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## **Undiscovered Charleston: an unparalleled, chef-led culinary history experience**

*Chef and certified guide, Forrest Parker, presents new tour, cooking demo and lunch experience*

CHARLESTON, S.C.– Charleston’s Chef Forrest Parker is taking his passion about the city, its diverse people, their shared history and the cuisine that resulted in a new direction: the [Undiscovered Charleston](#) personal chef tour. The experience teaches guests about Charleston through the lens of food with a culinary history walking tour, cooking demonstration, and three-course lunch with paired wines.

“The Undiscovered Charleston tour experience is about providing guests with first-hand evidence of our rich and complex history, with a narrative about food,” Parker said. “I personally take guests on a walking tour exploring the culinary influences that shaped Charleston into one of the world’s top dining destinations. Then, we go indoors where I demonstrate how to prepare Lowcountry specialties and serve a three-course lunch with wine pairings.”

### **“Not your usual chef”**

A South Carolina native with more than 25 years of culinary experience, Parker was appointed by Gov. Nikki Haley in 2016 to serve at the first [South Carolina Chef Ambassador](#) representing Charleston. As the only [City of Charleston Palmetto Guild Certified Tour Guide](#) to also serve as a career executive chef, Parker has trained and led teams in some of the Holy City’s finest restaurants. Additionally, he has been a featured chef of the Charleston Wine and Food Festival since 2012, the Atlanta Food and Wine Festival and Greenville’s Euphoria.

“Chef Forrest Parker is not your usual chef. Not only did we get a great tour of the French Quarter of Charleston, but we had also a superb luncheon. Everything was fresh, tempting and delightful. Take this tour!!! It will be like no other tasting tour in Charleston.” [Ntarkoff, TripAdvisor](#)

Undiscovered Charleston’s partner is [Bistro A Vin](#), a cozy French wine bar in the city’s historic district that serves as a cool respite for guests after the 90-minute walking portion of the experience. There, Parker demonstrates the preparation of legacy dishes and serves them for lunch, as Chef Dominique Chantepie, the bistro’s owner who is from the Loire Valley in France, introduces the wine pairings.

“The influence of Charleston’s founding French Huguenot ancestors and of classic French technique to our guests becomes clear,” Parker says, “but to experience Chef Dominique’s joie de vivre firsthand makes you rethink what hospitality really means.”

Parker works closely with Slow Food Charleston and the Carolina Gold Rice Foundation in their ongoing efforts to repatriate the historic lost flavors of the Lowcountry. He began writing about this work in

2012, starting Undiscovered Charleston as a [food history blog in 2012](#) before expanding it into the tour experience. An [on-line market](#) is also being developed.

“To me, it is just as important for a chef to continually cultivate an understanding of the origin and legacy of work behind heritage ingredients as it is to be able to skillfully combine them into a memorable dish,” Parker said.

### **What guests are saying about Undiscovered Charleston**

Here is what some guests have to say about Undiscovered Charleston:

“This was one of the most enjoyable activities of any of the many trips we’ve made to Charleston! We highly recommend this tour!!” *Donna P., TripAdvisor*

“Chef Forrest and Undiscovered Charleston has been the highlight of our trip! Chef has an incredible way of weaving his two passions together; food and history! My sister and I are still talking about it! I absolutely would recommend this to anyone visiting the Charleston area.” *Lerner1616, TripAdvisor*

“We had a very enjoyable and unique experience with Forrest - 100% recommend! Not only did we get a great overview of the history of Charleston, much of which was off the beaten path, but we also ate the best meal we had during our time here. *Sam, Airbnb Experiences*

“This was a fascinating combination of history, architecture, the role of restaurants and food products in the development of Charleston. Would absolutely recommend this tour for adults interested in food and history. *Anthony M., TripAdvisor Experiences*

### **How to book an Undiscovered Charleston personal chef experience**

Guests can book Parker’s personal chef tour, read his blog, or get more information at [UndiscoveredCharleston.com](#).

Follow @UndiscoveredCharleston on [Facebook](#), [Instagram](#) and [Pinterest](#).

Members of the media requesting photos, interviews, or wishing to book an experience for the purposes of review, please email [Kim@UndiscoveredCharleston.com](mailto:Kim@UndiscoveredCharleston.com).

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