

BIBLIOGRAPHY

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APPENDIX

Appendix 1. Executive Chef, Staffs and Trainees



Appendix 2. Appraisal Form

Internship Appraisal Form

 **AKADEMI KULINER & PATISERI**
OTTIMMO®
INTERNASIONAL
CULINARY ARTS · GASTRONOMY · BAKING & PASTRY ARTS

INTERNSHIP
PLACE: THE ABBEY RESORT

First Name Natasha Last Name Gunur

Review Period/s : ☐ Monthly ☐ Quarterly ☐ Bi-annualy ☒ Annually Date Joining _____

Intern's Position : Cook Training Department : Culinary

REVIEW DATE : 3/21/2025 Direct Supervisor : Natasha Gunmustalen

GRADING FACTORS

1. ORGANIZATIONAL & COMMUNICATION

Staffs Relations

Consistently demonstrates: attentiveness, courtesy and efficient service to other staff.
Creates friendly environment. 4

Team Player

Cooperates and works well with others. Enthusiastic, portrays a positive manner and
Works toward the Company's goal/s. 4

Follow -Through

Sees tasks through completion. Finishes work so that next shift is prepared. 3.5

2. CUSTOMERS INTERACTIONS

Customer Relations (*if any)

Consistently demonstrates: attentive, courtesy and efficient service to customers.
Treat customers with Considerations and Respects 3.5

3. PERSONAL PRESENTATIONS

Grooming Standards

Practices and displays proper grooming, personal hygiene and care.

4

Maintains hair and facial hair (*if any) per proper F&B industrial standards

Uniforms

Always wear the proper and designated uniform.

4

4. ON THE JOB & KNOWLEDGE

Dependability

Can be counted upon to do what is expected and required

3.5

Follow instructions and completes work on time with minimum supervision

Work Quality

Work performed according to Chef's standard and on-site work requirements

3.5

All job descriptions specification are met. Consistency in work. All recipes are followed

Work Quantity

Complete the expected amount of work in relation to Company's standards

3.5

Grading Guidelines.

Using the 4 point scale below, fill up the following table:

- 4 - Exceeds expectations
- 3.5 - Somewhat Exceeds Expectations
- 3 - Meets expectations
- 2.5 - Somewhat meets expectations
- 2 - Less than expectations
- 1.5 - Somewhat less than expectations
- 1 - Inadequately short of expectations

Discussions/Notes;

NATASHA HAS BEEN A GREAT ADDITION TO OUR KITCHENS.
SHE HAS PROVED VERSATILITY WITHIN ABILITIES,
BEING ABLE TO LEAD LINES FOR BOTH OUR OUTLETS.
WE COUNT ON HER TO TRAIN NEW STAFF WITH
CONFIDENCE AND CAN RELY ON HER TO GET
THE TASK DONE. SHE HAS GROWN GREATLY &
WE ARE ABLE TO GIVE SPECIAL PROJECTS (BALETT)
TO HER. HER PRIDE IN HER WORK IS REFRESHING.

