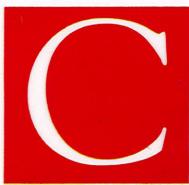
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FAMILY, HEALTH & COMMUNITY



The taste that satisfies



By Chrystal Johnson

The aroma of hot food greets preparing food for the day. you when the elevator deers open. It is as if your nose leads you to One fresh salad bar with ford Place, the cafeteria where pishes. Then Chef Cedric Noles arrives

early morning hours to start you are faced with the decision to

side of the cafeteria is a tom- made

want grilled, keep

is the special entree of

try the daily social or get a cus-

pecialty.

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

Noles' eyes light up when he explains how he loves making pas-

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 chocolate chess i 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 his life. he worked and started catering food.

His work began to consume his time so he began cooking full time. Noles worked for Mark of Ex-cel-Matthew Chuchman, worked with style. Noles and he said, "We did a lot of creative stuff together."

began to describe a chocolate spe- mian flavor and peppers, limes and

late pieces," he

Working with choc of the things ake, the thou fills Noles up with happiness a continues to tall about the

introduced him to the Bahamas. Noles and his wife lived in the Bahamas for a few months and he lence catering company. Chef learned how to cook Bahamian

Chicken Souse and Johnny Cakes. Noles leans up in his chair and "It's a boiled chicken with Bahacialty he remembers creating. "A seasoning," said Valerie. After giv- "He is from Kentucky and he makes years they have a goal to return to

e said in

cing his expertise at One F ace, he also owns a contpany called Creative catering of Cakes ing. He prepares food for two to 200 people. Noles is "My Valerie" he said. Referring an dovjous romantic as he des-

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

Valerie said that her favorite is in the kitchen. He admits that they imum." can be creative in the kitchen too. His family is his inspiration.

"My dad is a cook, said Noles.

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. to his wife of three and a half years cribes preparing a dinner for two by He calls his salad lady, "My Sergeant at Arms". He brags on his workers and there ability to make the cafeteria a pleasant experi-He is a proud father of four girls ence. "Everyone here is happy," that keep him busy when he is not said Noles. "The stress level is min-

His goal is to become a certified executive chef.

According to his wife, in five

the Bahamas where Noles will be sandwich or a complex fancy pastry an executive chef at one of the he knows the way to the hearts of resorts.

Whether it is with a simple

