

Betheney Anne Troyer

Chef and Caterer

207-266-2111

betheneyt@yahoo.com

Profile: Over 25 years experience in cooking, baking and customizing meal preparation for clients.

Specializing in:

- Organic Farm-to-Table principles
- The slow food movement
- Nouvelle, Nouveau, and Classic French Cuisine, New America Cuisine, Middle Eastern, Mediterranean, Paleo, Vegan, Vegetarian, Ketogenic, Pescatarian, and comfort food.

Private Chef Experience

Mrs. B's Farm to Table Cuisine
Private Chef, full-time

July 2001 – Present

- Ms. B's Farm to Table Cuisine was launched on Mount Desert Island's Beech Hill Farm-A project of The College of The Atlantic 2001, following the principles and philosophies of The Slow Food Movement, using the produce from the farm stands as it was harvested that morning, also only using locally harvested fish from the Gulf of Maine and animal protein from local organic farms.
- Consistent annual summer clients at their estate or yacht tailoring meals to their specifications, services include shopping at local markets, stocking their pantries and refrigerators, full table service during each meal or delivered prepared meals to the venue of their choice. Traveled with clients for extended periods, up to a year upon request.

Catering Experience

August Moon Catering, Roscoe's-Jackson Laboratory, Bar Harbor, Maine July 2016 – November 2016
Baker and Pastry Chef

- Responsible for the daily baking requests for the various in house receptions and meetings at The Jackson Laboratory.

Datz and Dazzle Catering Tampa, Florida
Sous Chef

January 2015-May 2016

- Guest chef, with Chef du Cuisine Laura Schmalhorst for corporate events or wedding receptions.

Done to Your Taste Catering, Park City, Utah
Chef

2003-2006

- Guest Chef during the Sundance Film Festival thru ski season with the Chef du Cuisine on site at corporate or private settings, was the private chef division of Done to your Taste, composing menus with clients and preparing and transporting the food from the catering kitchen to the clients estate, plating the meals by courses or buffet.

Planet X- Organic Catering, Washington D.C.
Chef de Cuisine

1994-1999

- Guest chef as needed for the high profile music festivals at RFK Stadium, Wolf Trap, Constitution Hall, tailoring and preparing menus for our clients. Most notably The Tibetan Freedom Festival and The Lilith Fair.

Occasions Catering, Washington D.C.
Chef

1990-1993

- Chef of the National Woman's Museum of the Arts a division of Occasion's Catering, serving luncheon to our patrons, from our boutique menu, Hillary Clinton was a frequent guest and working with the other chef's at high profile events throughout the greater Washington metropolitan area. I was the chef on site at the National Museum of Air and Space in 1992 for President Clinton's first term.

Restaurant Experience

Les Halles, Washington D.C.
Pastry Chef/Sous Chef

1991-1993

- Responsible for every aspect of the pastry station, worked closely with the executive chef-Jim Garrison and Philippe the other sous chef. Reproduced menu items from the flagship venue in New York. We were famous for our Gateau Basque. Introduced new desserts and menu items.

The Tabard Inn Washington D.C.
Sous Chef

1987-1991

- Farm to table restaurant, we composed the menu seasonally and daily for lunch, dinner and week end brunch, from the seasonal produce grown at Tabard Farm in Charlotte Virginia. We rotated brigade positions. All our animal protein was humanely raised and harvested.

Scribes Cellar London, England
Chef de Cuisine

1988-1990

Altered and tailored the daily menu entrees to each clients want, delighted to fill their requests.

Event Experience

- The Tibetan Freedom Festival, RFK Stadium- all access, The Lilith Fair-all access, Al Gore's chef at his premiere, "An Inconvenient Truth" -Sundance Film Festival, Park City, Hillary Clinton luncheons - National Museum for Women in the Arts, President Bill Clinton's Inaugural Ball - The Air and Space Museum, Venezuelan Ambassador's son's wedding rehearsal dinner, chef for Andrew Von Hirsch during The New York Yacht Race, 2002 Winter Olympics private vendor-Park City, joined Rick James Super Freak Tour as his private chef. Rollingstone's private chef during Tattoo You Tour. Sole chef for Wendy Shattuck and Sam Plimpton's weeklong celebration on Cow Island. Private chef For The Overton Family at their MDI home and their Kahala, Oahu estate.

