



Byron Shire Echo

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COOK UP A STORM FOR PREMMIES

Cook up a storm in the kitchen and help Australia's premature babies get the best possible start in life. Charity initiative The One-Armed Cookbook contains a collection of easy and delicious recipes from celebrities, mums, dads, friends and family – specifically chosen for busy people wanting to create tasty food on the run.

All of the funds raised through the sale of the book (100% of the \$29.95 purchase price) will go towards helping Australia's premature babies get the best possible start in life, and at the same time help women become mothers of healthy babies. The money raised will be donated to Australia's largest Perinatal Research Centre (PRC) at the Royal Brisbane and Women's Hospital (RBWH) as part of the 2007 RBWH Research Foundation's Mother's Day Appeal.

Recipes donated by celebrities include international celebrity chef Gordon Ramsay's Hot Chocolate Fondant; Lorna Jane's Toasted Muesli; from national TV show Sunrise, Mel's Fruit Crumble and Kochie's Hello Dolly Squares; Channel Ten's Kim Watkin's Penne Carbonara; Channel Nine's Kerri-Anne Kennerley's Beef Wellington; Tim Horan's Spag Bol and Professor Paul Colditz's (Director of the Perinatal Research Centre at the RBWH) Watercress Soup, which was donated by Princess Diana to the Neonatal Unit at John Radcliffe Hospital in Oxford where the Professor was undertaking research in 1987. Over 150 people have given their time, talent or financial assistance to help produce the book.

The One-Armed Cookbook concept was created by three Brisbane mothers: Tara Castle, Sally Warren and Victoria Brown, who meet regularly as part of an informal mothers group and all share a passion for good food, family and friendship. The book includes recipes gathered from mums, dads, friends, family, chefs and celebrities from around the world.

Many of the mothers in the group were blessed to have had an incredible pregnancy and a very healthy birth at full term. However, a number of the mothers had a more challenging time and gave birth prematurely with some babies weighing just over 1 kg and having to spend over two months in hospital. These problems inspired the group to develop the Cookbook and help raise funds for the hospital that helped their friends.

Find out more about The One-Armed Cookbook at www.onearmedcookbook.com.