



For Immediate Release

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Cooking and cleaning advice for the “domestically-challenged”

Give a man a fish and he eats today. Teach a man to fish and he can feed himself for the rest of his life.

It’s arguable that no one feels this saying more keenly than someone who suddenly has to cook for his family – whether it’s a newly divorced dad or a husband whose wife is away for the weekend. Making dinner for yourself can be as simple as you want; making dinner for children who need proper nutrition is another matter. The easy decisions a competent cook makes every day can cause great anxiety in someone who is suddenly responsible for all the meals.

Peter Wright, a single father with joint custody of his two boys for more than 7 years, had to face many such decisions. He wishes he had paid more attention to how his mother made tasty, nutritious meals – magically, it seemed – every single day. Peter became determined to learn to cook the meals he grew up with. There were many panic calls to Mom with questions like:



Taylor, Peter and Spencer

- How do you prepare a chicken for roasting?
- How can you tell when things are cooked?
- How can you tell when things are bad and shouldn’t be eaten?
- How long can leftovers stay in the fridge?

It’s very stressful trying to be good at something you haven’t been taught. These experiences led him to write **Cook Like a Mother! Clean Like a Pro! The Single Dad’s Guide to Cooking and Cleaning**. Now, anyone who’s suddenly in charge of Domestic Duties can get a running start without the steep learning curve. Peter offers down-to-earth advice on:

- How to stock a kitchen for maximum flexibility
- What kitchen gadgets to get – and avoid
- Cooking tips to help anyone “cook like a mother”
- Professional food handling tips, cooking temperatures
- Desserts that are easy to make and kid favorites
- Products and approaches that speed up the clean up

The Cook Like a Mother Directive: avoid asking girlfriends or wives—existing, ex, or upcoming, any questions about how to prepare the meal we’re cooking. This is our chance to prove we’re capable.

Recipes in **Cook Like a Mother!** are written for people doing something for the first time: **What You’ll Need** details all the ingredients and **What You’ll Do** details what, and in what order, you have to do – for taste and health. There are many “gems” or tips that can turn an ordinary meal into a Mom-like meal, and they’re all expressed in an easy-to-follow, light-hearted fashion. “As a card-carrying cooking non-keener, the book is written the way I’d want things explained to me,” explains Wright, “with sports and tool analogies throughout. I think the trick to getting good at something is to not take yourself too seriously in the beginning.”

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Wright adds, “For me, the biggest mistake, aside from undercooking fish or chicken, is waiting for someone else to make you a good meal.” Peter’s recipes are homey, not gourmet: “My aim was to somehow make simple meals taste better, be more comforting, make them taste like my mom’s meals.” Recipes include Tuna Casserole, Shepherd’s Pie, Hamburger Heaven—meals a lot of us grew up with. His tips are simple but welcome for the beginner cook. (*What’s the one thing to do if you want amazing tasting vegetables? Steam them and add a teaspoon of soup stock to the water—and don’t overcook them! Want to eliminate cooking stress? Buy a timer. What’s the number one cause of “stomach flu” for kids every summer? Under-cooked hamburgers.*)

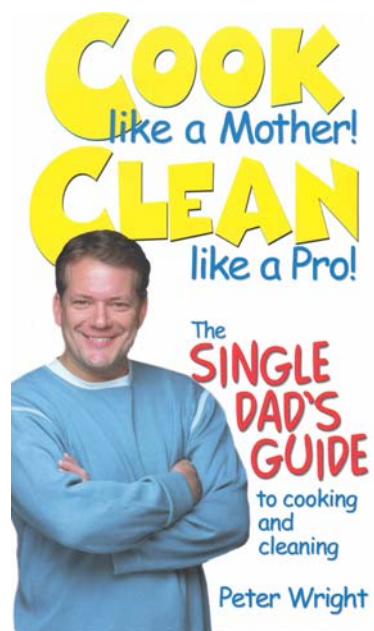
As cleaning can also cause anxiety, Wright’s book includes cleaning tips heavily geared towards someone who may never have been properly introduced to the cleaning closet. He evaluates cleaning supplies in the same manner as kitchen gadgets: what’s essential, what works well, etc. In the chapter Stuff to Clean It Up With, you’ll find “The Practice Day/Game Day” approach to cleaning that speaks directly to any real-life Tim the Toolman.

For the times a home-cooked meal can mean so much – from husbands wishing to make their wives a special dinner, dads stepping up because their wives are working late or out of town, a university student wishing for an easy homemade meal, to a single dad who knows his kids are tired of the same old meals and tripping over the laundry, they’ll find encouragement and the tactical know-how in **Cook Like a Mother!**

Clean Like a Pro!

Stuff to Clean it Up With

We’re after the easiest and the best: the easiest way to get a job done, the fastest and the best way of doing it. The Clean Like a Pro! Cleaning Credo: Do it quick, get it done, get back outside. Every single one of the products I recommend offers a time or step-saving component. Here’s the Stuff that will help you clean up the kitchen, the bathroom, and everywhere you find cobwebs and dust. There’s nothing wrong with a casual approach to cleaning—as long as you want to stay single.



Cook Like a Mother! Clean Like a Pro!

The Single Dad’s Guide to Cooking and Cleaning

by Peter Wright

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Available nationwide through all major wholesalers, online bookstores and www.cooklikeamother.com, or by calling 866-485-5556.

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