PERFORMANCE SUMMARY * to be filled by OTTIMMO International

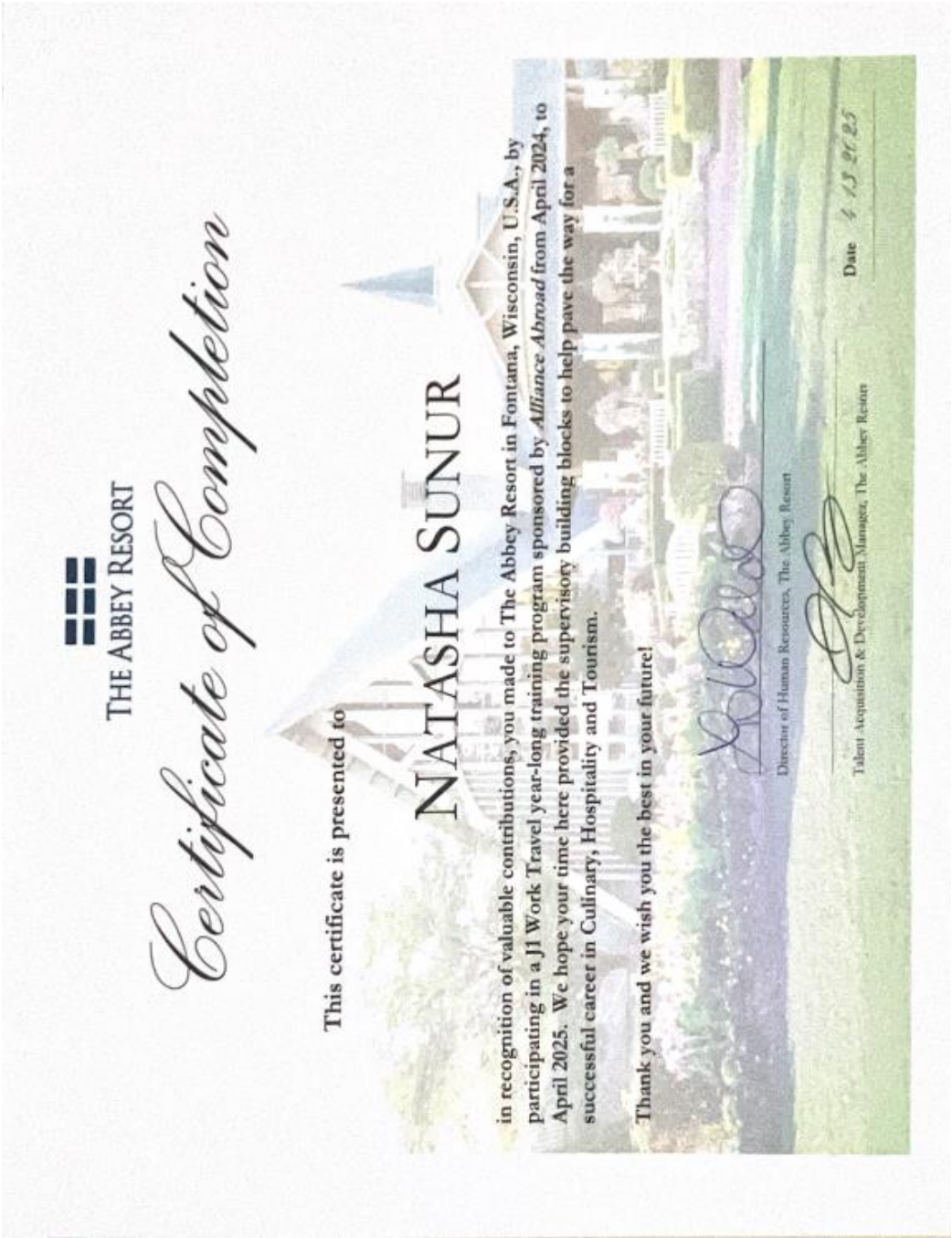
TOTAL POINTS 33.5

RATING _____

ACTION PLANS FOR DEVELOPMENT NEEDS

1. _____
2. _____
3. _____
4. _____
5. _____

Appendix 3. Certificate



Appendix 4. Consultation Form

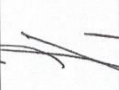


OTTIMO
INTERNASIONAL

KEBERKATAN KULINER & PAISERI
GEMERAK ALAM, GASTRONOMI, BAKUJAL & KREATIVITAS

Akademi Kuliner & Paiseri

CONSULTATION FORM
INDUSTRIAL TRAINING /
FOODPRENEURSHIP

No	Date	Topic Consultation	Name/ Signature
1.	1/5	konstruksi laporan intertekap. chap 1	
2.	3/5	check chap. 2	
3.	3/5	check kitchen brigade.	
4.	6/5	check chap. 3	
5.	7/5	check working shift	
6.	10/5	waterfront restaurant product	

No	Date	Topic Consultation	Name/ Signature
7.	10/5	2nd week restaurant product	
8.	13/5	check chap. 5	
9.	14/5	check Appendix 5.	
10.	15/5	final check	

Name :

Student Number :

Advisor :

