



News release

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Courtney Barnes biography

Reno mom turns passion for easy, flavorful cooking into specialty foods enterprise

Reno, NV, December 2, 2011 – Courtney Barnes is a wife and mother of two young daughters whose love for cooking inspired her to create Gourmet Rooster, a line of specialty foods designed to make meals easy, fun and delicious for busy families.

A Concord, CA native, Barnes graduated from California State University-Chico in 1998, married Chris Barnes and settled in the San Francisco Bay area. She began a career in the health club industry and started to expand her lifelong interest in cooking and entertaining. Barnes became a stay-at-home mom after the birth of her first child and used every spare minute to pursue her passion for cooking. She experimented with creating uncomplicated recipes using basic ingredients that her family would enjoy.

After the birth of her second child, Barnes became even more motivated to develop quick meals that were family friendly. She developed techniques that were successful with small children underfoot to create dishes that appealed to them, as well.

During this time of testing and research, Barnes polished her own gourmet shortcuts to liven up her cooking. She created spreads and sauces that could be added to the simplest of recipes to make the finished products taste sensational. She entered some of her sauces and spreads into the Contra Costa County Fair cooking contest. After winning and placing in several categories and with the encouragement of family and friends, Barnes embarked upon turning her passion into a career.

It was at this time in 2010 that Courtney and Chris Barnes visited family friends in Reno and fell in love with the beauty of the area, its wealth of outdoor activities and its friendly small-town feel. They relocated shortly after and now are proud to call Reno their home. Barnes launched her new company, naming it Gourmet Rooster after the colorful collection of roosters in her kitchen.

Gourmet Rooster products are made in Reno from Barnes' own recipes. Prepared in small batches, the sauces and spreads maintain their home-cooked quality and taste. Barnes shares her recipes and easy entertaining tips on her blog at www.gourmetrooster.blogspot.com and on the company's Facebook site. For more information, visit the company website at www.gourmetrooster.com or call 877-735-1049.
