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Birmingham here for lunch and charity

Cooking with just four ingredients, is a top-selling concept for mother-of-three Rachael Birmingham, who is in Perth today to address the Australian Women's Network luncheon at the Bluewater Grill.

Birmingham, the name behind the popular 4 Ingredients cookbooks co-authored with business partner Kim McCosker, will also take part tomorrow in a pancake cookout for CanTeen at Burswood Park as part of National Bandanna Day to raise funds for young people with cancer.

The Queenslander is a natural, building on her people skills as a travel agent and hairdresser to promote her books, the latest, 4 Ingredients Fast, Fresh & Healthy in collaboration with Deepak Chopra, who wrote his

philosophy about food in the introduction.

"We put the recipes to that philosophy," says Birmingham, who just launched her own book distribution company. "Each book has sold in excess of 100,000 in a very short time.

"The first one we just wrote for Rachael and Kim to put food on the family table fast and we thought we'd sell 2000 to family and friends.

"The bottom line is that we're all busy, that's one thing we all have in common, but we all need to eat. The idea behind the books is to get people in the kitchen so you can control what's going into your body. Anyone can cook."

The pancake cookout will be at the Craig Street end of Burswood Park (where the movies are shown), from 8-9am.



Rachael Birmingham and family.