

Harold Import Company, Inc.

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Harold and Karmel Tame the Flame

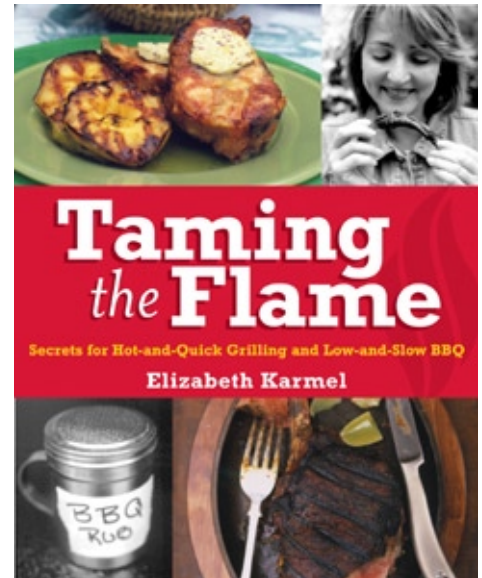
JANUARY 11, 2005 — Harold Import Company announces the addition of a hot new grilling cookbook — *Taming The Flame: Secrets to Hot and Quick Grilling and Low and Slow BBQ*. Top grilling guru Elizabeth Karmel turns up the heat in a complete how-to-grill guide packed with knockout recipes, signature secrets, and insider tips.

Mark Bittman calls her "a dynamo" and raves, "no one knows more about grilling." Rick Bayless, Steven Raichlen, and Al Roker are fans. Elizabeth Karmel has earned the respect of the "boys of barbecue" all across the country, and her unmatched grilling expertise and easy Southern charm have made her a sought-after figure in print and on television nationwide.

Now she puts it all on paper in a down-to-earth guide for anyone who already loves grilling or wants to learn how. Karmel gives the lowdown on all the basics, including knowing the difference between grilling vs. barbecue, gas vs. charcoal grills, and marinades vs. rubs. In twelve "Grilling 101" sections, she offers at-a-glance guidance for how to grill burgers, steaks, and other staples. From her simple "grilling trilogy" technique for grilling just about anything to her "oil the food, not the grate" mantra to keep foods from sticking, she shares tricks of the trade from her years of experience at the grill.

More than 400 tantalizing recipes cover the down-home and the high-end, from Bubba's Bunch Barbecued Baby Back Ribs to Hickory-Smoked Bacon Wrapped Rainbow Trout to Grilled Vegetable Antipasto Platter. There are recipes for poultry, fish, a full range of meats, fruits, and vegetables—even pizza—plus recipes for nibbles and drinks. Throughout the 384 pages, photographs illustrate techniques and capture the fun and ease of grilling. Sixteen pages of mouthwatering color insert photos taken by Christopher Hirsheimer will have everyone heading out to light up the grill.

For more information, contact: Harold Import Company, Inc.



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