

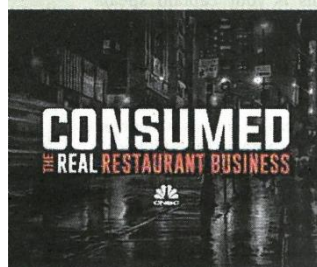
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Recipes & Reviews

Food Tube: 'Consumed'

By KYSHA HARRIS



Melba Wilson with Musa Jackson

Do you want to open a restaurant but don't know exactly how to do it? Maybe you have a restaurant and want to know how to grow it. If only there were a way to go inside and see how it is done. Enter CNBC Prime's "Consumed: The Real Restaurant Business." This series takes the viewer behind the scenes of three very different restaurants in the ultra-competitive New York food scene, chronicling their every struggle and occasional triumph.

"Consumed" follows the Meatball Shop, Ann & Tony's and, Harlem's own, Melba's as they try to expand, grow, rebrand and, for some, just move beyond family issues. It is gritty and raw and not for the faint of heart, which for entrepreneurs seems to be the way they like it. They don't mix their words when it comes to three things: food, service and, of course, their money.

In last night's premier episode, Melba's Melba Wilson revealed that the seed money for her Harlem American comfort food restaurant came from under her mattress. She had accumulated just over \$300,000 from putting away money from jobs at Sylvia's, Rosa Mexicano and Windows on the World restaurants. With experience, connections and now her mattress loot, she couldn't be stopped. That is consumed!

Tune in and watch the eight-episode series and check out Wilson at this weekend's Harlem EatUp!, where she will be cooking with Jacques Torres and discussing how to open a restaurant at "Harlem Talks."

"Consumed: The Real Restaurant Business" airs Wednesdays at 10 p.m. ET/PT on CNBC Prime. Visit www.cnbcprime.com/consumed for more information.