



**FORREST PARKER**  
*Chef de Cuisine*

From Opryland to the Old Village Post House, South Carolina native, Chef Forrest Parker has joined the Old Village Post House as Chef de Cuisine.

Charleston educated and trained, Parker grew up in Anderson, SC. He attended College of Charleston and worked as a licensed tour guide prior to cutting his teeth with James Beard Chef Louis Osteen at Louis's Restaurant on Meeting Street.

Most recently Chef Parker led the culinary teams of seven outlets as Executive Chef at one of the world's largest and most distinctive resorts, Gaylord Opryland in Nashville, TN. Due to the historic Nashville floods of 2010, and after helping re-open the iconic property, Chef Parker and his family relocated to Charleston to be reunited with family and a part of the dynamic culinary scene. Parker is thrilled to be back in The Holy City where his career began and says he is humbled to join Frank Lee's team and his peers in the highly-celebrated Charleston dining scene.

Earlier in his culinary career, Parker was Chef at Soaring Eagle Casino & Resort in Michigan and also at Mystic Lake Casino & Resort in Minneapolis.

Parker is especially inspired by the Old Post House space, its history and its neighbors – as he is passionate about the history of southern food and the stories of those who crafted it.



He's included southern ingredients and elements in his cooking throughout his career. He looks forward to working with Lowcountry Local First partners and exploring new twists on classic Lowcountry cuisine with his friends at the Old Village Post House.

Forget the formalities when you meet Chef Parker, he actually prefers to just be called Forrest. "I really enjoy meeting with guests and hearing about their ideas and culinary adventures," said Parker, "I would also be delighted to share my secrets and stories about what I've got cookin' in the kitchen."