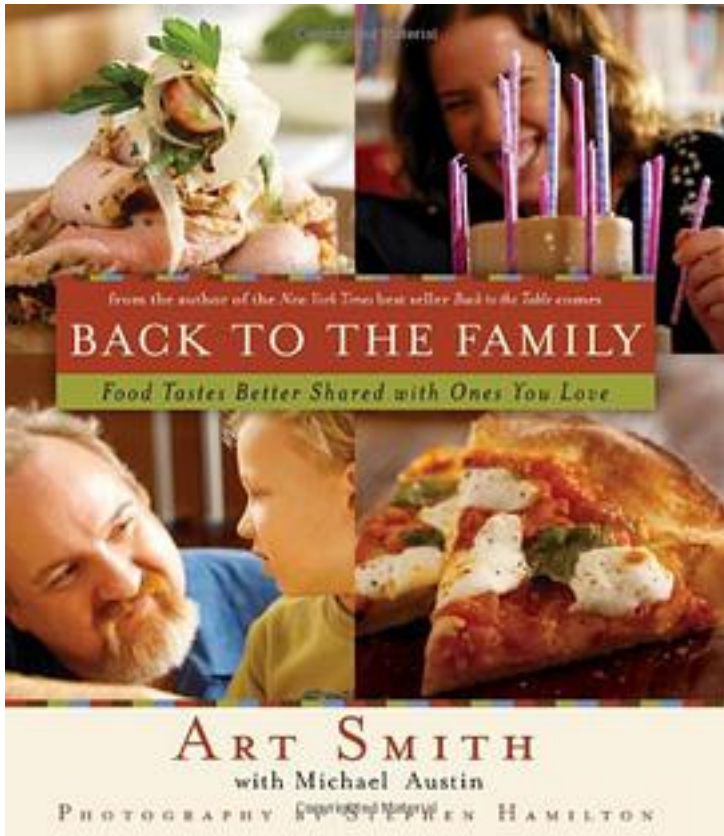


Back to the Family



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"Back to the Family" is a companion to Art Smith's "New York Times" bestseller and James Beard award-winning cookbook, "Back to the Table." Smith is the personal chef to Oprah Winfrey and a contributing editor to "O Magazine." This book encourages readers to better understand the importance of valuing the ones you love through cooking and communing with food. Most importantly "Back to the Family" stresses the importance of recognizing old food traditions (family recipes, meals, memories, etc.)

and the equal importance of creating new and healthier food traditions. More than 150 recipes and more than 140 photographs provide a wonderful evocative eating and reading experience.

作者介绍:

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