

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

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CASA BANDERA

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ITALIAN CUISINE GLOSSARY

THANKS

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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 !

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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.

A handwritten signature in cursive script, reading "Valentino Bandera". The signature is fluid and elegant, with "Valentino" on the left and "Bandera" on the right, connected by a flourish.

CASA BANDERA