Italian "Chi mangia bene, vive bene" which means "Who eats well, lives well" and to us this couldn't be more true. Food brings so much to our lives; it nourishes our bodies, brings us joy and brings us together. To us cooking, the kitchen and the dinner table all have had a profound impact on us. Many amazing memories were made in the kitchen or at the dinner table with our family-in these times we shared stories, laughed, and learned. So here's to eating well and living well- Salute cin cin!

RADICCHIO

Radicchio is a leafy Italian chicory that originates from the northern region of Italy and comes in many different shaped and colors. Bitter in flavor, Radicchio is perfect for a pop of color and flavor in a salad and can be roasted or sautéed to enjoy in pastas.

Appetizers

Radicchio Arancini

SERVES 4 - 6

INGREDIENTS

for Risotto:
See pg. 20

for the Arancini:
2 cups of prepared radicchio risotto
3 eggs
1 1/2 cups pecorino cheese
1/2 cup Parmesan cheese
3 cups of breadcrumbs
1 bunch of parsley
Light olive oil for frying
salt and pepper to taste

PREP TIME: 45 mins

COOK TIME: 30 mins

METHOD

1. Make radicchio risotto and let cool.

2. In a separate bowl, add 2 eggs, 2 cups of breadcrumbs, the grated pecorino and parmesan cheese and parsley.

3. Make the risotto into balls . Scramble one egg in a bowl . Dip the arancini into the remaining breadcrumbs, then into the egg mixture and then into the breadcrumbs again.

4. Heat up a skillet with olive oil on medium heat. In small batches, cook the aracini in the oil until golden brown on each side or approximately 3-4 minutes.

The only thing that is more delicious than radicchio risotto is fried radicchio risotto. Radicchio aracini are delicious balls of fried radicchio risotto loaded with flavor.

Radicchio Salad Cups

SERVES 4 - 6

INGREDIENTS

Fresh Ball Mozzarella
Prosciutto
1 head of Joe's Premium Radicchio
fresh dill fronds
1/2 lemon zest
Extra-virgin olive oil

PREP TIME: 10 mins

METHOD

1. Washed radicchio, core & tear off whole leaves & pat dry

2. Place prosciutto & mozzarella cheese in radicchio cup

3. Top with lemon zest, dill fronds, Salt & pepper, & EVOO all to taste

4. Serve chilled.

NOTES

- Washed radicchio, core & tear off whole leaves & pat dry
- Burrata is an excellent sub for mozzarella
- You can omit Prosciutto for vegetarians

Radicchio salad cups are as easy to make as they are beautiful! Make these to wow your guests at your next dinner party.

Roasted Radicchio and Brussel Sprouts

SERVES 4 - 6

INGREDIENTS

1 head of Radicchio
1 ½ lb Brussels sprouts ends trimmed
3–6 slices of bacon
3 tbs. olive oil salt & pepper

PREP TIME: 30 mins

COOK TIME: 20 mins

METHOD

1. Preheat oven to 400 degrees F

2. Wash Radicchio & brussel sprouts.

3. Cut radicchio in half & slice radicchio thinly & trimmed Brussels sprouts in half. Slice sliced bacon into 1/2 inch pieces.

4. On a baking sheet, place brussel sprouts and bacon and coat with olive oil, salt, and pepper.

5. Roast in the preheated oven for 15 to 20 minutes, shaking pan halfway for even browning.

6. Pull tray out and add radicchio. place back in oven and roast for another 15-20 minutes. Brussels sprouts should be almost black, bacon fully cooked, & radicchio wilted and almost black, when done. Serve warm.

Roasted brussel sprouts are one of the hottest appetizer out there-add radicchio for color and flavor!

