

THE GOURMET[®] BACHELOR

GLOBAL FLAVOR, LOCAL INGREDIENTS



For Immediate Release:

Enjoy 1 month of quick and easy gourmet recipes to impress your date, chill with friends or just to enjoy a satisfying dinner at home.

Inspired by his travels to Barcelona, Rome, Paris, Hong Kong, The South Pacific and Caribbean Islands, Chad Carns put his award-winning graphic design career on hold to bring these exciting, global flavors home with familiar, everyday ingredients in *The Gourmet Bachelor* cookbook.

Wake up to orange-scented **Ricotta Pancakes**, ease into **Lobster Club** stacked with creamy avocado and **double-thick bacon** or just slurp your way through spicy **Singapore Noodles**. Impress your Friday night date with a classic **Parmesan-Crusted Rack of Lamb** followed by an effortless, **Chocolate Soufflé**.

Elegantly designed with vivid photography and slick black pages, *The Gourmet Bachelor: Global Flavor, Local Ingredients* cookbook includes an essential **wine guide**, expert **drink pairings** for each recipe and **5 simple steps** to help you easily prepare meat, seafood or vegetables like a **restaurant chef**.

Chad's crusade to bring exciting, global flavor home with fresh, local ingredients landed him the Honorary Guest Chef of **Conde Nast** and **Hearst's NYC** cafe. Carns is a regular guest judge at the **French Culinary Institute**, Soho and participated in **NY Culinary Experience** with **Food Network**, **Iron Chef Morimoto**, **Alex Guarnaschelli** and **Todd English**.

Chad has been featured on **The Today Show, Miami**, (NBC), **Toni On! NY** (WPIX), **Marie Claire**, **BravoTv.com** and **Snooth.com**.

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