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# Menu is fit for mentors

BLACKTOWN women Mychelle Vanderburg and Cindy Steel have contributed to the *Cooked With Love, Recipes My Mother Taught Me* cookbook to raise funds for teenage girls at risk of abuse.

The two ladies blew the dust off their cookbooks to produce recipes passed down by their mothers.

Steel described the joy of honouring her mother's Dutch apple tart recipe.

"I remember as a little girl helping mum in the kitchen either grating the apples or sprinkling flour on the board to help make the dough," she said.

Vanderburg contributed her mother's black forest cheese cake recipe.

"It especially brings back fond memories of Christmas celebrations, where every year it's always presented at the end of dinner," she said.

Funds from the book will go toward the Life Changing Experiences Foundation's Sister2sister program which helps teenage girls at risk of abuse and or neglect.

The program supplies these young girls with a big sister role model who mentors them over a 12-month period.