



## PRESS RELEASE



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### Authors

Kim McCosker & Rachael Bermingham

### ***'Mums cooking up a storm to help people save time & money in the kitchen'***

2 Aussie Mums are about to whip the UK into a culinary storm when they land on our shores armed with their incredible bestselling cookbook entitled 4 Ingredients which has become a ***phenomenon in Australia & New Zealand selling over 2 million copies since its release just 2 years ago!***

Driven by their desire to spend more time with their children, Rachael Bermingham and Kim McCosker, *two bright, energetic Mums and very busy Mothers set themselves on a mission to assemble a user friendly cookbook full of **quick, easy and delicious recipes all made with 4 or fewer ingredients that would save them time and money in the kitchen without compromising flavour.***



When the Mums coerced their husbands, children, friends, family, neighbours and anyone else they could grab to taste test over 340 recipes that they put together for their **fantastic cookbook '4 ingredients'** they didn't know in its first year it would be awarded the **Bestselling book of 2007 in Australia (second only to Harry Potter)**, OR that it would morph into a sequel 4 Ingredients 2 which in its 8 weeks on the shelf has sold over 450,000 copies OR that they would go onto be wooed by TV production companies vying to make a series based on their clever concept, OR that they would be launching their little self published book in the UK ... *But that's EXACTLY what has happened!!*



***'It's a practical 'everyday' cookbook with an extensive recipe selection using everyday ingredients and it saves you LOTS of time and money in the kitchen'*** said co-author Kim McCosker ex financial planner who joined forces with lifelong friend and motivational speaker Rachael Bermingham to write the book. 'From healthy breakfasts on the go and delicious lunch box treats , enticing entrees, flavoursome salads, 4 course dinner suggestions and mouth-watering desserts like our now famous 3 Ingredient fruit cake this book has something for everyone from any culinary background' Rachael said.

With Kim's idea and Rachael's marketing talent the dynamic duo have shocked the bookselling industry and every publisher in Australia. ***'4 Ingredients helps take the chore out of cooking and provides inspiration at 3 o'clock in the afternoon when you're thinking to yourself what am I going to cook for dinner tonight?'*** It's cooking made easy for busy people who still want to cook homemade recipes but without the fuss of buying 400 ingredients and spending hours in the kitchen putting it together' said Rachael.



You will be super surprised at what you can make using just ***4 Ingredients*** and if history repeats itself you will be further surprised at the enthusiasm these 2 down to earth Aussie Mums have as they show you how to whip up something wonderful and get OUT of the kitchen!



*Kim & Rachael with their husbands and sons*

If you are a busy person, are on a tight budget, have moved out of home, are fine tuning your culinary skills, going camping, are on the move and haven't a lot of room for a full pantry, or you simply haven't had time to do the groceries, then this is the book for you!!

If you want to taste test Kim & Rachael's 4 Ingredient treats you'll have the chance to meet the women at a number of bookstores around the UK. Check their website for the dates and times of their signings  
[www.4ingredients.co.uk](http://www.4ingredients.co.uk)

***4 Ingredients is available in all good bookstores NOW for just £8.99!***

**'MEDIA ONLY' POSTNOTE:** For more images or to arrange an interview with the authors, please contact the authors at [info@4ingredients.com.au](mailto:info@4ingredients.com.au) or call Rachael on +61 408781332 or Kim on +61 430 178 781 or visit the website for downloadable photos.