




# *A Week in Italy*

*Una Settimana in Italia*

**By Frank Cassara**



*A basic guide to Italian-style cooking including menus for seven delicious meals*



Frank (Franco) Cassara was born in 1950 in Brooklyn, N.Y. After graduating in 1971 from Springfield College, Mass., he lived in various places on Eastern Long Island before moving to Annapolis, Md., in 1994.

After a 27-year career with a major pharmaceutical company, he retired in 2005. He now resides on Seabrook Island, S.C. (near Charleston) with his wife, Linda. His passion for good food and cooking is a result of his Italian heritage and his extensive travels to Italy and other European countries.