

# Taste the Hawkwind experience!

Clem's Hot  
Pepper  
Relish



Hawkwind  
Heat

## Four-Cheese Stuffed Portobellos and Grilled Chicken

### Ingredients — For Chicken:

- 4 skinless breasts cut in half lengthwise to about ½ inch
- 3 ounces Clem's Hot Pepper Relish
- ¼ teaspoon each coarse salt and coarse ground pepper

### Ingredients — For Mushrooms:

- 8 medium portobello mushroom caps, black gills removed
- 2 tablespoons virgin olive oil
- 1½ ounces each Muenster, mozzarella, Manchego, and Parmesan cheeses, shredded
- 1 tablespoon Hawkwind Heat
- 1 tablespoon minced garlic
- ¾ cup coarse dried bread crumbs
- 1 tablespoon chopped basil
- 2 tablespoons parsley

### Instructions:

Combine all ingredients for chicken and marinate for 30 minutes. Brush both sides of mushrooms with olive oil. Combine the cheeses with Hawkwind Heat, basil, ¾ of garlic, and about a teaspoon of olive oil. Mound onto the mushrooms caps. In separate bowl mix bread crumbs with remaining garlic, oil, and parsley. Heat grill to medium high. Cook stuffed mushrooms until cheese melts. Remove. Begin grilling chicken brushing with remaining marinade, grill about four minutes per side. Meanwhile sprinkle bread crumb mixture over mushrooms and return to grill to brown.

## Find Us Here:

**Alp and Dell**  
Monroe, WI

**Arena Cheese**  
Arena, WI

**Artamos Meat Market**  
Madison, WI

**Barriques Market**  
Fitchburg, WI

**Cedar Grove Cheese**  
Plain, WI

**Fraboni's Italian  
Specialties and Deli**  
Monona, WI

**Gino's Italian Deli**  
Madison, WI

**House of Wisconsin  
Cheese**  
Madison, WI

**Jacobson's Brother's  
Meats and Deli**  
Madison, Fitchburg,  
Sun Prairie,  
Stoughton, WI

**Jennifer St. Market**  
Madison, WI

**Local Choice & Deli**  
Spring Green, WI

**Mousehouse Cheesehaus**  
Windsor, WI

**Mt. Horeb Mustard  
Museum**  
Mt. Horeb, WI

**Regent Market Co-op**  
Madison, WI

**Rossings Fine Foods**  
Argyle, WI

**Schuman's Wisconsin  
Cheese Country**  
Dodgeville, WI

**Steve's Wine Market**  
Madison, WI

**Trillium Natural Foods**  
Mt. Horeb, WI

**Williamson St. Co-op**  
Madison, WI

## Hawkwind LLC

*"Where Nature and Human Beings  
Meet in Passionate Conversation™"*

### *Award-winning artisanal mustards and relish*

- Beautiful fusion of colors and flavors that are herbicide and pesticide free.
- Small handcrafted batches.
- Alternative farming practices.
- Family owned farm in the Baraboo bluffs.
- Retail and wholesale orders — nationwide shipping.

(608) 356-2926

hawkwind@jvlnet.com  
www.hawkwindllc.com



*Discover how magical a partnership  
with nature can taste!*

# Everything Italian



**MEET THE FRABONIS.**  
*Dominic and Palmina Fraboni (center) started the family business in Hibbing, Minnesota. They were eventually joined by sons Leo (left) and Angelo (right).*

## • MANGI, MANGI •



Italian cooking is one of the most popular cuisines in America today. You can buy everything you need to make a passable Italian meal in any supermarket. The trouble is, where do you go if you want to make the real thing using homemade sausage that's perfectly spiced, olive oil that's fit for the gods, balsamic vinegar so good it will make you cry, and pasta just like mama used to make? One of the best places is Fraboni's Italian Specialties.

In the early days of the 20th century, Dominic and Palmina Fraboni left

their home in the Ancona region of Italy and traveled to Hibbing, Minnesota, with their three children, Leo, Rose, and Angelo. They opened an IGA grocery store that included a meat market. Eventually Angelo struck out on his own and came to Madison, Wisconsin.

In 1971, Angelo (and his wife Gloria) bought a local grocery store in the Greenbush neighborhood and a Madison icon was born, Fraboni's Italian Specialties. Angelo's sons, Garry and Steven, worked in the store and eventually

opened a second location in Monona in 1986.

People who want to cook Italian from scratch will find everything they're looking for. Fraboni's is, after all, a deli and grocery carrying an impressive variety of over 26 olive oils, 17 brands of pasta, prepackaged pasta sauces, imported canned goods, and much more.

Fraboni's prepackaged entrees are worth the trip all by themselves. Their lasagna comes in different sizes and will make you wonder why you ever make it yourself. The noodles are perfectly al dente and the sauce is

rich with perfectly balanced spices. Everything else they make themselves is almost as good.

