

# CASA BANDERA

WOW YOUR GUESTS WITHOUT SPENDING HOURS IN THE KITCHEN

OUR 70  
WOW  
RECIPES!  
NO CHEF  
NEEDED



*Our Secret Italian Flavours*

FROM OUR FAMILY, STRAIGHT TO YOURS  
10K+ FOODIES ALREADY HOOKED. YOU?

## *Cook La Dolce Vita, Made Simple*

**Tired of always cooking the same dishes? No time? Stressed in the kitchen? Not a chef?** I've been there too.

**Wanna wow your guests with effortless Italian flair?** Good news — this book's for you!

I'm Vale', 34 years old, living in Annecy, France — the "Venice of the Alps" — with my family.

It all started in my **Nonna's** kitchen, where every dish told a story and every gesture was an act of love. That's where I learned real Italian cooking — at home, with a beating heart, floury hands, and lots of love.





With Mae and our little Rose, we dreamed up **Casa Bandera** as an open home — warm, authentic, and full of life.

A place where cooking isn't a job, but a **celebration of the *Dolce Vita***.

Today, we're opening our doors so you too can **wow your guests — no chef's diploma needed** — with our **secret family recipes passed down lovingly through three generations**.

Here's what you'll find inside:

- **70 secret family recipes** inspired by my Nonna, our travels, and our discoveries.
- **Complete Italian menus** to shine at the table without spending all day in the kitchen.
- **Clear difficulty levels (1 to 5)** so even a beginner can become unforgettable.
- **Perfect food & wine pairings** to elevate every dish with elegance.
- **Simple, accessible ingredients** for authentic, healthy Italian cooking.
- **Mouthwatering photos:** step-by-step visuals, and clever tips for picture-perfect plates.
- **Cultural immersion:** stories, traditions, and Italian secrets for your own *Dolce Vita*.

Each recipe is an invitation to share, to pass on, and to amaze.

Whether you're making a true carbonara, a romantic dinner, or a big family feast, you'll find all the inspiration you need to turn every meal into an unforgettable moment.

**Discover how to shine in the kitchen — with Italian class — and wow your guests with Casa Bandera!**







# Menu of Our Secret Family Flavours

*Click on the recipe or chapter of your choice*

## **COOK LA DOLCE VITA, MADE SIMPLE**

### **MENU OF OUR SECRET FAMILY FLAVOURS**

#### **OUR UTENSILS**

#### **OUR ANTIPASTI**

[Arancini with Pistachios](#)

[Bruschetta Mille Colori](#)

[Breaded Burrata](#)

[Salted Cornetti](#)

[Stuffed Figs](#)

[Crunchy Frittelle](#)

[Mussels au Gratin](#)

[Panna Cotta with Sun-Dried Tomatoes](#)

[Fried Panzerotti](#)

[Eggplant Pizzette](#)

[Tuscan Salad](#)

[Eggplant Spaghetti](#)

[Polenta Toast](#)

[Cheese Tartufini](#)

[Forest Velouté](#)

[Vitello Tonnato](#)

#### **ALL ABOUT PASTA**

[The Best Pasta Brands](#)

[How to Choose Your Pasta?](#)

[Our Golden Rules](#)

#### **OUR FRESH PASTA AND GNOCCHI WITH EGGS**

[Gnocchi](#)

