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## **HAVE NO FEAR—THE GRILLING GUIDE IS HERE!** Moms Discover the Thrill of the Grill

Extinguish your grilling anxiety with this handy, mom-friendly guide!

**Nashville, Tenn.** — Moms can do anything. But what is it about grilling that can be so daunting for those who feel more at home in the kitchen? Sure, in the past, men typically were the ones doing the grilling and women took care of the cooking. Well, not anymore! Award-winning barbeque cook and former syndicated food writer, **Catherine Mayhew**, shows readers that the experience of grilling can be fun and easy.

***Handy Mom's Guide to Grilling*** (\$19.95, Cool Springs Press) is targeted for moms who want to explore an easy and healthy way to cook for their families outside the kitchen. The recipes and other helpful tricks and tips cater to mom's busy schedules. Included are ten master recipes that are the basis of over thirty unique menu ideas.

"Master recipes are very simple," Mayhew explains, "and once you become more comfortable with them you can add your own special touches by experimenting with glazes, marinades, and rubs."

In addition, the guide is designed to help inexperienced grill cooks approach this intimidating medium with confidence, providing information on the essential—and not so essential— tools of the trade.

Scattered throughout the book are Mayhew's "pearls of wisdom," a result of many years behind a grill:

- Different types of grills suit different needs, but one thing is always true—buy the highest quality, budget-friendly grill possible. The good ones last for years, far longer than a car.
- If one thinks of the grill as simply "an outdoor oven with groovy wheels," it doesn't seem nearly as intimidating. For example, gauging the temperature is done simply by using a probe thermometer. Control may be an illusion in life, but it's achievable with a grill.
- Part of the angst of grilling for some women is the long and sometimes complicated list of ingredients many cookbooks suggest in their recipes. Mayhew, however, provides simple, easy to follow recipes for fish, fowl, and

everything in between.

- Grills lend themselves to kid-friendly recipes and children will become more adventurous eaters when they can participate in the process. Let them build their own meals on wooden skewers. Ten minutes on the grill and they're done. Another plus: not only are tasty and nutritious meals being prepared, but valuable family time will be created as well.
- Time-starved moms don't need to add the extra stress of more time in the kitchen preparing to grill. Shortcuts are a good thing. If you don't want to make a marinade from scratch—and who has time to do that?—Mayhew suggests store-bought alternatives to choose from.

Now, instead of, "Hey, Mom, let's go out for dinner," it will be, "Hey, Mom, let's grill dinner!"

**About the author:**

**Catherine Mayhew** is an award-winning barbeque cook and a former syndicated food writer. She covered the restaurant scene for *The Charlotte Observer* in Charlotte, North Carolina, and wrote an original syndicated food column for the Knight-Ridder News Wire. She is a Master Barbeque Judge for the Kansas City Barbeque Society and has her own competition barbeque cooking team, Chicks in Charge, made up entirely of women.

**About Cool Springs Press:**

Cool Springs Press is a leading publisher of regional and national gardening books from recognized experts who inform and inspire gardeners to create beautiful spaces in their home and garden.

***Handy Mom's Guide to Grilling*** (ISBN —13:978-1-59186-376-2) will be available in January 2008 from Cool Springs Press.

**Cool Springs Press**