



**Hills News**  
**Tuesday 26/04/2011**  
 Page: 10  
 Section: General News  
 Region: Sydney, AU  
 Circulation: 55707  
 Type: Suburban  
 Size: 203.93 sq.cms.



press clip



**Recipe of love:** Natalie Moutia (right) and her mum Suzon preparing one of her family's favourite "comfort food" dishes, a Mauritian chicken curry. **Picture: Mike Sea**

# Love comes by the dishful

By **Flora Cauchi**

BEAUMONT Hills resident Natalie Moutia is among 100 contributors who are sharing their favourite recipes in a new cookbook, *Cooked With Love – Recipes My Mother Taught Me*.

The Life Changing Experiences Foundation created the book to raise funds for its SISTER2sister mentoring program for struggling teenage girls.

In the cookbook, contribut-

ors such as presenters Bessie Bardot and Bianca Dye share their mothers' secret recipes and the stories and memories behind them.

Ms Moutia, co-founder of Success Women's Network, jumped at the opportunity to support the charity and surprise her mother Suzon.

"I wanted to do it as a surprise for Mother's Day but in the end I had to ask her for the recipe because I couldn't remember it exactly," she said. "Her Mauritian chicken

curry recipe is a tradition in our house. I remember Mum used to cook this simple and authentic curry on a cold winter's night and served it with white fluffy rice. It's just yum."

■ **The book will be for sale at the Castle Hill Country Club on Monday, May 2 at a Mother's Day night market from 7pm. The night will honour the network's businesswomen who are mothers. It's also available at [lifechangingexperiences.org](http://lifechangingexperiences.org).**