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## Awards and Recognition

- 2020 Certified Executive Chef Certification, American Culinary Federation
- 2020 *Roanoker Magazine*, 40 Business Leaders Under 40
- 2012-2019 *Roanoker Magazine*, Platinum Dining Award, Best Chef In Roanoke
- 2015 USA Today, The River and Rail, Voted #2 of 10 Best Southern Fine Dining
- 2014 Winner, Guy's Grocery Games, Food Network Television
- 2013 *Food Network Magazine*, Best Pastry Dessert Virginia
- 2012 *Restaurant & Hospitality*, 12 Chefs to Watch in 2012
- 2010 *Chicago Social* Best New Chef Under 30
- 2009 James Beard Foundation Rising Star Semi-Finalist
- Host Chef, James Beard House (2006, 2008, 2009, 2016)
- Featured in national media outlets: CBS "The Early Show", *Eatocracy*, *Gourmet*, *Southern Living*, *Garden & Gun*, *Restaurants & Institutions*, *The LOCAL Palate*, *Food Network Magazine* and more.

## Professional Experience

**2017 – Present – Founder, CEO, Deal & Associates Restaurant Consulting**, Roanoke, Virginia  
Offering valuable advice for restaurants, startups and food service visionaries everywhere.

**2011 – Present – Operating Partner, The River and Rail Restaurant**, Roanoke, Virginia  
Planned, designed, budgeted and opened the 65 seat Southern Bistro concept in a historical pharmacy space in the South Roanoke neighborhood.

### **Responsibilities included:**

- Hiring management team, implementing training guidelines and regulations.
- Establishing budgets, accounting software and daily financial management.
- Built dinner, lunch, brunch, pastry, wine, beer and cocktail programs.

### **Accolades include:**

- Positive Review, *City Magazine Roanoke*, 2012
- Positive Review, *Roanoke Times*, 2012
- Positive Review, *The Roanoker*, 2012

**2008 – 2010 - Executive Chef, Custom House Tavern**, Chicago, Illinois

Planned and executed a concept change; re-developed lunch and dinner menus, managed kitchen infrastructure and media.

### **Responsibilities included:**

- Brainstormed and worked with ownership to reconcept the restaurant from fine dining to a tavern establishment; staged at New York's Gramercy Tavern in preparation
- Built a new culinary team including Executive Pastry, Sous Chef and line cooks
- Developed ideas to drive new business while maintaining existing clientele

### **Accolades include:**

- 4 stars out of 5 for food/service (*Time Out Chicago*, March 2010)

- Positive review, *Chicago Reader*, April 2010
- Positive review, *Crain's Chicago Business*, March 2010

**2005 – 2009, Executive Chef, Tristan**, Charleston, South Carolina

Directly responsible for all back of house cost control, scheduling, and banquet/à la carte menu development. Reduced inventory by 15% while maintaining consistent costs

**Responsibilities included:**

- Coordinated special events with guest chefs and winemakers to drive business
- Assisted with public relations and marketing efforts including: media interviews, television appearances, culinary demonstrations, and social networking programs
- Supported local charitable events including: the March of Dimes, Darkness to Light, Lowcountry Food Bank, and the John Ancrum Animal Society

**Accolades included:**

- 4 ½ stars out of 5 for food/service (*Charleston Post and Courier*, April 2008)
- Positive review, *Charleston magazine*, March 2008
- Positive review, *Charleston City Paper*, May 2008

## Teaching Experience

**2018 – 2020 – Adjunct Professor, VWCC Culinary Education Department**, Roanoke, VA

Instructor for culinary lab classes, nutrition and hospitality human resource management.

- Supervised a class of 20 students in a production environment
- Created course curriculum for culinary program.

**2008 - Instructor, Culinary Institute of Charleston**, Charleston, SC

Teacher for an Introduction Skills class focused on proper meat and seafood fabrication. The class provided food for an in house restaurant serving lunch to the public daily.

- Supervised a class of 20 students in a production environment
- Evaluated students based on provided curriculum guidelines

**Culinary Demonstrator**

- National Restaurant Association Show (May 2008, May 2010), Chicago, Illinois
- Culinary Institute of America (January 2009), Hyde Park, New York
- French Culinary Institute (January 2009), New York, New York
- Johnson & Wales University (January 2009), Charlotte, North Carolina
- Charleston Food & Wine Festival (March 2008 and 2009)
- Culinary Institute of Charleston (January and February 2009)
- Culinary Tours of Charleston (December 2007 – August 2009) Charleston, South Carolina
- Collaborations with guest chefs including: Chris Hastings (Hot & Hot Fish Club), Tory McPhail (Commander's Palace), Jeremy Fox & Deanie Hickox (Ubuntu), and Dean Max (3030 Ocean)

## Education

**JOHNSON AND WALES UNIVERSITY**, Charleston, South Carolina

Associates Degree in Culinary Arts, 2005 – Summa Cum Laude

*Awards included:*

- Deans List, 2004 and 2005
- Who's Who in American Junior Colleges for Outstanding Academic Merit

**APPALACHIAN STATE UNIVERSITY**, Boone, North Carolina

General Coursework in Business, 2000 - 2002