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# Kitchen secrets a recipe for helping

LET'S face it, mum's cooking comes second to none.

Our childhood memories are steeped in memories of joyous occasions featuring our mother's cooking.

*Cooked With Love Recipes My Mother Taught Me* is a new cookbook celebrating our mother's culinary skills.

It brings together 100 contributors to share their mother's secret recipes and the wonderful stories and memories behind them, this cookbook is the ideal gift this Mother's Day.

It was the brainchild of Jessica Brown, chief executive officer of Life Changing Experiences Foundation and all proceeds will go directly to the SISTER2sister Program, an initiative of the foundation.

The SISTER2sister Program is a 12-month mentoring program aiding teenage girls to overcome circumstances beyond their control such as parental loss, domestic violence, sexual abuse and self harm.

Several of the country's top female celebrities have submitted recipes for the book including Kathryn Eisman, Bessie Bardot, Jacinta

Tynan, Cindy Pan, Amanda Cole, Bianca Dye and Melinda Hutchings.

Hills mum and Laing and Simmons general manager Leanne Pilkington also contributed.

"Whenever there is a family get together you can always rely on mum to bring a version of her pav along," Mrs Pilkington said.

"It's a recipe that wasn't so much passed down from my grandmother, rather one she 'stole'.

"Gran was the type to forget to include vital ingredients in recipes to ensure no-ones cooking was ever quite as good as hers.

"Mum was desperate to get her hands on the pavlova recipe and suggested to gran that dad (her only child) would love one for dessert one night when we were at her place. Mum then stuck her nose in the middle of the cooking and surreptitiously took notes."

Mrs Pilkington said the other remarkable thing about her mum's cooking was her inventive use of leftovers.

● ***Cooked With Love Recipes My Mother Taught Me* (\$25) is available at [www.lifechangingexperiences.org](http://www.lifechangingexperiences.org). All proceeds from the book will go directly to the SISTER2sister program.**



Leanne Pilkington and her mum.



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## Leanne Pilkington's pavlova recipe:

6 egg whites (at room temperature)  
180ml tablespoons castor sugar  
15ml cornflour  
15ml vinegar  
5ml vanilla

Turn oven on to 120C, cover oven tray with foil and mark out a circle (or whatever shape you want); a dinner plate is a good size for this amount of mixture.

Whip the egg whites until fluffy. Slowly add castor sugar, and beat until there is no sign of sugar grains.

Mix in cornflour, vinegar and vanilla.

Pile mixture on to tray, and even out the top. Cook for one hour, do not

open door. Turn off temperature and leave until completely cool (even overnight) without opening the door.

Whip cream, add a dessert spoonful of icing sugar and a teaspoon of vanilla.

Take pavlova from oven. Put serving platter on top of cooked pav and then invert the tray. Remove tray, peel off the foil. You now have a lovely soft even base to decorate with cream and fruit of your choice.

However, the favourite filling in our house is an added splash of Kahlua into the cream mixture and then decorated with grated and shaved chocolate.