



My Family Feast

Sean Connolly

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My Family Feast is a loving celebration of food, family and the stories of life. Each chapter invites you inside a family home for a meal that is being prepared to celebrate a special occasion. The vegetables are chopped, the spices are stirred and the meat is on slow roast. It's time to pour a glass of wine and exchange stories as we enjoy a fabulous family feast with ingredients that have been lovingly passed from generation to generation. The families we meet are from all around the globe - Cuba, China, Italy, Afghanistan and many others. Sharing a meal with someone else's family is still one of the most intimate and insightful experiences that we have available to us in the modern age. It's through grandmothers, grandfathers, aunts and uncles that people pass down their recipes and traditions. We discover the part that each recipe plays in celebrating and maintaining their rich cultural traditions.

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