

## CHEF

### Executive Profile

Accomplished personal chef, committed to culinary excellence, quality ingredients and personalized service seeking to add his extensive culinary skill and knowledge of nutrition and health to best serve the needs of every person he cooks for.

### Skill Highlights

- Classically trained chef proficient in all facets of food production
- Attention to detail, cleanliness and diligence to prevent any possibility of cross contamination
- Extensive knowledge of nutrition and various specialty diets
- Proven ability to manage daily culinary operations for multiple households with changing needs and demands
- Expertise with various forms of protocol and table service appropriate to a multitude of settings
- Able to shop and manage acquisition of specialty foods and foods which are maximally nutrient dense
- Communicates effectively, and values discretion and privacy
- Wine and liquor inventory and management

### Professional Experience

10/2004 to 07/2016

Chef Company Name 1/4 City , State

- Maintained daily culinary operations of multiple local properties, cooking for private client and multiple guests in multiple homes. Utilized in-depth knowledge of nutrition & communicated with healthcare professionals to optimize nutrition for desired health outcomes. Acquired and utilized extensive knowledge of medicinal herbs & their uses. Engaged in broad study of and customization of specialty diets. Created private label specialty products including mustards, hot sauces, chutneys, barbeque sauces, chili, mead, sauerkraut, kimchi and various other lacto-fermented products. Cooked for celebrities, executives, investors, & heads of state among others; Understand need for discretion and privacy. Oversaw domestic & international food production. Acquired wild & foraged foods. Hired, fired & trained staff at multiple international estates. Conducted extensive parties and charitable events; managed all facets of culinary event logistics. Maintained food service and provisions for private aircraft. Understand, taught & trained protocol & etiquette to various estate and event staffs. Managed relationships with vendors, negotiated prices of ingredients and equipment. Conducted wine & liquor inventory management

10/2004 to Current

10/2004 to Current

Chef Consultant Company Name 1/4 City , State

- Nutrition, diet & recipe planning including for cancer patients, cardiac patients, and people with chronic diseases including Hepatitis C, Crohn's, & Hashimoto's. Taught diet, nutrition & cooking classes and smart consumer classes. Taught cooking and food science classes to children. Assisted with planning and creation of multiple community and school gardens. Trained area chefs on utilization of seasonal and regional produce in cuisine.

07/2003 to 10/2004

07/2003 to 10/2004

Banquet Chef Company Name 1/4 City , State

- Served on opening team for \$800 million hotel; responsibilities included trouble-shooting culinary work flow, equipment needs, permitting & inspections, internal audits of health and safety, assessments of ingredients to minimize production waste and control inventory Sourced ingredients, specializing in fresh and local Developed vegetarian banquet menu to be used corporate wide Oversaw volume cooking; largest banquet included service for 2,500 Specialized in logistics with broad project management skills; developed comprehensive time management for events, sourced ingredients, assembled culinary teams, developed banquet and event menus, served as liaison to front of the house on events, worked to trouble shoot procedures to ensure food quality for large volume cooking Managed diverse multicultural staff to function as cohesive team serving under intense deadline pressure situations Developed and implemented HACCP, or hazard analysis of critical control points.

06/2002 to 06/2003

06/2002 to 06/2003

Executive Sous Chef Company Name 1/4 City , State

- Designed and implemented seasonal banquet menus. Transformed kitchen culture from one of pre-packaged food to scratch cooking. Designed menu which changed 60% daily in order to utilize the best local seasonal foods available. Created relationships between local farms and the restaurant. Created and prepared extensive pastry and dessert selections.

06/2001 to 06/2002

06/2001 to 06/2002

Shepherd/Caretaker Company Name 1/4 City , State

- Shepherd of 160 Montadale sheep, included: all care of animals, pasture management and animal husbandry Marketing and sales of all lambs production Management of organic market garden Harvest and preparation of foraged foods Care Taker of 207 acre island in Lake Champlain, responsible for maintenance of all watercraft equipment, and buildings.

06/1999 to 11/1999

06/1999 to 11/1999

Externship Company Name 1/4 City , State

- Operated wood-fired kitchen equipment including oven, grill and spit.
- Produced Italian charcuterie, including fresh and fermented cures as well as cooked.
- Worked with daily changing menu, utilizing seasonal regional ingredients.

#### Education

Associate of Arts : Culinary Arts Culinary Institute of America 1/4 City , State Leader of Chef's Collaborative, Catered events including Spotlight on Hudson Valley cuisine

Food anthropology and Charcuterie Study in Spain Worked with accomplished chefs learning traditional cooking techniques, Spanish charcuterie, historical context and high end presentation.

Nutrition Dietetics West Virginia Wesleyan 1/4 City , State , USA 3 years studying nutrition dietetics. ^ Won awards for public speaking and community education for nutrition. ^ Taught nutrition to children and families in area head start programs

#### Skills

Flexible temperament, able to accomodate changes of plans and special requests smoothly. Proficient cooking for specialty diets including various allergy and food sensitivities,^ gluten free, vegan, raw, paleo, specific carbohydrate diet (SCD), Gut and Psychology Diet (GAPS), Kosher, Halal, & Heritage diets. Proven ability to manage daily demands of planning menus, shopping and preparing meals for multiple households with changing plans and schedules. ^ Professional, respectful communication skills, eager to learn and able to teach.