Baked Radicchio & Blue Cheese Dip

SERVES 4 - 6

INGREDIENTS

2 heads of Radicchio
1 (14 oz.) can Artichoke hearts, drained & chopped
1 cup Parmesan cheese, finely grated
1 cups blue cheese crumbles
2/3 cup sour cream
1/3 cup mayonnaise
2 tsp. garlic, minced

PREP TIME: 15 mins

COOK TIME: 30 mins

METHOD

1. Preheat oven to 375 F

2. Wash & cut radicchio into half & shave into finely

3. In a sauce pan over medium heat with olive oil, cook radcchio down until wilted

4. In a large bowl mix together Parmesan, blue cheese, artichoke heats, cooked radicchio, garlic, sour cream, & mayonnaise.

5. Place mix into a oven save baking dish & bake for 20-30 minutes.

6. Serve with crackers or bread

Radicchio dip is a crowd pleaser that is the perfect app to bring to a dinner party or festivity.

Salads

Radicchio and Apple Salad

SERVES 4 - 6

INGREDIENTS

for the breadcrumbs:
2 tbs. olive oil
2 tbs. butter melted
d½ garlic clove finely grated
4 cups ½ in. pieces bread

for the dressing:
½ cup olive oil
3 tbs. white wine vinegar
1 tbs. Dijon mustard
½ garlic clove, grated

for the salad:
1 cup shaved parmesan
1 head radicchio, trevsio, or castelfranco, leaves coarsely torn
1 large apple thinly sliced

PREP TIME: 25 mins

METHOD

1. Preheat oven to 350°. Mix oil, butter, and garlic in a small bowl. Place bread pieces on a baking sheet and drizzle oil mixture over. Toss, squeezing oil mixture into bread. Season with salt and pepper to taste. Bake, tossing occasionally, until croutons are golden brown, 20–22 minutes. Let cool.

2. Wisk together vinegar, mustard, & garlic and let sit for 5 minutes. Stir in olive oil and salt & pepper to taste.

3. Toss radicchio, lettuce/ spring mix in a large bowel to combine. Top with croutons, apple, and Parmesan. Drizzle dressing over and toss to coat.

Crisp apples,, bitter radicchio and savory croutons make the best simple salad to throw together.

Radicchio Radicchio, Pear and Parsley Salad

SERVES 4 - 6

INGREDIENTS

for the salad:
1 head of 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 chopped

or the dressing:
5 tbsp. olive oil
3 tbsp. honey
2 tbsp. balsamic vinegar
1 tsp. Dijon mustard
Salt and pepper

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.

PREP TIME: 15 mins

This salad is as flavorful as it is easy to make. Sweet pears, crisp radicchio, crunchy pistachios and parsley is the perfect Fall/Winter salad.

Radicchio Holiday Salad

SERVES 4- 6

INGREDIENTS

for the candied nuts:
½ lb of Walnuts or Pecans
2 tbsp. white sugar
2 tbsp. butter
2 tbsp. orange juice
½ tsp. salt
½ tsp. cinnamon

for the dressing:
½ c. olive oil
3 tbsp. white wine vinegar
1 tbsp. Dijon mustard
½ garlic clove, grated

for the salad:
½ c. pomegranate seeds
1 head radicchio,
1 large head fennel, very thinly sliced
8 cups torn lettuce leaves
salt & pepper

PREP TIME: 1 hour

METHOD

1. Candied Nuts
Put rack on center at 250°. Cover baking sheet with foil. Mix ingredients until nuts are coated. Spread a single layer on baking sheet and bake for 1 hour stirring every 15 minutes. Once done let cool.

2. Dressing
Whisk together vinegar, mustard, & garlic and let sit for 5 minutes. Stir in olive oil and salt & pepper to taste.

3. Assemble Salad
Toss radicchio, lettuce/ spring mix in a large bowel to combine. Top with croutons, candied nuts, and fennel & pomegranate seeds. Drizzle dressing over and toss to coat. Serve & enjoy

This bright salad is perfect for the holidays; sweet candied nuts, bitter radicchio and crisp fennel pairs so well. Top with pomagranates for a festive flare!