Appendix 5. Recapitulation of Industrial Training Activities

RECAPITULATION OF INDUSTRIAL TRAINING ACTIVITIES

Name : Natasha Qiara Sunur
Study Program : Internship
Placement of *Industrial Training* : The Abbey Resort
Field of Work : Waterfront Restaurant
Activity Notes : Month I/II/III/IV/V/VI/VII/VIII/IX/X/XI/XII

Week	Description of activities
1	• Observed and familiarized myself with all kitchen areas, including the cooler, freezer, stock room, dry storage, paper room, and chemical storage. • Studied and understood the full menu offered at Waterfront restaurant. • Practiced basic preparation techniques, including slicing cherry tomatoes for the wrap menu item. • Prepared guacamole from scratch by cutting and processing avocados, finely dicing red onions and cilantro, and combining ingredients with fresh lime juice. • Learned procedures and best practices for opening the restaurant and setting up the kitchen for service. • Developed skills in creating and managing a prep list to ensure efficient workflow. • Gained knowledge of various ingredients and components used on the kitchen line.
2	• Learned how to prepare cod fish by cleaning, filleting, and laying it out properly on sheet trays for storage or cooking. • Practiced chopping and preparing romaine lettuce for use in salads and wraps. • Assisted in checking the stock levels of fried items such as fries, sweet potato fries, onion rings, cheese curds, and tater tots. • Learned proper methods for reheating sauces for the opening line, ensuring consistency and safety. • Gained experience reheating BBQ pulled pork by simmering pork cubes with a mixture of water and BBQ sauce. • Assisted with restocking various types of bread and wraps at the line station, including those used for burgers, sandwiches, and wraps.
3	• Studied and memorized the utensils and tools required for the opening line setup to ensure an efficient workflow during service.

	• Learned how to properly grill chicken breast for use in salads and wraps. • Observed and understood the importance of monitoring chicken breast marinade stock and learned the marination process, especially since grilled chicken breast is one of the best-selling items. • Began independently opening the restaurant in the morning by setting up all cutting boards at each line station. • Adapted to operating all essential kitchen equipment, including the flat-top grill, salamander, grill station, and deep fryer. • Learned how to prepare a variety of salads, including understanding the specific ingredients used in each: Waldorf Salad, Caesar Salad, Side Salad, which includes romaine lettuce, onions, sun-dried tomatoes, and cucumbers.
4	• Learned how to properly cook macaroni to an al dente texture as a base for the mac and cheese menu item. • Gained hands-on experience in preparing mac and cheese, including the preparation of cheese sauce and proper mixing techniques. • Trained in the safe and effective use of a slicer to cut tomatoes and onions, particularly for Limited Time Offer (LTO) burger toppings. • Learned to prepare three different types of wraps, including: Avocado Chicken Wrap, Spicy Buffalo Chicken Wrap, and Quesadilla.

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Week	Description of activities
1	• Learned how to prepare beer batter for the Fish & Chips menu item, including understanding the proper consistency and seasoning. • Gained hands-on experience in making BBQ Tuna Tostadas and learned how to plate them according to restaurant standards. • Trained in assembling Fish Tacos from start to finish, including ingredient preparation and final presentation. • Studied and memorized the correct serving plates used for each menu item to maintain consistency and presentation quality. • Learned how to retrieve and organize all necessary prep ingredients from the cooler, freezer, and dry storage areas efficiently. • Practiced slicing fresh fruits such as cantaloupe, honeydew melon, and pineapple for side dishes. • Prepared coleslaw to accompany the Fish Tacos dish, including proper shredding, mixing, and seasoning. • Fried fresh tortilla chips in-house to be used for the Nachos menu item
2	• Restocked all necessary items for daily prep to ensure kitchen readiness and smooth workflow during service. • Baked one full case of bacon to be used for sandwiches, ensuring proper crispness and consistency. • Washed and prepared fresh lettuce specifically for Limited Time Offer (LTO) menu items. • Prepped and sliced fresh tomatoes for LTO dishes, maintaining uniform cuts and freshness. • Used a mandoline slicer to cut cucumbers thinly and evenly for use in salads. • Sliced cheddar and Swiss cheese for sandwiches and other line items, maintaining proper portioning.
3	• Prepared corn salsa for tacos, including seasoning and balancing flavors for a fresh and vibrant topping. • Prepped and assembled lettuce and tomato components for sandwiches to

