

Frabjous Delights:

Product Overview, Suggested Uses & Recipes

As you know from our website and recent member communications, **Vino Mare** has partnered with **Frabjous Delights Specialty Foods** in Halifax to offer a carefully curated selection of exceptional food products from the same regions as the wines featured in our **Southern Italian Revival** release.

These products are available for purchase directly from **Frabjous Delights** via the link on **VinoMare.ca**, which will take you to their ordering page. There you will find full product descriptions, pricing, **Vino Mare** member discounts (when available), and delivery options.

Below you'll find an overview of the products, suggestions for how to use them, and a few recipes that highlight their character.

Extra-Virgin Olive Oils

Olive oils from different regions of Italy vary widely in aroma and flavor. Oils from **Southern Italy** are typically known for intense fruitiness, balanced bitterness, and a lively, peppery finish.

Mandranova – Sicily (PDO Valle del Belice)

Mandranova is an award-winning Sicilian olive oil producer. Their oil is made exclusively from **Nocellara del Belice olives**, grown in the **Valle del Belice PDO** in western **Sicily**. This designation guarantees that the oil is entirely produced and bottled within the protected region.

Suggested uses:

This oil shines as a finishing touch — drizzled over grilled or roasted meats and fish, used in salad dressings, spooned over salumi or cheeses, or used to coat whole fish or vegetables before roasting.

Learn more:

- Mandranova homepage – read about the producer or jump to the Nocellara del Belice product page for information about the olives, the specific product, and suggestions for uses. <https://mandranova.com/en/>

Muraglia – Puglia

Muraglia is a celebrated olive oil producer from **Puglia**, a region home to some of **Italy's** oldest olive trees, many over a thousand years old. Their oil, made from **Coratina olives**, is intensely aromatic with notes of artichoke, tomato, and fennel.

Suggested uses:

An excellent finishing oil for sliced tomatoes, onions, and greens; it also performs beautifully for quick cooking of fish, vegetables, and meats. Muraglia's iconic ceramic bottles make these oils as beautiful as they are delicious.

Learn more:

- Muraglia homepage – has details about the producer, the olives used and the specific product (see the rainbow ceramic bottle page) including uses. <https://www.frantoiomuraglia.it/en/>

Recipe

Italian-Inspired Tomato, Ham & Onion Salad

Adapted from a classic Spanish recipe using Jamón Ibérico, with Italian ingredients and olive oil.

Ingredients

- 100 g prosciutto or culatello, thinly sliced
- Cherry tomatoes, halved

- 2 Tbsp high-quality red or white wine vinegar
- 2 Tbsp extra-virgin olive oil
- ½ small onion, thinly sliced (red, white, or yellow)
- 2 Tbsp capers or caper berries
- Salt and white pepper, to taste

Method

Arrange the ham on a platter. Scatter the tomatoes and sliced onion over top, followed by the capers. Whisk the vinegar, olive oil, salt, and white pepper together. Spoon the dressing lightly over the salad — just enough to dress, not drown. Serve at once. A great variation would be to add Parmesan or Pecorino cheese shavings on top.

Colatura di Alici (Anchovy Extract)

Colatura di Alici is a traditional anchovy extract from **Cetara**, a coastal town in Campania. It is produced by pressing salted anchovies in wooden baskets, collecting the resulting liquid, and aging it before bottling.

Often compared to Asian fish sauces, Colatura is **more delicate and less aggressively salty**, with a deep, balanced umami flavour.

Suggested uses:

- Toss a few drops with hot pasta, olive oil, garlic and chopped parsley
- Add sparingly to dressings, marinades, soups, or stews
- Season raw tuna or other sushi-grade fish for an Italian-style crudo with or without extra-virgin olive oil
- Enhance a Bloody Caesar or Bloody Mary with a few drops

Use sparingly — a little goes a long way.

Further reading:

- Gustiamo: Spaghetti with Colatura recipe.
<https://www.gustiamo.com/gustiblog/spaghetti-con-la-colatura/>