



Profile

Budget Dinner Battle



Lauren Smith

Santa Monica , CA

laurenasmith@gmail.com

323-632-0361

Reference ID #05a52f21f4cf5d0c

Tags

booked


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Submission Details

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- First Name**
Lauren
- Last Name**
Smith
- Email**
laurenasmith@gmail.com
- Phone #** 
323-632-0361
- Residing City**
Santa Monica
- Residing State**
California
- Website (if applicable)**
<https://youtube.com/@TheWanderlustFlight>
- Instagram (if applicable)**
@wanderlust_flight
- Facebook (if applicable)**
No response
- Tik Tok (if applicable)**
No response
- Occupation**
Flight attendant/ self taught chef on a jet

Write a mini bio about yourself. This is a chance for us to get to know you! Please include where you are originally from, who is in your life, what you do, and what is important to you.

12 Meet Lauren, a spunky self-taught chef from San Clemente. She discovered her love for food at a young age, experimenting with recipes and ingredients in her family's kitchen. She never received any formal culinary training but instead relied on her natural talent and passion for cooking to hone her skills.

13 **Please tell us about your current living situation. (ie. - do you live with a roommate(s), family members, etc?)**
I live alone. I purchased my condo in Santa Monica last June.

14 **How would you rate your cooking skills (on a scale of 1-10 / 10 being the best!) Explain your answer.**
I would say that my skills in the kitchen are a 9/10. My reasoning is no matter how skilled you are in the kitchen, you can always work on new techniques and honing your skill set. Every day is a new opportunity to grow and develop your palate as well as hone your skill set.

15 **How often do you cook for other people? Explain. (How often, how many people, who is it that you usually cook for?)**
I cook on the jet about 20 days a month. Typically I'm creating 6-8 courses for up to 5 people. working on a private jet I have access to some of the best food in the world. My friends and family see the incredible things I make onboard and want to try them. Unfortunately, I'm not working with a billionaire budget at home. I've learned a few tips and tricks for re-creating Michelin star meals at home and on a budget.

16 **Tell us about a meal you are particularly proud of making. Why does this one stand out for you?**
I made a fresh ravioli with strawberry and truffle... I know it sounds like a weird combination, but trust e when I tell you... It works. This was my first time making fresh pasta and I was testing a bold new recipe. I received a standing ovation from my clients and they couldn't stop talking about how delicious this recipe was.

17 **This show is all about cooks who have a talent for cooking on a budget. Tell us about your ability to create food on a budget. How did you learn?**
I developed an expensive palate with working with billionaires and having access to some pretty incredible ingredients. I've learned to get creative in the kitchen and creative in the grocery aisles to recreate luxurious meals for friends, family, and the people I love.

18 **Was there a specific event in your life that led you to acquire this skill?**
When I first moved to LA, I was completely broke. I was working part time as a waitress, and all the money I made went to my rent. Being a Foodie, I had to figure out a way to experience delicious food with zero money... I decided I would have to learn to cook for myself, and get creative with my budget. When I first started, the food was bad, so I kept working and slowly, but surely it got better.

19 **What are the top tips or tricks that you have picked up along the way that you routinely use when cooking on a budget? Please explain. ***
Believe it or not, coupons are still a thing... There are plenty of apps that you can utilize to help you find the best deal for the ingredients you're looking for. I've also learned that Coca-Cola is a great meat tenderizer. You can buy cheaper cuts of meat and marinate them overnight. This trick turns any cut of steak into a filet mignon

20 **What dish are you known for? Tell us about it!**
My cocoa chilli rubbed skirt steak odd out of this world, think steak mole

21 **Have you ever appeared in television programs, films, webisodes, commercials or advertisements of any kind? If so, please provide the project name, where it aired, and the approximate date(s) of airing.**
No

22 **Do you have any food allergies we should be aware of?**
No

23 **Please upload a non-professional photo of yourself where we can see you clearly. (no sunglasses or hats)**



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(download image)

24 **Are you currently vaccinated for Covid-19?**
Yes

25 **Applicant Release**
Agreed on 05-10-2023

I have read, understand, and agree to be bound by all of the terms and conditions of this Agreement. This Agreement cannot be terminated, rescinded or amended except by an agreement signed by both me and Producer. I UNDERSTAND THAT I AM GIVING UP CERTAIN LEGAL RIGHTS UNDER THIS AGREEMENT, INCLUDING, WITHOUT LIMITATION, MY RIGHT TO FILE A LAWSUIT IN COURT WITH RESPECT TO ANY CLAIM ARISING IN CONNECTION WITH THIS AGREEMENT.

26

A handwritten signature in blue ink, appearing to be 'Lauren Smith', enclosed within a rectangular box.

Lauren Smith
Signed on 05-10-2023

Notes

Notes added here will not show up on deck comments