

EPICURE BOOKS

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Lunchbox

*By Helene
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Canavan
Cookbooks,
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freshlunchbox.
com*



The thought of mothers who get up early to cut dark rye bread into smiley faces and decorate it with olives for eyes, carrot noses and tomato smiles makes me want to stay in bed. So I steeled myself as I opened *Lunchbox*. Thankfully, there wasn't a smiley face or fairy house in sight. I called in the 11-year-old and had him to rate the 50 recipes — not one received a "no way" rating, there were lots of maybes and some surprising "yes" responses for rice paper rolls and omelets, which got me pretty excited. Author Helen Canavan asked Melbourne chefs Geoff Lindsay, Anthony Lui, Phillippe Mouchel, Patrice Repellin and Adrian Richardson to contribute recipes. The result will be sincerely appreciated by those looking for healthy, wholesome ideas that teach children to appreciate good food.

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