Cardone Chicory Salad

SERVES 4 - 6

INGREDIENTS

2-3 heads of Chicory leaves (radicchio, Castelfranco, frisee)
3 stalks of Cardone stalks prepared
1 tbsp. Dijon mustard
1 tbsp. Balsamic Vinegar
1 tsp. white wine vinegar
3/4 c. extra virgin Olive oil
1 clove garlic, minced
Salt & pepper

PREP TIME: 1 hour

METHOD

1. Wash Cardone and remove side and back ribs caution of thorns. Cut into 1-2 inch slices. Place in pot; let boil for 45 to 60 minutes or until tender. Remove Cardone from heat and pierce with a fork to make sure it's tender and strain.

2. Rinse the leaves and dry, then cut or tear them into small pieces and place them in a large salad bowl. Cut the cardone into thin slices, cutting pieces in half (lengthwise) and add to salad.

2. In small bowl whisk vinegar, Dijon, garlic, salt & pepper, let sit to emulsify. Then slowly mix in olive oil.

3. Toss with enough dressing to coast the leaves but no drown and serve.

Cardone is a traditional Italian vegetable that is referred to as a thistle. It is traditionally used for dishes during the Christmas and Easter holidays.

”A tavola non s’ invecchia.

At the table, one never growers old

Italian Proverb

Entrees

Gnocchi with Radicchio

SERVES 4 - 6

INGREDIENTS

for the gnocchi:
1 lb Russet Potatoes
1 cup flour
1 egg yolk

for the radicchio sauce:
1 head of radicchio
1/4 c. of milk
10 oz of gorganzola
3 tbs butter
1/3 c. of chopped walnuts
grated Parmesan(topping)

COOK TIME: 45 mins

PREP TIME: 30 mins

METHOD

Homemade Gnocchi

1. Boil potatoes in the skins until tender. Rice the potatoes when the potatoes are still hot to allow access steam to escape. (to much moisture in the potatoes will make gummy gnocchi). Mix riced potatoes, egg and flour into a dough.

2. Cut the dough into pieces and then shape the pieces into sausage-like rolls that are the thickness of a finger. Cut these into pieces 1 inch long. Press each piece with your thumb against a fork- this should give each piece the appearance of a shell with a ridged pattern on it's back.

Sauce & Cooking Gnocchi. This process can we done a day in advance.

1 . Heat Oven to 250 degrees.

2 **Sauce:** Slice radicchio thinly; Place in a frying pan with water and blanche for 2 minutes. Add cheese, milk and butter to the radicchio and let cook for 10 minutes. Add walnuts.

3. **Gnocchi dumpling**: In a pot, bring water to a low boil and in small batches place the gnocchi in boiling water. After some time, some of gnocchi will float and some will not. The gnocchi should cook for 3-5 minutes depending on the size.

4. Remove the gnocchi with a perforated spoon and place in an oven proof dish. Layer cooked gnocchi with radicchio sauce, walnuts, and finely grated parmesan cheese in an oven proof dish. Let rest in oven while remainder to the gnocchi cook and repeat they layering processes with sauce, nuts, and cheese. If your making more than a couple layers please use multiple dishes you do not want to over crowd.

5. Sprinkle parmesan cheese and walnuts and serve

Homemade Gnocchi seems like a process to make but after a few times, it is simple and easy to make with a glass of wine. Storenought Gnocci can be substituted.

Radicchio Risotto

SERVES 4-6

INGREDIENTS

1 head of Radicchio, washed, cored and thinly sliced
½ red onion, finely chopped
2 garlic cloves, minced
4 tbsp butter
1 ½ cups Arborio
1 cup white wine
4 cups vegetable stock
½ cup Parmesan cheese, finely grated
salt and pepper to taste

PREP TIME: 15 mins

COOK TIME: 40 mins

METHOD

1. Sauté the onion with butter over a medium low heat in a deep pan. When soft and translucent, add radicchio, garlic, and salt stirring for 5 minutes. Add rice and cook until translucent around edges.

