



# The Gourmet Dad: Easy and Delicious Meals the Whole Family Will Love

*Dean McDermott*

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Making dinner for the family means catering to various tastes and preferences—not an easy task. After getting the kids dressed and off to school, going to work, running errands, making sure everyone gets to their soccer game/playdate/piano practice on time, the last thing you need is to make five different meals at dinnertime because one child only eats mac and cheese, the other only likes chicken nuggets, and the little one only butter noodles.

As the father of five, Dean McDermott is an expert at knowing what kids do and do not like to eat. And as a professionally trained chef, there is not a grown-up dish out there that he can't make kid-friendly. Now Dean's sharing all his secrets.

THE GOURMET DAD contains 100 easy-to-make and delicious recipes: a gourmet meal for the grown-ups and—with a few omissions, adjustments, tips, and tricks—one for the kids, too. You will finally be able to spend less time in the kitchen and more time with your family.

Along the way you'll learn not to be afraid of your kitchen, how to be creative with food, and you'll expose your kids to new flavors and develop their palates beyond the norm. Dean's recipes welcome flavorful and nutritious ingredients that kids will actually like so that you can get out of the chicken nuggets and butter noodles rut forever!



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