Pici

Ravioli

Tagliatelle, Pappardelle, Lasagne with Lemon

## OUR GNOCCHI

Gnocchi with Morels

Gnocchi alla Parmigiana

Gnocchi with Arugula Pesto and 'Nduja

Gnocchi alla Sorrentina

## OUR PASTA

Bucatini all' Amatriciana

Casarecce with Neapolitan Ragù

Spring Conchiglioni

Sunshine Fettucce

Lemon Lasagne with Ragù and 'Nduja

Mafalde with Tartufo

Forest Mafaldine

Orecchiette alla Positanese

Orecchiette Verdi

Paccherotti alla Norma

Amalfi Pappardelle

Pici alla Luciana

Ravioli with Wild Boar Ragù Bianco

Winter Ravioli

Spaghetti all' Assassina

Spaghetti alla Carbonara

Spaghetti alle Vongole

Gorgonzola Tagliatelle

Tagliatelle with Lemon Pesto

Tortiglioni with Pistachios Pesto

Trofie with Pesto Verde Genovese



Trofiette with Pesto Trapanese

## OUR RISOTTO

Risotto d'Autunno

Forest Risotto

Risotto with Porcini Mushrooms

Seafood Risotto

Risotto alla Milanese and Ossobuco

Risotto della Primavera

## OUR SECONDI PIATTI

Eggplant Parmigiana

Fillet of Sea Bream en Papillote

Italian Stuffed Peppers

Polpette and Parmesan Polenta Fries

Chicken alla Cacciatora

Octopus alla Luciana

Saltimbocca alla Romana

Italian-Style Salmon

Wild Boar Spezzatino with Porcini Mushrooms and Polenta

Beef Tagliata

## OUR DOLCI

Affogato

Rum Babà

Chocolate and Hazelnut Baci

Baked Nutella Cheesecake

Sicilian Cheesecake

Creamy Italian Lemon

Tuscan Panna Cotta

Gourmet Risotto

Strazzate of Matera

Nonna's Blueberry Tart

Tiramisù with Amaretto

ITALIAN CUISINE GLOSSARY

THANKS

JOIN US

COPYRIGHT NOTICE

LIMITATION OF LIABILITY





## *Spaghetti alla Carbonara*



*Anecdotes* Specialty of Rome, in the Lazio region. Carbonara is said to take its name from the charcoal workers of the Apennines, the “carbonari,” who cooked this quick, hearty dish with whatever they had on hand. Here’s the version passed down by my Nonna: creamy, generous, true spaghetti alla carbonara, with no cream and no bacon. Mae loves it! And Rose is already eyeing it.



**Difficulty** 3/5  
**Moderate cost**  
**Preparation time** 15 minutes  
**Cooking time** 15 minutes  
**Gluten**

**Serves** 2  
**Calories** 1 200 kcal  
**Utensils** scales, saucepan, frying pan, whisk, salad bowl, cutting board, cheese grater, knife, ladle, serving tongs, colander, skimmer  
**Seasons** autumn, winter



**Spaghetti** 250 g  
**Guanciale** 200 g  
**Pecorino romano** 50 g  
**Egg yolks** 5  
**Black pepper**  
**Salt**





**1** Cut the guanciale into strips after removing the tough outer rind.

Grate the pecorino romano. Separate the egg yolks and place them in a salad bowl. Add the grated pecorino, pepper, and whisk until smooth and creamy.

**2** Heat a skillet over medium heat. Add the guanciale and cook it until it is lightly golden and crispy. Be careful not to overcook it, as this would make the guanciale bitter. Once the guanciale is cooked, pour its warm rendered fat into the bowl containing the egg yolk mixture. Use a slotted spoon to strain out the pieces of guanciale. Mix well.

**3** Bring a large pot of water to a boil. Salt it, then add the spaghetti. Cook until al dente. Ladle some warm pasta cooking water into the bowl containing the egg yolk mixture. Mix well.

**4** Add the drained spaghetti to the bowl, add half of the guanciale, and toss everything together.

**5** Once the pasta is well coated in the sauce, serve immediately in warm deep plates, twirling the spaghetti with serving tongs and a large

ladle. Generously sprinkle with pecorino, guanciale, and freshly ground black pepper.



*A glass of dry white wine, such as a Pinot Grigio or Sauvignon Blanc, is the perfect accompaniment to the creamy, salty flavours of carbonara.*

*Buon Appetito !*

[Back to contents](#)



## Join Us

- Find our cookbook on [www.casa-bandera.com](http://www.casa-bandera.com)
- Discover our story at [www.casa-bandera.com](http://www.casa-bandera.com)
- Follow us on Instagram @casa\_bandera
- Contact us [contact@casa-bandera.com](mailto:contact@casa-bandera.com)



[Back to contents](#)

**DISCOVER OUR EASY ITALIAN MENUS THAT  
WILL MAKE YOU SHINE AT THE TABLE**

**THIS MEAL IS APPROACHING AND YOU HAVE  
NO ORIGINAL IDEAS? DON'T WORRY: BECOME  
UNFORGETTABLE IMMEDIATELY, WITHOUT  
BEING A CHEF AND WITHOUT SPENDING ALL  
DAY IN THE KITCHEN!**

**I'M VALE', 34, AND TOGETHER WITH MY WIFE  
MAE AND OUR LITTLE ROSE (20 MONTHS), WE  
SHARE THE CULINARY HERITAGE OF OUR  
NONNA. AFTER LIVING IN BOLOGNA, ITALY'S  
GASTRONOMIC CAPITAL, AND TRAVELING  
ACROSS THE COUNTRY, WE CREATED CASA  
BANDERA SO YOU CAN, EVEN WITHOUT BEING  
A CHEF, DELIGHT YOUR LOVED ONES WITH  
TRADITIONAL, SIMPLE, AND ELEGANT ITALIAN  
RECIPES.**

*Valentin Bandera*

**CASA BANDERA**