



# COOK LIKE A STAR



## TROY LINGELBACH

27

BROOKLYN, NY

HT: SAN DIEGO, CA

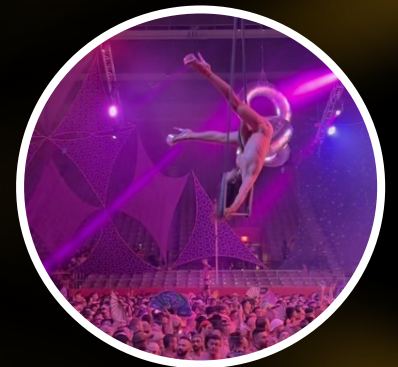
FREELANCE ARTIST / PERFORMANCE  
COACH

📷 @troydaboy1

**TALENT:** CONTORTION / AERIAL

## ABOUT

- Troy was first inspired to cook from their dad who was a restaurant chef at the Hotel Del Coronado in the 90's. Troy's grandma also inspired them to take an early interest in all things culinary. Eventually, they discovered a passion for food that never relented. Early exposure to cooking shows sparked an enduring curiosity within them as well — *Hell's Kitchen*, *Masterchef*, and *Chopped* were just some of the shows Troy and their dad would watch together.
- Troy's career trajectory took an exciting turn during the pandemic. What was once a side hustle - performing and teaching performance arts - pivoted to become their main focus. This shift has propelled them on a globe-trotting adventure, opening doors to diverse culinary experiences along the way.
- Troy is a vegan and enjoys the creative process in regards to making enriching dishes packed with plant-based protein. They are excited to show people just how incredible vegetables can be. Troy's signature dishes, such as Cast Iron Seared Cabbage and Fried Oyster Mushrooms, highlight their expertise in elevating seemingly mundane vegetables. Combining aerial work, contortion, and skillful foot-knife work, they plan to present an unforgettable vegan cabbage dish onstage as their unique performance piece.
- For Troy's act, he will be performing a love story between himself and a simple cabbage. This cabbage and he will start off with a flirtatious exchange before he finally grabs and chops it. He will then gently sear it in a cast iron skillet. Troy is very skilled in contortion and will be able to place the knife between his feet and chop the other veggies with it. Suddenly, out of the sky, a large cabbage will appear. After peeling the leaves, his aerial straps will emerge, and he will put the knife between his toes while performing an aerial routine. Finally, he will descend and present his beautiful vegetarian dish to the judges.



Casting Note: Troy is nonbinary.