

MY KID EATS EVERYTHING



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Mitt barn äter allt

Christian Daun & Niklas Ekstedt

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Even parents who are interested in cuisine are unenthusiastic about cooking for their children. And it's not so strange. Yet another mealtime consisting of "kids' favourites" such as sausages, french fries, pancakes, meatballs or hamburgers. In the best case scenario to be consumed by the offspring without so much as a 'thank you'. The reward of the slaving parent in the kitchen often consists of a cold macaroni getting stuck on their sock. In many homes meals consumed in the company of the children are the reverse of a pleasant occasion.

And it gets no easier if one splashes out and heads out to the restaurant. The children get their toy catalogue of a menu, while the parents gulp down a dry martini to help them put up with all the judgemental stares – "what are those monsters doing at a restaurant?". After the children have finished with the table cloth, with the crayons that the waiters have so generously supplied, the food arrives - soon to be drowned in a biblical flood of ketchup.

Yummy.

How did this happy-mealification of children's food come about? And can anything be done about it? The writers of this cookery book are convinced of it. One is a chef with a Michelin star, the other is a journalist with a passion for food. Both are dads with the responsibility for family meals – and both are sick to death of kids' food. We have decided to get to grips with the kids' food nightmare, they say. When, where and how did the difference come about between children's and adult eating? And above all: what can we do to break down this boundary? With entertaining reports and practical recipes the reader is invited to take part in one of the most urgent culinary battles of our age, a final reckoning with kids' food.

Bon appetite, hopefully.



About the authors

Christian Daun is a journalist with a passion for food. In 2015 he wrote a celebrated report on his child food anxieties for the periodical *Hunger*.

Niklas Ekstedt is one of Sweden's best-known chefs and runs several restaurants of which one – Ekstedt – has for several years had a star in the Michelin guide. He has co-written several books, among them the cookbook *Den blå maten* which he wrote with Henrik Ennart.

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