

Simone Parris

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Instagram: **Simonekitchen8** website: www.Simoneskitchen.com

https://www.youtube.com/channel/UCx-r2L5aEB088CYH6_Lvang/feed

I have been cooking and passionate about health and wellness professionally for more than 20 years. In my cooking the objective is to create delicious primarily plant-based meals that increase health and longevity, & increase awareness as they nourish body, mind, and soul.

I see cooking as an art and love using the freshest organic ingredients emphasizing grains, beans, sea and land vegetables, fruits, nuts and seeds to create a balanced wholesome cuisine with a wide variety of flavors, tastes and textures to delight the senses!

My background is in Macrobiotics which gives me an understanding of balance and how to create meals that are digestible, nourishing and satisfying. I love playing with a variety of cuisines some of my favorites are Italian, Thai, Japanese, Chinese, Indian and Mexican, created in a healthy balanced way.

My experience includes catering for small to large groups during workshops, retreats, and special events. In the past and from time to time I work as a personal chef for clients wanting to experience a healthier way of eating; notable clients include Tom Cruise, Nicole Kidman and Steven Seagal.

I love to share my cooking skills with others and help them learn how to live a healthier lifestyle, either through our Chef Training Program, one - on - one training, or classes and workshops.

Experience

2021/2022 *Freelance Chef* cooking for retreats, weddings and private engagements – I am thrilled to be back in my native California and interested in continuing to building my network of likeminded clients and friends that are interested in living close to the earth with minimal impact and enjoying a primarily plant-based diet...

2016/2019 *Head chef and director of Good Food Institute @ Simone's Kitchen in Antwerp, Belgium* with two partners I set up this business in order to train new chefs in the art of plant-based cooking while simultaneously offering creative, high quality, organic meals to the public. My responsibilities include creating & preparing the weekly menu, food ordering, training, giving cooking classes, workshops and cooking for retreats as well as managing operations.

2015/2016 *Head Chef and kitchen manager at the Kushi Institute.* www.kushiinstitute.org. Responsible for meal preparation for staff and program participants ranging from 30-100 people. Plant-based whole food meals designed to promote health and facilitate healing. Kitchen manager duties included cooking as well as making the weekly menus, scheduling chefs and kitchen staff and ordering all necessary fresh and dry goods.

2013/2014 *Training and Development for Crave Catering and Events* – Developed new dishes and menus and trained their culinary team in these dishes and menus

2009/2013 *Working on a project in the Indian Himalaya Mountains* to bring groups together for retreats and workshops. The intention of the property was to host wellness retreats and workshops for cooking, yoga, meditation and trekking in the stunning nature of this region.

2009/2013 *Free-lance chef and consultant in Europe and America.*

Cooking for groups, yoga retreats and teaching cooking classes, giving healthy diet consultations and working one – on – one with people in their home.

2011/2014 Working as part of a team to preparing 3 gourmet vegan meals per day for 1,400 – 1,800 people on this annual one-week health cruise.

2008/2009 *I worked to develop a healthy Lifestyle Program, Chef training Program and Macrobiotic Weight Management Program for www.SerenaSpa.com*

Which is a spa management company based in India with urban spas and destination spas in India, Maldives, Egypt, Seychelles and Sri Lanka.

The Lifestyle Program that I developed is a comprehensive 7-day intensive in which guests learn about and engage in the following: self-development, Macrobiotic cooking and health awareness, yoga, pranayama, meditation, activities and excursions and spa treatments.

It has been my job to create the concept and write the Macrobiotic menus and recipes, write the material for the health awareness classes, cooking classes, the yoga and pranayama classes, put together activities and excursions and do sourcing for all the organic ingredients necessary to run a fully organic kitchen.

The Macrobiotic chef training program is used to train the chefs at the destination spas where we implement the Lifestyle Program and the Macrobiotic Weight Management Program was implemented in some of the more urban spas.

2001/2007 *Free-lance chef and consultant in Europe and America.*

Cooking for groups, yoga retreats and teaching cooking classes, giving healthy diet consultations, and working one – on – one with people in their home.