References

Michael Anderson-augustmooncatering.com-207-288-5615	07-10/16
Datz-Andy King-slandyking@gmail.com	2015-2016
Betsy Uhlman-cell-908-962-2762-	2011-2016
Jean Burden-917-445-3178	2012-2013
Anna Davis-beechhillfarm@coa.edu -505-428-8190	2014-2016
The Pritzker Family -jkpz@earthlink.net	3/06-9/06
Wooden Boat School – Kim Patton,kim.patten@woodenboat.com-207-359-4651	2009-2011
Ala Carte Catering- lschmalhorst@l.com -Laura Schmalhorst-813-382-525	1985-present
Volunteer experience –	
Sundance Film Festival, Park City, Utah	1998-to present
Tree of Life Food Bank,Blue Hill Maine	2007-2011
Smithsonian Institute Claude Moore Turkey Run Farm,	
The National Zoo -Invertebrate House	
Natural History Museum- Insect Zoo	1978-1994

Multiple Choice (1 point each)

- _____ 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - ☒ d. 128
- _____ 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - ☒ c. Salad Greens
 - d. Spices
- _____ 3) What does the term braise mean?
- a. Sear quickly on both sides
 - ☒ b. Slowly cook in covered pan with little liquid
 - c. Cook on high heat and quickly
 - d. Slowly cook in simmering water
- _____ 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- a. 155 degrees F
 - ☒ b. 165 degrees F
 - c. 175 degrees F
 - d. 185 degrees F
- _____ 5) How do you blanch vegetables?
- ☒ a. Immerse for a short time in boiling water
 - b. Cook lightly in butter over med heat
 - c. Soak in cold water overnight
 - d. Rub with salt before cooking
- _____ 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - ☒ c. Brown Sugar
 - d. White Sugar
- _____ 7) What is Al Dente?
- ☒ a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- _____ 8) Food should be left out no more than
- ☒ a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours

Prep Cooks Test

- _____ 9) Which is the improper way to thaw frozen food?
- a. In the fridge
 - b. In a sink with cold water
 - ☒ c. On the counter
 - d. In the microwave
- _____ 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
 - b. Baking Powder
 - ☒ c. Flour
 - d. Water
- _____ 11) What is the temperature range of the danger zone?
- a. 25-135
 - b. 40-140
 - ☒ c. 50-160
 - d. 30-130
- _____ 12) Which of the following is listed from smallest to largest?
- a. Dice, chop, mince
 - b. Mince, chop, dice
 - c. Chop, dice, Mince
 - ☒ d. Mince, dice, chop
- _____ 13) Which direction should pan handles be turned while cooking on the stove?
- a. Over the fire at all times
 - b. Turned towards you for better control
 - ☒ c. Turned towards the right or left at all times
 - d. Over the countertop at all times
- _____ 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - ☒ c. Liquid
 - d. Oil
- _____ 15) Which spoon is used to remove fat from soups and stews
- a. Basting Spoon
 - ☒ b. Ladle
 - c. Slotted Spoon
 - d. Portion Spoon
- _____ 16) Which of the following means to cook in a small amount of fat?
- a. Season
 - ☒ b. Sauté
 - c. Broil
 - d. Boil
 - ☒ e. Fry

Prep Cooks Test

_____ 17) What is a Julien cut?

- ☒ a. Food cut into long thin strips, matchstick
- b. Food cut into long thin strips then turned and cut into a 1/8' dice
- c. Food diced into finely chopped and uniform pieces
- d. Cutting and peeling into oblong seven sided football like shapes

_____ 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.

- ☒ a. Sweat
- b. Boil
- c. Roast
- d. Grill

Fill-in the Blank (1 point each)

19) Salt & Pepper are the basic seasoning ingredients for all savory recipes.

20) Chop: to cut into very small pieces when uniformity of size and shape is not important.

