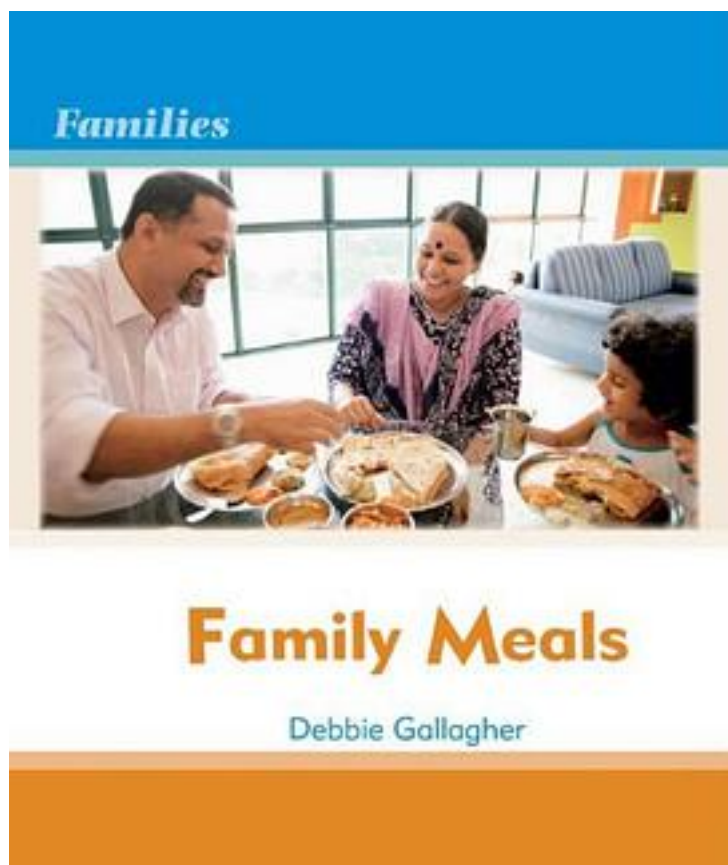


# Family Meals



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For Maria Helm Sinskey--author, award-winning chef, and mother--one of the best ways to spend time with family and friends is to gather in the kitchen to cook. Whether tossing a salad of lettuces fresh from the garden, or filling the house with the scent of Banana-Brown Sugar Muffins and hearty Braised Beef Stew, Maria and her family show you how effortless it is to have fun in the kitchen. Filled with delicious, easy to prepare,

made-from-scratch recipes such as Fresh Rosemary Focaccia, Corn Fritters with Lime, Chicken-Coconut Curry, and Baked Butterscotch Pudding, Family Meals is written for people of all ages. Maria's experience with her own children and those of friends and family prove that when kids help select ingredients and join in the fun of meal preparation, they're more eager to eat what they've cooked, and revel in their culinary triumphs at the table.

作者介绍:

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