

REBECCA FREY

CREATIVE FOOD PROFESSIONAL
LONDON, UNITED KINGDOM

Email: rebeccadfrey@gmail.com • Online Portfolio: www.bastecutfold.com • Instagram: [@bastecutfold](https://www.instagram.com/bastecutfold)

PERSONAL STATEMENT

London-based recipe developer, recipe tester, food stylist, food photographer, food writer, and classically trained pastry chef.

WORK HISTORY

Creative Food Professional

Self-employed recipe developer, food stylist, food writer, food photographer, and pastry chef. Portfolio available at www.bastecutfold.com.

RELATED EXPERIENCE

Twenty years of experience as a **costume designer, wardrobe supervisor, fashion stylist, buyer, and crafts person**, working independently, as a team member, and in supervisory roles. **Television credits** include *Saturday Night Live, The Today Show, Late Night with Jimmy Fallon, Live PD, Daily Mail TV, Conan, The Meredith Vieira Show, My Next Guest...with David Letterman*, and many others. **Additional work:** The Metropolitan Opera, Broadway musicals (*Les Misérables, The Band's Visit*), national television commercials, live events (*Broadway Bares, Comedy Central's First Upfront*), print magazines. Portfolio available at www.becky-frey.com.

Seven years of experience as **owner/operator of a small business** in the tourism industry, overseeing all day-to-day operations including itinerary development, scheduling, correspondence, client interactions, social media, advertising and marketing, payroll and finance, and the hiring, training, and management of employees and independent contractors.

Active social media following (@bastecutfold) and familiarity with all social media platforms; experience in blogging, website design, digital photography and photo/video editing, content creation.

SKILLS

Recipe development | [Recipe writing & editing](#) | Recipe testing | [Food writing](#) | Food content creation | [Food styling & photography](#) | Organized and detail-oriented | [Mac OS and PC proficient](#) | Social media | [Strong written and verbal communication skills](#) | Digital photography and editing | [Comfortable working on TV/film sets](#) | Sugar & chocolate work | [Gingerbread houses](#) | Royal icing cookies | [Macaron art](#) | Costume design | [Wardrobe & fashion styling](#) | Prop food construction | [Costume construction from non-traditional materials](#) | Sewing | [Research and paperwork](#) | Television styling, eye for what works on camera | [Sourcing of unusual items](#) | Traditional illustration

EDUCATION

LE CORDON BLEU LONDON BIRKBECK, UNIVERSITY OF LONDON, LONDON, UNITED KINGDOM	2022
MSc, Culinary Innovation Management (Distinction) <i>Dissertation: Exploring Consumer Behavior Through the Creation of a Modern Pennsylvania Dutch Cookbook</i> <i>Award: Best Culinary Innovation Management Student</i>	
LE CORDON BLEU, LONDON, UNITED KINGDOM	2020
Diplôme de Pâtisserie (French pastry techniques diploma; 9 months full-time study)	
ECOLE CHOCOLAT, VANCOUVER, B.C., CANADA	2017
Professional Chocolatier's Certificate (3 months part-time study)	
CARNEGIE MELLON UNIVERSITY, PITTSBURGH, PA, UNITED STATES	2005
MFA, Costume Design	
TOWSON UNIVERSITY, TOWSON, MD, UNITED STATES	2001
BA, Theatre Arts (Costume & Scenic Design)	

PROFESSIONAL DEVELOPMENT

SUGAR ART ESSENTIAL TECHNIQUES, LE CORDON BLEU LONDON, LONDON, UNITED KINGDOM	2022
Multi-day course covering the fundamentals of pulling, blowing, casting, molding, and sculpting sugar.	
SUGAR TECHNIQUES, INSTITUTE OF CULINARY EDUCATION, NEW YORK, NY, UNITED STATES	2019
Multi-day course covering the fundamentals of pulling, blowing, casting, molding, and sculpting sugar.	
FOOD PHOTOGRAPHY, ART OF INTUITIVE PHOTOGRAPHY, NEW YORK, NY, UNITED STATES	2019
Private food photography lessons covering presentation, styling, props, lighting, and camera techniques.	
GUMPASTE FLOWERS, JULIA FEDOROVA CAKES, NEW YORK, NY, UNITED STATES	2019
Multi-day course covering various wired gumpaste flower techniques.	
BREADMAKING, BREAD AHEAD BAKERY & SCHOOL, LONDON, UNITED KINGDOM	2019

QUALIFICATIONS

UK RSPH Level 2 Award in Food Safety	2019
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WORK ELIGIBILITY

United States passport holder | [United Kingdom visa \(sponsorship not required\)](#)