



**Gourmet Kitchens, Inc.**

**Contact:**

Kristin Sutter  
Marketing Manager  
Gourmet Kitchens, Inc.  
200 N. Artesian Street  
Chicago, Illinois 60612  
Ph: 312-432-6827  
Fax: 312-226-3940

[Kristin.Sutter@lastminutegourmet.com](mailto:Kristin.Sutter@lastminutegourmet.com)  
[www.lastminutegourmet.com](http://www.lastminutegourmet.com)

## **FOR IMMEDIATE RELEASE**

### **Chicago food manufacturer says Just Wave It®**

CHICAGO—(February 7, 2007)—A revolutionary new packaging design for fresh microwaveable food is getting the attention of retailers and consumers. The Just Wave It® microwave line of meals and sides is a new concept from Chicago-based Gourmet Kitchens, Inc. (GKI).

The unique packaging system acts as a pressure cooker for the microwave, generating steam without adding liquid, using only the water content of the raw products.

The Just Wave It® package becomes a steaming vessel as it puffs up under the pressure of the steam created within the container. A patented valve<sup>i</sup> releases the built up steam within the package, allowing the steam to circulate evenly throughout the cooking process. Consequently, the food is steamed to the perfect consistency every time.

The pressure valve cooking system also microwaves pre-cooked foods such as pastas, poultry, and meats--sealing in flavor, moisture content, and texture—preserving product integrity.

“The package creates a perfect product every time,” said Lisa Johnson, CEO of GKI. “You have perfectly steamed vegetables without the mess of boiling water, cooking timers and lower nutritional value of conventional steaming.”

The Just Wave It® product line includes a variety of homemade side dishes to complete any meal as well as microwaveable individual meals. Fresh sides go from the refrigerator to the table in under three minutes and entrees in under five.

- More -

The Just Wave It ® entrees include: Thai Noodles w/Shrimp, Cajun Tilapia w/Red Beans & Rice, Chicken Fajitas, Chicken Santa Fe, Chicken Carbonara, Chicken Pasta Pesto Noodle Bowl, Thai Tofu Stir-fry, Chicken Yakitori Rice Bowl, Chicken Burrito Suiza and Mushroom Risotto.

The Just Wave It ® sides include: Redskin Mashed Potatoes, Traditional Sage Stuffing, Southwestern Potatoes, Redskin Potatoes with Caramelized Onions, Baked Potato with Cheddar, Broccoli, Bacon, Baked Potato with Chili and Cheddar Cheese, Buttered Fiesta Corn, Sweet Potatoes with Buttered Streusel, Creamed Fresh Spinach, Mediterranean Vegetables, Butternut Squash, Green Bean Casserole, Honey Glazed Carrots, Green Bean Amandine, Vegetable Medley, Macaroni & Cheese and Penne Marinara.

**About Gourmet Kitchens, Inc.**

GKI manufactures a diverse line of fresh, grab and go and microwaveable products; service case salads and center of the plate entrees and sides; a full Hispanic product line and a full line of food service solutions for sale at retail stores. GKI's Just Toss It ® Salad line was recently named one of the best new products of 2006 by *Stagnito's New Products Magazine*. GKI's products can be found in eleven states and in various chain and independent retailers.

To learn more about Gourmet Kitchens, Inc., please visit [www.lastminutegourmet.com](http://www.lastminutegourmet.com).

###

---

<sup>i</sup> Gourmet Kitchens, Inc. is the North American licensee of the Switzerland-based Steam Cuisine ® patent.