



CONTACT

Viersener Strasse 41
40549, Düsseldorf, Germany

owen@smalsumosiela.com

www.smalsumosiela.com

+49 176 598 42622

EDUCATION

Culinary Arts, AOS

Culinary Institute of America
Hyde Park, NY, USA
2006 - 2008

LANGUAGE

English - Native

Spanish - Fluent

German - Basic

Vietnamese - Basic

Thai - Basic

French - Basic

EXPERTISE

Team Leadership

Menu Development

Computer proficiency

Adaptable and resilient

Amateur Farmer

Business acumen

Knife skills and sharpening

Problem-solving and
decision-making

Fish and meat butchery

Forager and lover of vegetables

Owen Ky Ostergard

A passionate chef searching for a position that will allow further development and refinement of culinary skills, while expanding knowledge of cuisine and learning traditional techniques.

WORK HIGHLIGHTS

March 2024 - October 2024

Holmen Lofoten, Norway

Sous Chef

Coordinated kitchen functions during the summer season 2024, overseeing daily service and supporting menu development in a fast-paced environment focused on seasonal ingredients, foraged and local produce in an open kitchen at fine dining level.

November 2020 - May 2022

Bäckerei Hinkel, Düsseldorf, Germany

Baker

Worked as a baker in this Traditional German bakery, throughout the pandemic. After my apprenticeship, I continued to practice and implement what I learned to the world of bread, specializing in traditional German techniques and products.

October 2015 - October 2019

Rhumb Line, Camden, Maine, USA

Executive Chef

Led the team in designing, opening, and running this sister restaurant for three seasons, while continuing efforts at Slipway as Head Chef of both kitchens.

April 2011 - October 2019

The Slipway, Thomaston, Maine, USA

Executive Chef

Headed the kitchen team as chef for 5 seasons in a seasonal seafood restaurant, emphasizing freshness, seasonality, consistency, and innovation. Managed inventory, orders, equipment maintenance, and collaborated on creating new dishes.

Internships:

Casa Marcial

(2-Michelin-star) Arriondas, Asturias, Spain

龍吟 Nihonryori-Ryugin,

(3-Michelin-star) Roppongi Hills, Tokyo, Japan

2 years in Thailand:

Phuket, Chiang Mai, Bangkok

3 years in Vietnam:

Hà Nội, Hải Dương, Hưng Yên, Da Nang

2 years in Chile:

Santiago

REFERENCES

Christine Petrie

IRC Director Weehawken, NJ

Phone: +1 201 210 9830

Email: christinepetrie@gmail.com

Note: Eastern Standard Time, GMT -5

George Beau Harding

Chef/Author London, UK

Phone: +49 171 135 47677

Email: info@thegourmetgent.com

Note: Greenwich Mean Time, UTC

Summer 2024
March-October

Holmen Lofoten, Norway

Sous Chef

Under the guidance of Head Chef Richard Cox I learned a lot about Norwegian and UK gastronomy. The other draw was working along side such amazingly skilled chefs who came up for the Kitchen On the Edge events that Holmen Lofoten hosts 5 times a year. The guest chefs took over the kitchen for a weekend to produce exclusive menus, an experience that still excites me when I reflect on it.



Spring 2023
March - May

Casa Marcial (2-Michelin-star restaurant)

Arriondas, Asturias, Spain

Internship

Worked closely with a highly skilled team in a kitchen renowned for its innovative yet rustic approach to Asturian cuisine. Developed a deep understanding of hyper-local ingredient sourcing, traditional and modern Spanish techniques, and the delicate balance between simplicity and refinement in high-end dining. Assisted in the preparation of seasonal tasting menus, gaining valuable insight into Michelin-level execution, plating, and service flow.



2020-2022
November - May

Bäckerei Hinkel, Düsseldorf, Germany

Baker

Worked as a baker during the pandemic, continuing to learn and practice in the world of bread, specializing in traditional German techniques and products. I worked through all four stations that gave me an abundance of baking knowledge; from Rolls, Breads, Pastries/cookies, and finally puff pastries/Cakes. Mastering each station gave me tremendous new set of skills. It was a very educational experience into the world of German Baking, specifically breads.

