

# CASA BANDERA

A man with a beard and mustache, wearing a white button-down shirt, is smiling and holding a large white plate with a yellow rim. The plate features a decorative border of green leaves and yellow lemons. On the plate is a serving of pasta, likely farfalle, topped with a red sauce, cherry tomatoes, a fresh basil leaf, and a dollop of white cheese. The background is a rustic brick wall with green ivy vines climbing up it.

70  
EXCEPTIONAL  
RECIPES

FOUR SEASONS OF  
ITALIAN FLAVOURS

VOLUME I

## FOR LOVERS OF ITALIAN CUISINE

Welcome to the enchanting world of Italian gastronomy! This eBook, **“FOUR SEASONS OF ITALIAN FLAVOURS, VOLUME I”** is much more than just a selection of recipes. It's the fruit of my passionate travels through the remote villages of Italy, from the north to the south of the boot. Having lived in Bologna, the gastronomic capital of Italy, I was able to deepen my culinary knowledge and immerse myself in a rich and tasty culture. Each recipe has been carefully selected and personalized by me, reflecting the culinary riches discovered through my encounters with local artisans and families.

In these pages, you'll discover unique and authentic specialties, most of which you won't find in any other cookbook or even in a restaurant. Whether you're looking for my special recipes, real carbonara or other Italian dishes unjustly ignored by the general public, each preparation is an invitation to a gustatory journey through Italy.

But that's not all! You'll also discover menu ideas and tips from an Italian chef for a successful dinner party. Whether you want to surprise your guests, prepare a romantic dinner or simply share a generous meal with your family, my recipes are within everyone's reach, with difficulty levels ranging from 1 to 5. Get ready to embark on a unique culinary adventure, where tradition and creativity meet to offer you the very best of Italian gastronomy. Buon appetito !

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**ITALIAN CUISINE GLOSSARY**

**THANKS**

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## SOME RECOMMENDED KITCHEN UTENSILS

- **Scales**
- **Kitchen knives**
- **Skimmer**
- **Food film**
- **Stainless steel whisk**
- **Grill pan**
- **Ladle**
- **Fresh pasta machine**
- **Mandoline**
- **Mixer or blender**
- **Mortar and pestle**
- **Rum babà mould**
- **Springform cake tin**
- **Ravioli moulds**
- **Pie moulds**
- **Baking paper**
- **Pasta strainer**
- **Kitchen brush**
- **Serving tongs**
- **Wooden cutting board**
- **Gnocchi board**
- **Baking dish**
- **Garlic press**

- **C**heese grater
- **R**olling pin
- **V**errines



## ANTIPASTI

### ARANCINI WITH PISTACHIOS



**ORIGIN?** Arancini are typical Sicilian fried rice dumplings, named for their orange-like shape and color. Each region of Sicily has its own

variation, and today arancini are a popular dish, often eaten as street food or at festive meals.

Let yourself be tempted by arancini with pistachio: an explosion of creamy, crunchy flavors, where carnaroli rice meets the richness of pistachios, all coated in a golden breading. A Sicilian delight revisited to awaken your taste buds!

	
<p><b>Difficulty</b> 3/5</p> <p><b>Moderate cost</b></p> <p><b>Preparation time</b> 1 h</p> <p><b>Resting time</b> 20 minutes</p> <p><b>Cooking time</b> 1 h</p> <p><b>Gluten</b></p>	<p><b>Serves</b> 6</p> <p><b>Calories</b> 1700 kcal</p> <p><b>Utensils</b> scales, pans, tray, cling film, bowl, knife, chopping board, whisk, kitchen thermometer, skimmer, colander, paper towel</p> <p><b>Seasons</b> all year round</p>
	

### **Risotto for 12 arancini**

**Saffron powder** 1 scoop

**Parmesan cheese** 65 g

**Rice** (arborio or carnaroli) 300 g

**White wine** 50 g

**Shallot** 50 g

**Vegetable stock** 800 mL

**Extra-virgin olive oil** 30 g

**Salt and pepper**

### **Topping**

**Butter** 15 g

**Whole milk** 150 g

**Nutmeg**

**Caciocavallo** 55 g

**00 flour** (or equivalent) 15 g

**Plain chopped pistachios** 30 g

**Salt**

### **Coating and frying**

**Breadcrumbs** 200 g

**Sunflower oil** (frying) 1 L

**00 flour** (or equivalent) 130 g

**Water** 195 g

Pistachio flour 10 g

Salt

1 Start by heating the vegetable stock in a saucepan, reserving 50 mL to dissolve the saffron later. Sauté the finely chopped shallot in the olive oil over low heat for 5 to 6 minutes. When translucent, add the rice and sauté until lightly browned.



2 Pour in the white wine, let it evaporate, then add the hot stock, one ladle at a time. Stir regularly to prevent the risotto from sticking to the pan, and cook for 18 to 20 minutes, depending on the type of rice. Add salt and pepper to taste.



3 Mix the saffron dissolved in the hot stock with the rice. Then add the grated Parmesan, stir and turn off the heat. Spread the risotto out on a tray to cool to room temperature, then place in the fridge to chill completely.



4 Heat the milk with a little salt and grated nutmeg in a saucepan. In another saucepan, melt the butter, add the flour and mix quickly. Gradually add the hot milk and continue mixing until you obtain a smooth, thick béchamel sauce. Leave to cool in a bowl, covering the béchamel with cling film.

5 Once the risotto and béchamel have cooled, cut the caciocavallo into small cubes. Lightly oil your hands, then take about 75 g of risotto,

spread it in your hand, then add a little béchamel sauce, pistachio kernels and a cube of caciocavallo. Gently close the rice around the filling and shape into a compact rice ball. Repeat for approximately 12 arancini.

6 Mix flour, water and a pinch of salt in a bowl to form a smooth dough.

7 Heat the sunflower oil to around 170°C in a large saucepan or deep fryer. Use a kitchen thermometer to check the oil temperature.

8 Dip each arancini in the batter, then roll them in the breadcrumbs. Once the oil is hot, dip the arancini, one by one, into the hot oil using a skimmer. Don't overload the pan to prevent the oil temperature from dropping. Fry the arancini until golden brown and crispy.

9 Use a skimmer to remove the arancini from the oil and place them on a dish lined with kitchen paper. Sprinkle with pistachio flour and serve immediately, still warm and crispy.

**To accompany your pistachio arancini, I recommend a fresh, fragrant Italian white wine, such as Greco di Tufo. This wine from the Campania region, with its fresh fruit aromas and lovely acidity, will perfectly complement the creamy richness of the risotto and the subtle flavor of the pistachio.**





*Buon appetito!*

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