	ensure consistency in quality and portioning. • Made honey yogurt dressing for the Waldorf salad, focusing on flavor balance and smooth texture. • Restocked all fritter items, ensuring they were organized and ready for service. • Mixed shredded cheddar and mozzarella cheese for use in quesadillas and mac and cheese, maintaining proper ratios for taste and melt quality. • Prepped ribs by portioning and dividing them into two for consistent plating and portion control. • Cut fresh watermelon and vacuum-sealed it with honey yogurt for freshness and enhanced presentation.
4	• Cleaned the <i>frisée</i> lettuce and vacuum-sealed it with water to preserve freshness and texture. • Mixed lemon juice and olive oil to prepare the dressing for the watermelon feta salad. • Used a slicer to cut red onions uniformly for pickling. • Prepared the pickling liquid for red onions, ensuring the right balance of acidity, sweetness, and seasoning. • Sliced prime rib for the Prime Rib Philly sandwich, maintaining precision and consistency in portioning.

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Week	Description of activities
1	• Restocked seasonal ingredients and items in preparation for the summer menu. • Sliced Philly bread for sandwiches, ensuring clean, even cuts for consistent presentation. • Fried chicharrón and drizzled with Tajín seasoning for a flavorful garnish or snack item. • Requested and received hummus from the prep kitchen to ensure availability for plating and service. • Cut carrots and celery into uniform sticks for dipping or side presentation. • Transferred hummus into a piping bag for clean and controlled plating.
2	• Learned how to cook burgers according to guest-specified temperatures (rare, medium, well-done, etc.), ensuring accuracy and food safety. • Prepared quinoa for the Mediterranean wrap and stored the remaining portion on a sheet tray for cooling and later use. • Cleaned olives and placed them in a pan for prep and service use. • Sliced cucumbers for the line and restocked as needed. • Prepared marinated grilled chicken, focusing on proper seasoning and storage. • Sliced turkey for both the service line and back stock, ensuring uniformity and freshness.
3	• Prepared lime aioli from scratch, focusing on flavor balance and consistency. • Placed mayonnaise into the ninth pan for the line, ensuring it was ready for service. • Cleaned and organized the service line, replacing outdated items with fresh stock to maintain proper food safety standards. • Cleaned stoves, ensuring they were properly sanitized and ready for use. • Cleaned the grill and flat-top, maintaining a clean and safe cooking environment. • Ordered fresh guacamole from the prep kitchen to ensure availability for service.

4	• Cleaned the cooler and freezer to maintain proper storage conditions and ensure food safety standards. • Baked corn, then grilled it for flavor enhancement, and prepared it for corn salsa. • Made corn salsa, ensuring the balance of flavors and proper consistency for tacos or other dishes. • Restocked various breads and wraps to ensure availability for sandwiches, burgers, and wraps. • Cut walleye fish into portions, cleaned it thoroughly, and placed it on a sheet tray for storage. • Restocked Limited Time Offer (LTO) items and standard items for burgers and sandwiches to keep the line organized and ready for service.
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Week	Description of activities
1	• Cut cantaloupe, melon, and pineapple for fruit side dishes, ensuring uniformity and proper storage. • Cut watermelon and vacuum-sealed it with honey yogurt for freshness and enhanced presentation. • Prepared comeback sauce for the burgers, balancing flavors for a signature sauce. • Made tortilla soup for the line, ensuring proper seasoning and texture, and restocked as needed. • Restocked croutons to ensure availability for salads and other dishes. • Restocked walnuts and cranberries for the salad station, maintaining inventory for consistent service. • Ordered fresh guacamole to be delivered from the prep kitchen. • Ordered hummus to ensure stock availability for service. • Prepared coleslaw, focusing on texture, seasoning, and presentation for side dishes and tacos.
2	• Made sriracha aioli for the crispy chicken sandwich, ensuring the right balance of spice and creaminess for the sauce. • Sliced red onions for Limited Time Offer (LTO) dishes and pickled onions for garnishes. • Prepared pickled onions by making the pickling liquid and ensuring proper flavor balance. • Sliced fresh tomatoes for LTO dishes and sandwiches. • Cleaned and prepared romaine lettuce, ensuring it was ready for use in salads and sandwiches. • Cut romaine lettuce into proper portions for salads and sandwiches. • Assembled and prepared all components for Limited Time Offer (LTO) menu items, ensuring everything was ready for service.