Where Fraboni's really excels is their deli counter. Barbara Fraboni, Garry's wife, is quick to point out that many of their deli products are made right on the premises. Gail and Bennett (Barbara and Garry's children) make all the sausage and porketta. "The sausage is made with fresh pork shoulder that's boned and ground right here. We even grow our own fennel to put in the sausage as well as other herbs and



**NO ITALIAN MEAL IS COMPLETE WITHOUT A GOOD WINE.** Fraboni's offers a wide selection to complement any dish.

**OLIVES ARE ONE OF FRABONI'S BIGGEST SELLERS.** They offer about 20 different kinds, including spiced olives made from Fraboni's own spice mix.



**OLIVE OIL IS THE LIFE BLOOD OF ITALIAN COOKING.** With over 26 different oils to choose from, the staff will be happy to help you select the one that's perfect for your tastes.



**QUALITY GUARANTEED.** All of Fraboni's sausages are made right at the store, guaranteeing you the freshest quality available.



**CARRYING ON THE FAMILY TRADITION.** (Left) Leo and Angelo Fraboni in the process of making their famous sausage. (Right) Steven (left) and Garry Fraboni (right), grandsons of Dominic and Palmina, are the current owners. (Below) Barbara Fraboni, Garry's wife, is involved in the daily operations of the Monona store and always has a smile for the customers.



spices for our porkettas and other things. All of our salads are made here; there's a lot of preparation going on all the time. We also wholesale many of our products."

When asked about popular deli items, Barbara said, "Italian sausage and meatballs are popular. So are cut meats. Olives are huge; we probably have 20 different varieties, including spiced olives that we make right here."



Deli items are, in general, the primary part of their business. In addition to bulk items, Fraboni's offers an impressive sandwich and hot entrée menu. "We have a really, really good lunch crowd,

explained Barbara. "We sell a lot of subs (the Italian sub is the most popular). We have a new Italian beef sandwich that we started four or five weeks ago. People have been asking for it for years. It's served on French bread with provolone and hot gardeniera.

For dessert we have some frozen items but for a real treat, get the homemade cannolis made fresh while you wait."

**GOT YOU COVERED.** Just about any shape of pasta you could want is included in the 17 brands of pasta on the shelves at Fraboni's.





**IT DOESN'T GET ANY FRESHER.**  
Fraboni's is justifiably proud of their handmade cannolis that are assembled when you order. They're a treat that's worth the wait.

**FRABONI'S-INSPIRED RECIPE —  
BARBARA'S SALAD COMPOTE**

**Ingredients**

- 4 or 5 marinated artichoke hearts, quartered
- 3 or 4 tomatoes, cut in good-size pieces
- 1 avocado, cut in good-size pieces
- ½ cucumber, sliced in thick slices, then halved
- ½–1 small yellow onion, sliced in rings, separate the rings

**Optional Ingredients**

- ⅔ cup (minced) canned garbanzo beans
- 4 cups feta cheese (don't crumble too fine) OR ½ pound fresh bocconcini mozzarella balls OR 1 large ovoline mozzarella ball, sliced then halved

**Preparation**

Layer all ingredients in a shallow ceramic dish, top with dressing (below).

**Dressing — add the following in order:**

- Kosher salt to taste
- Fresh ground black pepper
- Extra virgin olive oil drizzled (3–4 ounces)
- Good quality balsamic vinegar (sometimes I add a splash of red wine or white wine or sherry vinegar)
- Fresh herbs: parsley, basil, oregano, chives, etc. OR add a few pinches of dried oregano, basil, parsley, Herbes de Provence, savory. Feel free to experiment with your favorite herb combinations.

Ladle over dressed greens for a truly magnificent salad! *Buon Appetito!*



**DINE IN.** A wide variety of sandwiches are offered for carryout at both stores. At Monona there is also indoor and outdoor seating. The porketta sandwich is their specialty. Porketta is a seasoned, boneless, rolled, slow-roasted pork shoulder roast homemade by Fraboni's.

• IF YOU GO •  
FRABONI'S

<b>Fraboni's West/Central</b>	<b>Fraboni's East/Monona</b>
822 Regent Street	108 Owen Road
Madison, WI 53715	Monona, WI 53716
(608) 256-0546	(608) 222-6632
www.frabonisdeli.com	www.frabonisdeli.com
Mon–Fri: 9 a.m.–6 p.m.	Mon–Fri: 9 a.m.–7 p.m.
Saturday: 9 a.m.–5 p.m.	Saturday: 9 a.m.–6 p.m.
Sunday: 11 a.m.–4 p.m.	Sunday: 9 a.m.–5 p.m.



We don't do catering but we do make great party subs and platters," said Barbara. "All we need to know is how many people, whether you want hot or cold items, and the occasion. We can do pans of lasagna and hot mostacoli, and platters of party subs, salads, antipasti, olives, vegetables, and cheeses. Garry can even do a full-smoked salmon with enough notice. The only work the customer has to do is to pick up the food."

Fraboni's is a legend in the Madison food scene and should be for many years to come. Garry and Barbara's children are in the business so the fourth generation is learning the business.

That's a good thing because Fraboni's is your one-stop shop for good Italian foods.

So when you are in Madison, be sure to stop in and say hello. While you are there, grab a sub. You will thank yourself.