Internship
2018 - 2019
August - June

The Slipway and Rhumb Line, Thomaston, Camden, Maine, USA

Executive Chef

Led the two kitchens of seasonal seafood restaurants overseeing all culinary operations, including menu development, inventory management, hiring, and training staff. Successfully managed both restaurants through the busiest seasons, building strong ties with local farmers and fishermen to source fresh, local ingredients. In 2016 I helped design and build the kitchen for Rhumb Line, and created innovative, seasonal menus that attracted both local patrons and vacationers. Demonstrated exceptional leadership and team-building skills, ensuring smooth operations and a high standard of service. Excelled under pressure while maintaining a positive work environment.

2011
2012
2016
2017
2019

April - November



龍吟 Nihonryori-Ryugin, (3-Michelin-star restaurant)

Roppongi Hills, Tokyo, Japan

Internship

Trained under Chef Seiji Yamamoto in one of Japan's most revered kaiseki-style restaurants, focusing on the precision, discipline, and philosophy of Japanese haute cuisine. Gained hands-on experience in traditional methods such as dashi preparation, knife techniques, and the art of seasonal presentation. Learned to respect ingredient integrity at the highest level, while observing the meticulous attention to detail that defines Japanese fine dining.

Spring 2017
January - April





Winter
2017-2018
September - June

F/V Spirit World, Tennets Harbor, Maine, USA
Lobster Fisherman

Explored the sourcing of ingredients by working as a lobster fisherman during the winter season. Deckhand, baiting, knots, measuring, basic navigation, trap repair. Any time I am not in the kitchen, I am following the ingredients and their stories.



2014
January - April

Royal Project, โครงการหลวง, Chiang Mai, Thailand
Project Manager

Led the grand opening of a self-sustaining restaurant showcasing Royal Project Produce. Directed menu design, marketing, and collaboration with local farmers to emphasize seasonal ingredients and a fusion of Western and Thai cuisines. Focused on sustainability, utilizing the Royal Project system to create a lasting, eco-conscious establishment.

2012
January - May

โบ.านู Bo.Lan, Bangkok, Thailand
Cook/พ่อครัว

Worked for five months in an acclaimed authentic Thai kitchen renowned for its commitment to biodiversity and traditional cooking methods. Rotated through various stations, with a primary focus on the amuse station, requiring multitasking and precision under the close supervision of the chefs Bo and Dylan. Gained invaluable experience in a high-pressure environment that emphasized perfection and craftsmanship.



2011-2012
September - January

Blue Elephant, Phuket, Thailand
Cook/พ่อครัว

Helped teach Thai cuisine at this Thai restaurant with an international perspective in a premier culinary school led by Chef Charles Buranasingha.

2010-2011
February - February

Emilio's, Los Condes, Santiago de Chile
Cook/Cocinero

Contributed to the expression of authentic Peruvian cuisine by preparing carefully crafted dishes that highlighted bold, natural flavors. Worked in a dynamic kitchen focused on blending traditional techniques with contemporary presentations, enhancing guests' appreciation for the rich culinary diversity of Peru in a fine dining setting.



2009-2010
October - February

Barandiaran, Santiago de Chile
Cook/Cocinero

Gained foundational knowledge of traditional Peruvian cuisine. Worked in a rustic, home-style kitchen that emphasized the authentic, unrefined cooking methods of Peru's peasant traditions, providing insight into the roots of this cuisine.

2008 - 2009
October - October

Stratta (by Alex Stratta), Wynn Hotel, Las Vegas, USA
Cook

At Stratta, a fine dining Italian restaurant within the five-star, five-diamond Wynn Hotel, I focused on refining knife skills, speed, and cleanliness in a high-standard, fast-paced kitchen. I became proficient in classic Italian techniques, contributing to the brigade while meeting the elite quality demanded by one of the world's best hotels.

2008
March - August

Scala's Bistro, Sir Francis Drake Hotel, San Francisco, USA
Tournant

In my first role after culinary school, I rotated through all stations at this high-volume French bistro, mastering meat and fish fabrication, pasta, risotto, grill, and sauté. Reporting to Executive Chef Nick Bocchimuzzo, I honed my cooking methods and gained invaluable experience in leadership, ingredient preparation, and kitchen operations.

2007
February - July

La Fleur de Sel, Brest, France
Stagiaire

At this fine seafood restaurant in France's premier fishing region, I worked under Chef Yann Plassard and Sous Chef David Bilot. Starting as legumier, I progressed through garde manger to the principal plate station, where I honed my seafood preparation skills and worked closely with the sous chef, learning the nuances of French seafood cuisine.

