



To Whom It May Concern:

June 17, 2014

It is with great pleasure that I have the honor of writing this letter of recommendation for Avalon Forrest, for she will be an incredible asset to any organization she is part of. Avalon exhibits many traits including absolutely glowing personality, able to work well and get along with all people and co-workers, incredible work ethic, punctual, loyal, trustworthy, and immensely talented as a culinarian that set her apart from the pack.

I was first introduced to Avalon by her mother, Rachel. Rachel reached out to me asking if Avalon could perhaps stage with us for a day. Avalon had some FOH experience at the time but had yet to work in a kitchen. I agreed, for Rachel is a very good friend of mine, and Avalon came and worked a day with us, literally being the first time she had ever held a professional knife. I figured this would be the end of it, but when the night was done she was asking to come back the following week. So this went on, Avalon staging once a week for a while and she in turn also started working in the dining room with us, leading to an understanding of both sides of the operation that is vital, yet so often missed. A good friend of mine had an opening in his kitchen and Avalon jumped at the chance, leading to her first full time kitchen position with Ben Hasty, an extremely talented and recognized Chef in our community.

The time came when the natural progression was for Avalon to return with us full time in the kitchen and she immediately flourished. It is extremely rare to see someone pickup skills so quickly and naturally, be as trustworthy, and also be able to handle every single station in the kitchen on the busiest nights at any age, let alone so young. I trust Avalon 100% that no matter how busy, she will never, ever try to let something pass if she knows it's not 100% executed properly. Avalon is one of those rare people that we all dream of finding, and we come across only every so often.

I am saddened to see her go, but ecstatic for her that she is traveling, gaining experience, broadening her scope, and deepening her knowledge, for so many unfortunately miss the opportunity to do so while still young, and it becomes so much harder as we get older.

I give Avalon my highest recommendation, and anyone that receives her resume should jump at the chance to have her stage to see if the fit is right, for if it is, you are getting the very first person I would want to hire, and if given the opportunity to do so any time in the future, I will immediately.

Please feel free to contact me to discuss further at anytime.

Regards,

Matt Louis

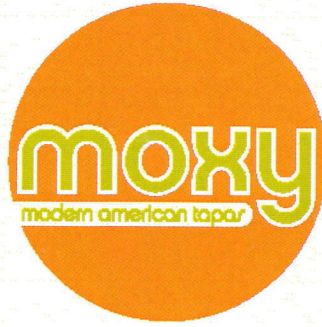
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