



**NEW EPISODES  
MONDAYS  
AT NOON EST**

SSG Joshua Spiess, CEC, CFM, The Grill Sergeant

SSG Joshua Spiess presently serves as a Personal Chef for a 3-Star General in the Pentagon. SSG Spiess discovered his love for cooking at an early age and began his quest working in professional kitchens at age 15. After graduating Johnson & Wales University, he later joined the U.S. Army, in which he deployed with the 1st Infantry Division out of Fort Riley, KS, to Ar Ramadi, Iraq. Some of his assignments include: The Old Guard Dining Facility, DC; Fort Lee, VA; Fort Bragg, NC; Fort Benning, GA; and the Pentagon. Chef Spiess is currently continuing his studies through New England Culinary Institute and the Culinary Institute of America.

Being a Maryland native, Chef Spiess tries to use some of the Chesapeake's freshest ingredients to create simple but elegant results with very unique flavor profiles and textures. Chef Spiess is a member of the United States Army Culinary Arts Team and double gold medalist at the 2006 Culinary World Cup in Luxembourg and the 2008 Culinary Olympics in Erfurt, Germany. He is a Certified Executive Chef with the American Culinary Federation and a Certified Food Manager through the International Food Service Executives of America. He currently resides in Northern Virginia with his beautiful wife and three handsome sons.