

Writer's Media Kit · 2026



# Belinda Smith-Sullivan

*Rooted in the South, seasoned in France, and always room at the table.*

Chef · Cookbook Author · Food Columnist · Spice Blend Creator · Commercially Rated Pilot

## About Belinda

Belinda Smith-Sullivan is a chef, food writer, and four-time cookbook author whose work celebrates the flavors, traditions, and hospitality of the American South. A Chicago native, she spent childhood summers on her grandparents' farm in the Mississippi Delta, where front-lawn fish fries and garden-to-table cooking shaped how she thinks about food and where it comes from.

She graduated summa cum laude in culinary arts from Johnson & Wales University, began her career as a personal chef, and turned a fascination with flavor profiling into *Chef Belinda Spices*, her line of artisan all-natural blends. Having lived in France, Kenya, and South Africa, she brings a global palate to Southern tables.

For 16 years, she has been the voice behind *South Carolina Living's* monthly "Chef Belinda" recipe column, and she hosts the magazine's how-to cooking videos. She splits her time between Winston-Salem, North Carolina, and her home in France's Loire Valley.

### Open to

- Editorial assignments & recipe features
- Recipe development & testing
- Food & travel stories across the South and beyond
- Brand & culinary partnerships
- Cooking demos, events & speaking

For editors, publishers, food & beverage brands, and tourism boards.

**4**

cookbooks published by Gibbs Smith

**16**

years writing the monthly recipe column for *South Carolina Living*

**637K+**

print subscribers to *South Carolina Living*\*

**1.9M+**

readers per issue\*

“The “Chef Belinda” column is *South Carolina Living's* most-read feature, according to the magazine's editor.

## Cookbooks · Gibbs Smith



### Just Peachy

The South's favorite stone fruit, from breakfast to cocktails, sweet to savory.



### Let's Brunch

100 recipes for the best meal of the week. "A classy, bountiful affair." — Publishers Weekly



### Southern Sugar

A love letter to Southern desserts, from classic pies to showstopping cakes.



### Cocktails Southern Style

Bourbon-forward classics and regional twists for entertaining. (2025)

**In development:** *Southern Waters: Fish, Shellfish and Seafood Traditions of the American South*, 135 recipes, 65 species, 12 Southern states.

## Recent clips

"Chef Belinda" column, *South Carolina Living*

### Squash recipes to try this fall

October 2026

### The ultimate summer Southern backyard picnic

July 2026

### Feeding a crowd? No sweat.

February 2026

Full archive: [scliving.coop/food/chefbelinda](https://scliving.coop/food/chefbelinda)

## Credentials

- Johnson & Wales University, culinary arts, summa cum laude
- Les Dames d'Escoffier International, inducted 2015; Board of Directors
- Member: IACP · IFWTWA · American Culinary Federation · Southern Foodways Alliance
- Commercially rated pilot; member, Ninety-Nines International
- Creator, *Chef Belinda Spices* artisan blends
- Has lived in France, Kenya, and South Africa

## Working together

### Editorial

Features, columns, and recipe-driven stories with tested recipes and headnotes.  
Rates and availability on request.

### Brands

Recipe development, product storytelling, and spice and flavor collaborations.

### Events & travel

Cooking demos, talks, and destination food stories across the South and beyond.