3	• Cut carrots and celery into uniform sticks for dipping or side presentations. • Baked bacon for the line and for stock, ensuring it was crispy and ready for service. • Fried chicharrón, ensuring proper seasoning and crispiness for garnish or snack items. • Learned how to change the oil in the fryer during closing procedures, following safety and maintenance guidelines. • Learned proper station cleaning procedures for closing, ensuring the kitchen is sanitized and ready for the next shift.
4	• Sliced cucumbers for line use and salads, ensuring uniformity in size and shape. • Sliced turkey for both the line and stock, maintaining portion control and freshness. • Cleaned and picked grapes from the stems, then placed them in a pan for service or storage. • Sliced cheddar and Swiss cheese for sandwiches, wraps, and other menu items, ensuring consistent thickness. • Restocked wing sauces to ensure availability and readiness for service.

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 Activity Notes : Month I/II/III/IV/V/VI/VII/VIII/IX/X/XI/XII

Week	Description of activities
1	• Deep cleaned the kitchen and the service line, ensuring proper sanitation and organization. • Cleaned the cooler to maintain proper storage conditions and food safety standards. • Cleaned the freezer, ensuring all items were organized and properly stored. • Replaced outdated pans on the line with fresh, properly stored ingredients. • Checked the dates on items in the line and the stock to ensure everything was fresh and within proper shelf life. • Portion-controlled the prime rib, ensuring consistent cuts and proper storage for service. • Cooked macaroni to al dente perfection for use in dishes like mac and cheese, ensuring proper texture. • Portion-controlled the macaroni for menu consistency and portion sizing.
2	• Checked all stock to ensure proper inventory levels and quality for service. • Prepped walleye and cod, including portioning and cleaning for menu items. • Checked bread stock to ensure proper inventory and freshness for sandwiches and other dishes. • Made cilantro lime aioli for tacos, sandwiches, or other menu items, ensuring the right balance of flavors. • Portion-controlled feta cheese for use in salads and other dishes. • Cut romaine lettuce for use in salads, sandwiches, and other menu items. • Prepared marinated grilled chicken, ensuring proper seasoning and storage for future use. • Ordered hummus and guacamole to ensure consistent availability for service. • Made tortilla soup, ensuring proper seasoning and texture for the line and stock.
3	• Made comeback sauce, balancing spices and flavor for a signature burger topping. • Prepared honey yogurt for use in salads, desserts, or other menu items. • Made mint vinaigrette, ensuring the right balance of acidity and freshness for

	salads. • Set up the burger station, including all components for Limited Time Offer (LTO) burgers. • Set up the sandwich station with necessary components like lettuce, tomato, and other toppings. • Portion-controlled and sliced turkey for use in sandwiches and salads, ensuring consistency and freshness. • Cut fresh fruits for side dishes or garnishes, maintaining uniformity and quality. • Prepared coleslaw, ensuring proper texture and seasoning for side dishes or tacos.
4	• Changed fryer oil, ensuring safety and proper maintenance for the fryer. • Restocked all prep items, ensuring the kitchen was fully stocked and organized for service. • Pulled, cut, and portioned ribs, ensuring consistency and proper storage for service. • Mixed shredded cheddar and mozzarella cheese in a pan for use in dishes like mac and cheese and quesadillas. • Cut romaine lettuce for salads, sandwiches, and wraps, ensuring uniformity. • Made tortilla soup, ensuring the right balance of flavors and texture for service. • Restocked all fritter items, ensuring availability for service and maintaining organization in the kitchen. • Restocked all breads to ensure proper inventory for sandwiches, burgers, and wraps. • Made corn salsa, ensuring fresh ingredients and proper seasoning. • Cut carrots into uniform pieces for use in salads, side dishes, or garnishes. • Cut celery into uniform pieces for use in salads, side dishes, or garnishes

