



“Elizabeth Karmel is America’s Female Grilling Expert.”

--Steven Raichlen, author *The Barbecue Bible and How to Grill*

Elizabeth Karmel grew up in North Carolina where she was raised on BBQ. Her cultural passion for barbecue served Karmel well as she played with fire everyday handling marketing public relations efforts and culinary initiatives for client Weber-Stephen Products Co. for a decade before creating Girls at the Grill™ in 2002.

Karmel is a grilling and barbecue information resource for the country’s media and food writers, chefs and cookbook authors. She is frequently quoted and generally regarded as America’s female grilling expert. As the years passed, Karmel realized that her true calling was to spread the good word of grilling and barbecue. Karmel recognized that most women she met – even the women who were very good cooks – never stepped one foot in front of the grill. So she decided it was time for the girls to take back the backyard and she was going to lead the charge!

Karmel created Girls at the Grill in 2001 to share her passion for outdoor cooking with girls (and any willing guy) everywhere. www.GirlsattheGrill.com is committed to providing backyard cooks (and women who are tired of burnt chicken and shoe-leather steak) with simple easy-to-understand instructions, lifestyle information and recipes for everything from classic cookouts to gourmet grill meals. Karmel shares her knowledge and enthusiasm every week through the free GrillNEWS newsletter she sends to members of the website’s LadyBug Club. The club boasts tens of thousands of members, both male and female. Karmel kicked off www.GirlsattheGrill.com as the guest chef at a James Beard Foundation dinner in June 2002.

Karmel has been the featured guest on many Food Network programs and specials. She is a regular guest on all three morning shows; Today, Good Morning America and CBS The Early Show as well as Martha Stewart Living Radio.

Karmel is the author of several cookbooks. The all-inclusive grilling and barbecue cookbook, *Taming the Flame: Secrets for Hot-and-Quick Grilling and Low-and-Slow BBQ* was published by John Wiley & Sons in 2005. In 2008, her cookbook, *Pizza on the Grill* was published by Taunton and co-written by Karmel’s good friend and pizza pal, Bob Blumer, a.k.a. The Surreal Gourmet. *Soaked, Slathered and Seasoned: a Complete Guide to Flavoring Food for the Grill* will be released by Wiley & Sons in April of 2009. A paperback version of *Taming the Flame* will be released in 2010 and the definitive encyclopedia of grilling and barbecue, *BBQ&A*, will be released in 2011.

In addition, Karmel is the resident grilling consultant and a writer for *Fine Cooking* magazine, is a columnist for *Chile Pepper* and writes frequently for *Cooking Light*. Her work has appeared in *Bon Appetit*, *Saveur*, and *Everyday with Rachael Ray*, *Martha Stewart Living*, and *Redbook*. She has been featured in many more magazines including, *Food & Wine*, *Gourmet*, *REAL SIMPLE*, *Marie Claire*, *Fitness*, *SHAPE*, *Women's Health*, *New York*, *CHICAGO*, *Better Homes & Gardens*, *Midwest Living*, *Paula Deen*, *Cosmopolitan*, *PARADE*, *Wine and Spirits*, and *Wine Spectator*.

Karmel teaches grilling and authentic Southern barbecue in cooking schools across the country and is an instructor at ICE (formerly Peter Kump's Cooking School) in Manhattan. In addition to grilling, writing and teaching, Karmel introduced her Grill Friends™ line of kitchen and grilling tools designed for outdoor cooking and entertaining at the 2004 Housewares Show. Her Grill Friends Super Silicone Angled BBQ Basting Brush won a Silver Trophy at the 2005 Fancy Food Show for best non-food product and is the only basting brush that *Cook's Illustrated* recommends. In February 2008, the Angled Silicone BBQ Mop won a Gold Medal from the National Barbecue association. The success of Gill Friends, paved the way for the introduction of Kitchen Friends™ in May 2007. Karmel's line of grilling and kitchen tools (www.grillfriends.com) is sold nationally at gourmet kitchen and housewares stores including Sur la Table, and Bed, Bath and Beyond as well as mail order catalogs such as Williams Sonoma and Solutions; and online at many stores including www.BBQPROSHOP.com and www.amazon.com.

To keep her culinary skills sharp, Elizabeth works in restaurant kitchens and trains with barbecue champions. In June 2007, she opened the award-winning Hill Country (www.hillcountryny.com) in New York City as the executive chef. The first weekend the restaurant was opened, it fed 7,000 happy folks and has gone on to receive praise from both local and national food and restaurant critics, including Best BBQ in NYC. The highly acclaimed restaurant celebrates and honors the barbecue traditions of Central Texas and the Texas Hill Country. The James Beard Foundation invited Karmel to be a guest chef in August 2007 on behalf of Hill Country—where barbecue meets fine dining to earn its rightful place in the New York culinary community.

Karmel keeps her *hams* in the BBQ circuit as a Kansas City Barbecue Society (KCBS) certified judge and a social member of the barbecue team, Swine and Dine. She was previously the head cook of the team, Bubba meets Bacchus. She continues to judge and cook on the barbecue circuit where she's picked up some of her favorite recipes, tips and techniques. She features her trademarked grilling and barbecue techniques in all of her communications with the goal of de-mystifying outdoor cooking and getting outdoor cooks everywhere to live her mantra: "*If you can eat it, you can grill it!*"™

She is a member of Les Dames d' Escoffier, Southern Foodways Alliance, IACP, the James Beard Foundation, KCBS, NBBQA and Slow Food. She served on the Culinary Advisory Board of the Writers Colony at Dairy Hollow, was as a judge of the 2001, 2002, 2003, 2004 IACP Cookbook Awards and the 2004, 2007, 2008 James Beard Awards.