06-08/2000 *Personal Chef for Ekant Pochter, CEO - DKNY*

03-09/1999 *Personal Chef for Steven Segal*

Prepared gourmet macrobiotic meals for Mr. Segal, at his home in California and during his travels in Thailand, Japan, Hong Kong and India. Focused on Mr. Segal's desire for healthy Japanese and Italian cuisine.

04-1996/06-1997 *Personal Chef for Tom Cruise and Nicole Kidman*

Prepared a variety of both simple and gourmet mostly vegetarian meals daily for Tom and Nicole, their family and staff at their home in California and abroad. During this period, they worked on Jerry McGuire, The Peace Maker and Eyes Wide Shut. The focus was on delicious healthy meals.

09/1995 and 09/1997 *Head Chef - Samata Yoga School and Retreats*

08/1997 *Personal chef for Matt Groening and his family (Creator of "The Simpson's")*

1994/1996 *Independent Personal Chef Engagements*

Full time, special dietary chef. Worked directly for private individuals to develop and prepare daily menus and dietary programs for specific health needs and medical conditions that included cancer, nervous system disorders, and fatigue as well as weight loss.

1984/1985 *Sauté chef for the Billboard Cafe, San Francisco, Ca.*

A popular art cafe featuring nouvelle California cuisine.

1985/1987 *Short – order cook and waitress at Sparky's Diner, San Francisco, Ca.*

Education

09/90-06/92 The University of Minnesota
Studied for 2 years towards a liberal arts degree

8/92-10/94 The Kushi Institute Macrobiotic Study Center, Becket, MA.
Study included macrobiotic cooking (both gourmet and medicinal styles of cooking), home health care, Feng Shui, Oriental diagnosis and Shiatsu massage.

9/99-6/01 Emerson College, East Sussex, United Kingdom
Studied Anthroposophy and Visual Arts.

Background: I am originally from northern California, but I love to travel and I have spent time in or lived in several places across North America, various countries in Europe, Japan, Hong Kong, India, Nepal, Thailand, Bali, Brazil, Australia, Panama and North Africa.

Interests: nature, hiking, traveling, meeting people, engaging with different cultures, collaboration, philosophy, psychology, photography, art, film, singing, finding ways to make a positive contribution and working towards creating one healthy peaceful world!

My spiritual path has led me to yoga philosophy and asana practice, devotional singing (Mantra and *Bhajans*), Anthroposophy (Rudolf Steiner), Vipassana Meditation, body orientated psychotherapy, Thai and Shiatsu massage.

Languages: English, Japanese, Dutch and a little Hindi !

Recent comments from participants on a cancer retreat 2018 <http://puysseutut.org/>:

"I found the food excellent. Loved the variety of tastes and textures. Feel really privileged to be served such well-cooked / thought out food."

"I thought Simone was very patient with our endless questions and demands! the talk was really useful, and I feel I have learnt quite a lot - look forward to the recipes! She has a lovely temperament for the kitchen."

"The food was wonderful; it gave me lots of ideas of things to try at home."

"Thank you, Simone, for the wonderful food and your calm energy. You really made an impression on me."

"Meals were a visual feast as well as being cleansing and revitalizing. I am a great lover of good food and I really loved Simone's cooking."

"Simone's talk was very good with lots of practical advice that could be used in everyday life."

"The food was beautiful to look at, delicious to eat and prepared with love and care that one could taste. I enjoyed it more and more as the week went on and I was never hungry."

"Thank you. I don't know whether we shall meet again but you have been a positive influence in my life."

"The standard [of food] was incredibly high. I felt really energized. Simone was outstanding."

"Simone's talk was marvelous. it was very educational and has given us a real opportunity to improve our diet."

"Incredible! Eating beautiful, nutritious, healing food was truly inspiring. It has created a hunger in me to want to learn to cook like this at home and educate myself more about the really power of food."

"I loved the introduction to our meals. they were very informative and absolutely inspiring. A huge thank you to Simone for making my tummy drinks for me each day. Her kindness shone through."

"Fabulous - such variety of colors, textures and tastes - thank you Simone"

"[Simone's talk was] really useful for those of us wanting to change our way of eating, but not really knowing how. Plus, I could listen to her caramel voice till the cows come home."