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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 *Cooked With Love – Recipes My Mother Taught Me*.

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

In the cookbook, contributors such as broadcasters Bessie Bardot and Bianca Dye share their mothers' secret recipes.

Ms Moutia, the 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. It's also available at lifechangingexperiences.org.