



# Italian

Spring-Summer 2011

## Fresh Solutions for Fresh Produce.®

### Brands

- Ready-Set-Serve (RSS): table-ready fruits, vegetables, and juices packed to detailed specifications
- Markon First Crop (MFC): whole fruits and vegetables packed to detailed specifications

### Food Safety

- Every case of RSS or MFC you purchase from a member distributor has met or surpassed Markon's unparalleled standards for food safety
- Our 5-Star Food Safety® Audit Program is based on specifications, inspections, and information at five key points: fields, facilities, transportation, distributor warehouses, and operator kitchens

### Sustainability

- Markon was the first to test sustainable practices that result in specific, verifiable, and measurable data; we know the importance of quantifying water use, pesticides, and energy, and partner with like-minded grower-shippers
- We continue to set new benchmarks, meet them, make adjustments, and pass these standards along to the rest of the produce community

### Trends

- Focus on seasonal produce like peas, artichokes, fava beans, and morel mushrooms in the spring and melons, squash, and tomatoes in summer
- Don't shy away from big flavors—MFC Basil, fennel, RSS Peeled Garlic, and MFC Onions
- Offer creative non-alcoholic beverages such as rosemary-scented lemonade, puréed peaches with sparkling cider (à la Bellini), and orange granita
- Lend lightness to cream sauces, salad dressings, desserts, and an assortment of drinks with RSS Lemon Juice and the zest of MFC Lemons



**MFC Basil Wrapped in Prosciutto; Paired with Fresh Cantaloupe Slices**

### Suggested Items & Pairings

• <b>MFC Basil</b>	cantaloupe garlic macaroni	Parmesan pine nuts
• <b>RSS Insalata Mix</b>	anchovies bell peppers eggs	olive oil goat cheese
• <b>MFC Zucchini</b>	chicken oranges radicchio	walnuts yellow squash
• <b>MFC Italian Parsley</b>	Arborio rice artichokes asparagus	Cannellini beans spring peas
• <b>MFC Lemons</b>	Amaretti cornmeal green olives	Mascarpone mint
• <b>RSS Chopped Romaine</b>	basil Caesar dressing hearts of palm	Mozzarella tomatoes

### Yields

• MFC Basil	56 Tbsp. (chopped) per 1/2# bag
• RSS Insalata Mix	80 4-oz. servings per 4/5# carton
• MFC Zucchini	21 cups (chopped) per 5# carton
• MFC Italian Parsley	88 Tbsp. (chopped) per 1/2# bag
• MFC Lemons	6-10 slices each lemon per 34.2# carton
• RSS Chopped Romaine	40 4-oz. servings per 4/2.5# carton

*Yields are approximate*

To learn more about Markon, please contact your sales representative.

## Usage Ideas

### MFC Basil

- Toss MFC Basil into Caesar, fruit, and macaroni salads
- MFC Basil is the classic ingredient for pesto: grind with Parmesan cheese, pine nuts, olive oil, RSS Peeled Garlic, and the zest of MFC Lemons
- Roll leaves of MFC Basil in prosciutto; bake until crisp and serve with cantaloupe ([see photo](#))

### RSS Insalata Mix

- Add sliced hard-boiled eggs and MFC Red and Yellow Bell Peppers to RSS Insalata Mix; toss with Caesar dressing made with anchovies
- Toss RSS Insalata Mix with chopped tomatoes and basil vinaigrette; top with fried rounds of goat cheese
- Use RSS Insalata Mix as the base for Caprese salad, fritto misto, or antipasto; drizzle with extra virgin olive oil

### MFC Zucchini

- Mix grilled MFC Zucchini, shredded chicken, and walnuts; serve in radicchio cups
- Top pizza with ribbons of MFC Zucchini, MFC Yellow Squash, chopped tomatoes, MFC Oregano, and goat cheese; cook until cheese is bubbly
- Stir shredded MFC Zucchini and the zest of MFC Oranges into cake batter; serve with Mascarpone icing

### MFC Italian Parsley

- Toss together Cannellini beans, marinated artichokes, MFC Italian Parsley, olive oil, and RSS Lemon Juice
- Stir MFC Asparagus, MFC Italian Parsley, Parmesan cheese, and RSS Peeled Garlic into cooked Arborio rice
- Mix together spring peas with crispy bits of bacon, minced RSS Peeled Garlic, and MFC Italian Parsley

### MFC Lemons

- Serve candied MFC Lemons over Mascarpone-lemon tarts in cornmeal crusts; garnish with MFC Mint ([see photo](#))
- Combine roasted artichoke hearts, slices of MFC Lemons, green olives, and tuna packed in oil
- Add the zest of MFC Lemons and RSS Lemon Juice to semifreddo batter; when frozen, drizzle with blueberry sauce and crumbled Amaretti

### RSS Chopped Romaine

- Drizzle RSS Chopped Romaine, roasted MFC Red Bell Peppers, and hearts of palm with Balsamic vinaigrette
- Top flatbread pizza dough with marinara sauce, MFC Basil, and Mozzarella cheese rounds; grill until browned; top with RSS Chopped Romaine and diced tomatoes
- Toss RSS Chopped Romaine with Caesar dressing, Parmesan cheese, and crispy baked prosciutto

## Buon Appetite!

For your operation's authentic recipes, be sure to have plenty of Italian ingredients on hand:

### MFC Basil

- To make best use of this aromatic herb, roll leaves into a cigar shape and slice into strips
- Purée MFC Basil with extra virgin olive oil to accent salad dressings, marinades, and pasta sauces
- Bruschetta are traditional appetizers of toasted bread that can be topped with anything; the most frequently served are with basil, tomatoes, and cheese
- Pesto is a classic Italian sauce: use it on pizza, risotto, pasta, and grilled meats
- Mix finely minced MFC Basil with sliced MFC Strawberries, balsamic vinegar, and sugar; serve over slices of savory ricotta cheesecake

### MFC Lemons

- Use MFC Lemons and lavender to flavor beverages such as water, sodas, teas, and sparkling wines
- Lend fresh flavor and presentation to cakes, grilled fish, poultry, and potatoes by garnishing with slices
- Keep it simple—toss chopped, raw MFC Lemons, pine nuts, and MFC Italian Parsley with cooked tagliatelle
- Or get sophisticated—add zest, spring peas, morels, and scallops to Pecorino risotto
- Candy and use to garnish any number of Italian desserts: cannoli, cheesecake, fig cakes, and zabaglione tarts

### Lemon Tart with Cornmeal Crust, Candied MFC Lemons, and MFC Mint



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