



Help make the kitchen dad's man cave this Father's Day



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Le Creuset Salt and Pepper Mills: Beautiful combination of modern technology and classic form, and they come in a great selection of colours. Priced at \$80 for the pair (\$40 each). lecreuset.ca.

With Father's Day looming up fast and furious, one's thoughts may turn to what to get Dad for his Man cave, that legendary spot in the home that's crammed with all sorts of manly toys, like shiny tools, miniature cars and perhaps a beer fridge and cigar stash.

But lately, this personal guy space has moved and, where once the basement or garage was the sacred domain of the man of the house - well, now, it's the kitchen.

"The 20th century stereotypes of the nuclear family, with Mr. Man at work and his wife living out of the kitchen are long gone," notes Kagan Pittman in a recent article on lchill.ca titled **Making Your Kitchen A Man Cave**. "In fact, according to recent Navicom research, 85% of men say they are doing more cooking than they did five years ago."

The increase in men who love to cook isn't new, but the numbers have been climbing - and we suspect the influx of competitive cooking shows on national

food channels may have fueled the passion.

"Certainly Food Network and other food-related shows have successfully reached this value-rich niche market," notes Claudio DeMarch, sales manager for Molisana Imports, a national food supplier for grocery stores and supermarkets across Canada, and who has witnessed the shift towards male-dominated kitchens in his 35-plus years in the food supply business.

"Kitchens used to be our mother's domain but throughout the years they've become a sanctuary for men - it's where we go to relax. Also - more men are doing the grocery shopping, taking cooking classes and generally becoming immersed in the love of cooking," which may explain men's passion for the latest kitchen gadgets and gizmos.

With these thoughts in mind - what do you think your dad would like for his Kitchen Cave this coming Father's Day? How about the suggestions above.