

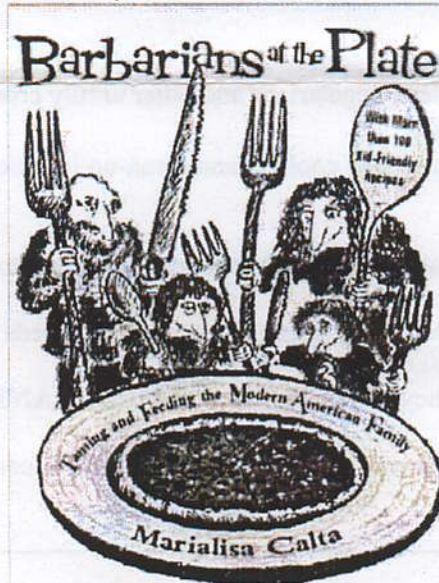
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NEWS

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A funny, savvy cookbook to help civilize the wild beasts in
any home, one meal at a time...



BARBARIANS AT THE PLATE: *Taming and Feeding the Modern American Family* by Marialisa Calta

Who has time to eat dinner together? Columnist Marialisa Calta set out to answer the question, crisscrossing the country to find out how families face the challenges of making and eating dinner together. What she found on her travels is as varied, ingenious and entertaining as the American family itself. Part cookbook, part survival manual, and part voyeuristic peek into our neighbors' kitchens, **BARBARIANS AT THE PLATE: *Taming and Feeding the Modern American***

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Family (Perigee Trade Paperback; June 2005; \$17.95), by Marialisa Calta, is a smart, funny and practical field guide to the endangered species known as the family meal.

In **BARBARIANS AT THE PLATE**, Calta has collected the strategies, traditions, tips, recipes, and advice she gleaned sitting at America's dinner tables. With over 100 simple, family-friendly recipes, time and effort-saving ideas, and colorful dinnertime vignettes from families around the country, the book covers topics including:

- Last-minute meals
- Making the most of leftovers
- Accommodating picky eaters, vegetarians and other unruly creatures
- Creating mealtime traditions
- Getting everyone to participate in cooking and clean-up (ie, tricking them into helping)

Dinnertime is a time-honored ritual of family life, but one that seems to be getting lost in the rush of soccer practice, after-school tutoring, spinning classes and hundreds of cable stations. As *The Girlfriends' Guide* did for pregnancy and motherhood, **BARBARIANS AT THE PLATE** offers a lifeline, family-tested solutions, humor and attitude and a sense of community.

ABOUT THE AUTHOR:

Marialisa Calta is a syndicated food writer whose column, "Food," appears in one-hundred newspapers around the country. Her articles on food, travel, and lifestyles have appeared in *New York Times*, *Gourmet*, *Wall Street Journal*, *Food & Wine*, and *Woman's Day*. She is a co-author of *The River Run Cookbook* (with Jimmy and Maya Kennedy), and helped create the recipes for *Al Roker's Big Bad Book of BBQ: 100 Easy Recipes for Backyard Barbecue* by Al Roker. She lives in Calais, Vermont, with her husband and her two mostly civilized daughters.

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