

GREAT GRILLING

Ancient Cooking Method Hot Once Again

(NAPSA)—What weighs 140 pounds, features a 3,000-year-old design and is made of high-tech ceramics? It's a Big Green Egg, the modern version of a kamado cooker.

Kamado is the Japanese word for the ancient Chinese clay cookers used since around 1,000 B.C.

It's fuel efficient because it burns natural lump charcoal, 80 percent of which remains for your next barbecue occasion. Everything from grilled steaks to smoked ribs to baked bread or pizza is easy and convenient to cook on a kamado.

This kind of cooking first became popular in the U.S. back in the 1940s when American GIs in the Pacific shipped home the unusual cookers they had discovered.

Back then, Ed Fisher of Atlanta sold kamado cookers from his first store until, in 1974, he trademarked the name Big Green Egg and proceeded to totally modernize the already excellent design.

Fisher regularly asked his early customers what they wanted and he developed the cooker to meet their specs, which were: a trouble-free cooker that would not crack from extreme weather or heavy use; a wide range of cooking capabilities for year-round outdoor use; and economical on fuel with cooking temperatures easily controllable to within two degrees.

Now made entirely of ceramic developed for use by NASA, his cooker can provide today's backyard chefs with ease, convenience,



flexibility and unmatched durability. Each comes with a lifetime warranty against damage from use.

The cooker comes in four sizes. There are no "hot spots" or flare-ups during cooking, nor is there any need to add charcoal while cooking. Because of its tight insulation qualities, it's ready to cook in less time than a gas grill and the exterior surface remains far cooler than any metal grill. The exterior temperature gauge gives precise readings from 0° to 750°F. Perhaps best of all, it keeps meat and fowl more moist and juicy and has the flavor of charcoal because it uses charcoal.

You can easily cook just about anything on a Big Green Egg, from a variety of meat loafs to frittatas, low 'n slow cooked caramelized sweet potatoes to traditional "fallin' off the bone" ribs, mouth watering desserts to exotic appetizers.

You can learn more about this outdoor cooker online at www.biggreenegg.com.