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 Activity Notes : Month I/II/III/IV/V/**VI**/VII/VIII/IX/X/XI/XII

Week	Description of activities
1	• Cooked quinoa, ensuring it was perfectly prepared for use in Mediterranean wraps or salads. • Ordered hummus to ensure availability for service and proper stock levels. • Ordered guacamole to maintain a steady supply for service. • Baked 1 case of bacon for use in sandwiches, burgers, and other menu items. • Sliced onions for use in sandwiches, burgers, and salads. • Sliced tomatoes for use in sandwiches, burgers, and salads. • Fried pork skin (chicharrón) to achieve the perfect crispiness for garnishes or snacks.
2	• Fried nachos to crisp perfection. • Made sriracha aioli, balancing the heat and creaminess for use on sandwiches and tacos. • Prepared cilantro lime aioli, ensuring the right balance of acidity and freshness for various dishes. • Made coleslaw, ensuring proper texture and seasoning for side dishes or tacos. • Marinated chicken breasts, ensuring proper seasoning and flavor absorption for grilling or other preparations.
3	• Portion-controlled cooked macaroni for use in dishes like mac and cheese, ensuring consistent serving sizes. • Restocked all prep items to ensure the kitchen was organized and ready for service. • Checked the cleanliness of the line, ensuring it met proper sanitation standards. • Sliced turkey for sandwiches, salads, and other menu items, ensuring uniformity. • Replaced outdated pans on the line with fresh, properly stored ingredients to maintain food safety standards. • Cleaned the line to maintain a safe and organized working environment.

4	• Closed the restaurant by following all closing procedures to ensure the kitchen was ready for the next day. • Deep cleaned the freezer and cooler to maintain proper storage conditions and sanitation. • Changed fryer oil, ensuring safety and proper maintenance of equipment. • Cut romaine lettuce for salads, sandwiches, and wraps. • Vacuum-sealed frisée for freshness and proper storage. • Cut watermelon into appropriate portions for service and storage. • Cleaned and pulled grapes from the stems, placing them in a pan for service or storage.
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RECAPITULATION OF INDUSTRIAL TRAINING ACTIVITIES

Name : Natasha Qiara Sunur
 Study Program : Internship
 Placement of *Industrial Training* : The Abbey Resort
 Field of Work : 240 West Breakfast
 Activity Notes : Month I/II/III/IV/V/VI/**VII**/VIII/IX/X/XI/XII

Week	Description of activities
1	• Learned all aspects of the breakfast menu, including ingredients, preparation, and presentation. • Learned how to open the breakfast line, ensuring proper setup and organization for smooth service. • Familiarized myself with all the plates used for each breakfast dish, ensuring correct portioning and presentation. • Gained understanding of the formation of the line, ensuring efficient workflow and kitchen organization. • Learned about the utensils required for breakfast service, including proper tools for each specific dish.
2	• Opened the line, ensuring all equipment, ingredients, and tools were ready for service. • Changed the oil in fryers to ensure safe and efficient cooking. • Filled the pan with ice for the line to keep ingredients fresh and ready for use during service. • Organized the pans in the line, ensuring proper workflow and ease of access for all necessary items.
3	• Prepared waffle and pancake batter from scratch following standard recipes and portioning. • Learned to make Strawberry Shortcake Waffle, understanding the plating and garnish details. • Learned to prepare Dollar Stack and Buttermilk Pancakes, ensuring proper size, texture, and presentation. • Cut and diced strawberries for toppings and garnishes. • Cut cantaloupe, honeydew, and pineapple for fruit sides, ensuring uniform cuts and fresh presentation.

