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FAMILY, HEALTH & COMMUNITY



The taste that satisfies



By Chrystal Johnson

The aroma of hot food greets you when the elevator doors open. It is as if your nose leads you to One Ford Place, the cafeteria where Chef Cedric Noles arrives in the

early morning hours to start preparing food for the day. On one side of the cafeteria is a fresh salad bar with a variety of garnishes. Then you are greeted with the grill and on any particular day

you are faced with the decision to try the daily special or get a custom-made specialty. If you don't want grilled, keep walking. There is the special entree of

the day and if you are conscientious about your diet, no problem. There is something for everyone.

On the other hand, if you have a sweet tooth and want to top off your lunch with something delectable, look no further. A small variety of desserts is available to satisfy your craving.

Chef Noles is a tall man who wears his uniform proudly. When he walks into the cafeteria everyone knows who he is.

The looks of appreciation from the customers are one of satisfaction and his staff is eager to please. He commands attention but when he starts talking about food you immediately see a kid in the candy store.

Noles' eyes light up when he explains how he loves making pastry.

Wait. Stop. Pastry. You would think he would start to talk about extravagant steaks and broiled fish and chicken.

According to his wife, Valerie Noles, he specializes in delicate sweets that are always in demand.

"I like to see him do wedding cakes," she said.

Taste

This should come at no surprise because Noles admits to selling cookies out of his locker in high school. "The girls liked sweet stuff," said Noles.

He attended Chadsey High in Detroit, making number one in the culinary program. He went on to Oakland Community College while he worked and started catering food.

His work began to consume his time so he began cooking full time. Noles worked for Mark of Excellence catering company. Chef Matthew Chuchman, worked with Noles and he said, "We did a lot of creative stuff together."

Noles leans up in his chair and began to describe a chocolate specialty he remembers creating. "A

chocolate chess board with chocolate pieces," he said.

Working with chocolates is one of the things he likes most. He brags on a flourless French chocolate cake, the thought of this cake fills Noles up with happiness as he continues to talk about the love of his life.

"My Valerie" he said. Referring to his wife of three and a half years introduced him to the Bahamas. Noles and his wife lived in the Bahamas for a few months and he learned how to cook Bahamian style.

Valerie said that her favorite is Chicken Soupe and Johnny Cakes. "It's a boiled chicken with Bahamian flavor and peppers, limes and seasoning," said Valerie. After giv-

ing her mouth-watering description she said that he is a true cook. Cedric can cook, she said in a strong voice.

Besides practicing his expertise at One Ford Place, he also owns a catering company called Creative Cakes and Catering. He prepares food for two to 200 people. Noles is an obvious romantic as he describes preparing a dinner for two by candlelight.

His slogan is "If you can conceive it, I can achieve it."

He is a proud father of four girls that keep him busy when he is not in the kitchen. He admits that they can be creative in the kitchen too. His family is his inspiration.

"My dad is a cook, said Noles. "He is from Kentucky and he makes

the best dressing and macaroni cheese."

Noles is not too proud to give credit where it is due. "I have a staff of six and there is suppose to be eleven," said Noles. "I put a new meaning to the word chef, I'm a working chef."

Noles said he holds his staff accountable for doing their jobs. He calls his salad lady, "My Sergeant at Arms". He brags on his workers and there ability to make the cafeteria a pleasant experience. "Everyone here is happy," said Noles. "The stress level is minimum."

His goal is to become a certified executive chef.

According to his wife, in five years they have a goal to return to

the Bahamas where Noles will be an executive chef at one of the resorts.

Whether it is with a simple

sandwich or a complex fancy pastry he knows the way to the hearts of many.

