

# Barbarians at the Plate



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<p>A wry and practical guide to the family meal. <br />

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Veteran food writer and columnist Marialisa Calta offers advice, strategies, and recipes from families across the country, addressing the peculiar challenges and delights of enjoying dinner as a family. <br />

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Part cookbook, part survival manual, part humor book, part voyeuristic peek into our

neighbors' kitchens, *Barbarians at the Plate* is a field guide to an all-too-endangered species these days: the family meal.

*Barbarians at the Plate* covers:

- Last-minute meals
- Slow-cookers and other effort-saving appliances
- Barbecuing
- Making the most of leftovers
- Accommodating picky eaters
- Creating mealtime traditions
- Getting everyone to participate in cooking and clean-up
- Insights into the ways families survive and thrive around the dinner table

作者介绍:

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