2. Turn heat up to med high & add the white wine. Let simmer rapidly until the liquid has evaporated.

3. Turn heat back down to med & add stock, a cup at a time, letting the rice absorb most of the liquid before adding. This takes approximately 35 minutes.

4. Risotto rice is ready when al dente not too hard or too soft. Remove from heat add the parmesan cheese, if desired but this risotto is creamy by itself so don't add too much.

5. Season to taste with salt and pepper & serve immediately.

Radicchio risotto is as flavorful and savory as it is beautiful. The ultimate comfort food that is perfect for a date night in.

Cutlets with Chicory Salad

SERVES 4 - 6

INGREDIENTS

for the cutlet:
1 pork loin
3 eggs, lightly beaten
2 c. of breadcrumbs
oil for frying (we used olive oil however any cooking oil would work)

for the chicory salad:
1 head Radicchio
1 head Castelfranco
1 Fennel bulb
parmesan cheese
1/2 lemon
1/2 lemon juice
2 tbsp. red wine vinegar
2tbs. olive oil
salt and pepper

PREP TIME: 30 mins

COOK TIME: 40 mins

METHOD

1. Slice pork loin and place the meat in between two pieces of parchment paper. Use a meat tenderizer to flatten each piece.

2. Layout breadcrumbs, eggs and flour.

3. Cover both sides of the pork in flour. Next, dip the pork in the egg making sure it is fully coated. Then place the pork in the breadcrumb mixture, pressing the mixture well onto both sides. Repeat with all pieces of pork.

4. Heat the oil over medium heat and fry pork for 2-3 minutes on each side (or until golden). Drain on a paper towel.

5. To make the salad, slice the radicchio, castelfranco and fennel. Mix together in a bowl, then add the lemon juice, vinegar and olive oil. Season to taste and toss together.

6. Serve the pork cutlet on a large plate and add the salad.

Fried cutlets are a tradition in our family. Birthday celebrations, They were a staple at birthdays, holiday celebrations or a random lunch at Nono's and Mema's house.

J·MARCHINI

Rigatoni with Radicchio

SERVES 4- 6

INGREDIENTS

1 lb of rigatoni Pasta
1 head of Radicchio
1 bunch of parsley
1 lemon
1 cup of breadcrumbs
pancetta or bacon
1/2 c. grated pecorino cheese
3 cloves of garlic cloves
5 tbsp. of olive oil

PREP TIME: 5 mins
COOKTIME: 30 mins

METHOD

1. Boil the rigatoni pasta in water with salt

2. Fry the panccetta or bacon until cooked; chop into small pieces

3. Slice radicchio finely; chop parsley finely

4. Heat the olive oil in a pan and sauté garlic. After sauté the radicchio in the olive oil until barely wilted

5. Once the pasta has boiled for 30 minutes, strain and add to a bowl; save some of the starchy water to add to the pasta after.

6. While still warm in a bowl, add radicchio and olive oil and cheese. Add 1/4 cup of starchy water used to cook the pasta noodles and mix. Add lemon juice and lemon zest and half of the amount of bacon, parsley and breadcrumbs and mix.

7. Top the rest of the bacon, parsley and breadcrumbs on the pasta and serve!

This hearty pasta dish is full of flavor and so simple to make.

”
Chi mangia bene, vive bene.
Who eats well, lives well.
Italian Proverb

Photo from Left to Right: Marc, Marissa, Joe, Jeff, Francesca, and Nic Marchini

From our field to your kitchen!
We hope these recipes inspire you to try new items in the kitchen and bring them to your table to share with loved ones.

Mangia Bene

Francesca & Marissa Marchini

Copyright 2020 © J. Marchini Farms
All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

MARCHIN