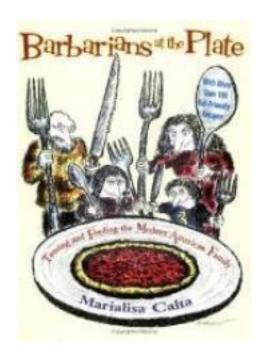
## Barbarians at the Plate



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

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

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