

Ashleigh Ryan Wells

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Objective

To obtain a dynamic back-of-house position within a growing company in order to utilize and enhance my current culinary skills.

Professional Strengths

ServSafe Manager Certification (obtained 11/2017)
Nutrition Certification (obtained 7/2010)
Management
Craft Services
Menu Planning
Event Planning

Catering
Customer Service
Phone and Technical Support
Microsoft Office Applications
Website Page Creation and Updates

Culinary Highlights

A Culinary Evening with the California Winemasters

Assistant to Chef Raphael Lunetta (JIRAFFE Restaurant) 5/2011

Assistant to Chef Anthony Nash Cognetti (Tra Vigne Restaurant) 5/2010

Peninsula Hotel Beverly Hills

1/2018-2/2018

Prep Cook/Line Cook (Unpaid Culinary Internship)

Select Work History

Tastemade Studios, Santa Monica, CA

1/2018 – Present

Culinary Production Assistant

Peninsula Hotel, Beverly Hills, CA

1/2018 – 4/2018

Line Cook

Host Helpers, Los Angeles, CA

8/2014 – 1/2015

Cook

Culinary Staffing, Los Angeles, CA

1/2011 – 1/2015

Cook/Server

Loyola Marymount University, Los Angeles, CA

8/2011-10/2012

Line Cook

On Higher Grounds Restaurant, Culver City, CA

6/2006- 12/2007

Assistant Manager

Culinary Education

St. Joseph Center Culinary Training Program, Venice, CA

Graduated 2/2018

Los Angeles Trade Tech College, Los Angeles, CA

8/2009- 6/2011

References Available Upon Request

Prep Cooks Test

Score / 20

Multiple Choice (1 point each)

- D 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - d. 128
- C 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- B 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
- B 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
- A 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
- C 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- A 7) What is Al Dente?
- a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- C 8) Food should be left out no more than
- a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours

Prep Cooks Test

- C 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
- D 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
 - b. Baking Powder
 - c. Flour
 - d. Water
- B 11) What is the temperature range of the danger zone?
- a. 25-135
 - b. 40-140
 - c. 50-160
 - d. 30-130
- D 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
- C 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
- C 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - c. Liquid
 - d. Oil
- C 15) Which spoon is used to remove fat from soups and stews
- a. Basting Spoon
 - b. Ladle
 - c. Slotted Spoon
 - d. Portion Spoon
- B 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

A

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

A

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) Herbs & spices 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.

