

# If it pans out, men will do the cooking

**J**UST a quick survey – when did the man in your life last cook you dinner? If the answer is 1987 or never, help is at hand.

Forget Jamie Oliver, *The Man That Can* is the new men's cookbook designed to get boyfriends, husbands, fathers and sons off the sofa and into the kitchen.

The book has been compiled by food lover David Ereira and four male friends and is billed as a selection of recipes by men, for them to cook for their women.

"Nowadays lots of women work – yet most still feel it's their job to cook dinner. It's time men shared the responsibility for this but many don't know where to start," says 42-year-old Ereira, who lives in Hampstead Garden Suburb with his wife – also a keen cook – and three children.

It's clearly a book aimed at blokes. Easy-to-follow recipes in sections such as *Breakfast In Bed*, *A Quickie For Lunch*, *An Afternoon Nibble* and *Late Night Love* are, hopes Ereira, enough to inspire even the most novice of chefs to try their hand with a wok, whisk or wooden spoon.

"Recipes tend to get handed down from mothers to daughters but most men have never been taught how to cook. Putting together a tasty, balanced meal isn't difficult – they just need the confidence to have a go," he says.

The 85 dishes, many of them beautifully illustrated, are classified according to their level of difficulty with one chef's hat denoting the simplest and five the most ambitious.

Ereira emphasises that most are suitable for beginners and, barring a few celebrity contributions such as Jean Christophe Novelli's pomegranate rice pudding and PR guru Max Clifford's penne with tomato sauce, all recipes have been tried

**Beatrix Clark** meets a husband who is so happy to be in the kitchen that he has written a book telling others how easy preparing meals can be

and tested by ordinary people.

He's made sure there are dishes to cater for all tastes, ranging from the traditional like sausages and mash to the more exotic such as Asian ginger cod.

Dessert lovers are likely to be tempted by treats such as white chocolate cardamon mousse and prune and armagnac ice cream, and there's even a section on how to make your favourite cocktails.

Ereira's day job is in commercial property and cooking has been a hobby since childhood.

"I've always been fascinated by flavours and love the fact that ingredients which were once considered rare are now commonplace," he says.

The book costs £20 with all proceeds going to children's charity Norwood.

Ereira, Norwood's deputy chairman, says that if the book is a success it could be the first of many. Clearly, he is a man that can.

Copies are available from [www.themanthatcan.org.uk](http://www.themanthatcan.org.uk) or call 020-8420 6823.



David Ereira with his new book.