4	• Prepared coconut chia pudding in batches for stock, ensuring consistency and proper storage. • Placed vanilla yogurt in the designated pan on the line for breakfast service. • Cut and marinated chicken thighs for the Chicken & Waffle dish, following the house recipe. • Ordered guacamole from the prep kitchen for use in the Avocado Toast menu item. • Restocked various breakfast breads, including muffins, biscuits, and multigrain toast.
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RECAPITULATION OF INDUSTRIAL TRAINING ACTIVITIES

Name : Natasha Qiara Sunur
 Study Program : Internship
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 Field of Work : 240 West Breakfast
 Activity Notes : Month I/II/III/IV/V/VI/VII/**VIII**/IX/X/XI/XII

Week	Description of activities
1	• Roasted tomatoes for the Avocado Toast menu item, enhancing flavor through proper seasoning and oven timing. • Washed, cut, and steamed potato wedges for 17 minutes as part of breakfast prep. • Poured liquid egg into pans and stocked them in the cooler for breakfast line use. • Sliced Canadian bacon, ensuring uniform thickness and portion control for breakfast service.
2	• Diced tomatoes for various breakfast and line prep applications. • Sliced mushrooms and diced bell peppers for mise en place and sauté prep. • Cut squash into appropriate portions for use in menu items. • Steamed spinach, squeezed out excess water, and stored it properly in deli containers for later use.
3	• Scaled smoked salmon for portioning and line readiness. • Prepared caramelized onions for both special spa orders and breakfast service. • Washed, cut, and steamed potatoes as part of breakfast mise en place. • Sliced English muffins in half, placed them in pans, and stored in the cooler for service. • Sliced biscuits in half, organized in pans, and stored in the cooler. • Checked the quality and availability of pork and chicken sausages for breakfast prep. • Baked bacon in bulk for breakfast line and stock.

4	• Diced short ribs into portioned cubes for preparation and service. • Cooked brown rice for spa orders, ensuring proper texture and timing. • Cooked quinoa for spa orders, cooled and stored following food safety standards. • Cut cherry tomatoes for salads and cold dishes. • Sliced cucumbers and tomatoes for breakfast line and spa orders. • Prepared dill cream cheese for spa orders, mixing to proper consistency and flavor balance. • Roasted tomatoes for both spa orders and breakfast line, enhancing flavor and presentation.
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Week	Description of activities
1	- Washed, cut, and steamed potatoes for breakfast mise en place. - Prepared sous-vide eggs for Eggs Benedict by cooking at 140°F for 45 minutes. - Made hollandaise sauce for breakfast service, ensuring proper emulsification and seasoning. - Prepared dill cream sauce for the smoked salmon sandwich. - Stocked regular eggs in pans for line setup and backup. - Deep-cleaned and sanitized outdated pans, replacing them as needed. - Performed a thorough cleaning of the cooler and breakfast line to maintain hygiene standards.
2	- Diced white onions for use in various breakfast and line preparations. - Diced red onions for fresh prep and stock. - Diced tomatoes for omelette. - Diced bell peppers for omelette station. - Diced ham for breakfast items. - Diced cooked bacon for incorporation into breakfast dishes. - Diced pork sausage for breakfast topping. - Diced chicken sausage for lean protein options on the breakfast menu.
3	- Poured egg whites into pans for breakfast line setup and stock. - Cleaned, cut, and steamed potatoes for line prep. - Baked bacon for breakfast items and restocking. - Learned proper procedures for closing the breakfast line at 11:00 AM on weekdays and 12:00 PM on weekends. - Cleaned and sanitized flat tops and grill after service. - Grilled chicken breasts and vacuum-sealed portions for spa menu orders. - Portioned quinoa and brown rice into 8 oz containers for consistent spa service portions. - Ordered guacamole from the prep kitchen for avocado toast and other dishes.

4	• Prepared pickled red onions for both breakfast and spa orders. • Made strawberry mascarpone filling for breakfast waffles. • Prepared fresh waffle and pancake batter for morning service. • Sliced toast into three triangular pieces per slice for French toast preparation; portioned each bag accordingly. • Retrieved frozen blueberries and strawberries from the freezer for breakfast and garnish use.
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Week	Description of activities
1	• Prepared berry compote using blueberries, strawberries, lime juice, and sugar; stored the compote in deli containers. • Baked bacon for breakfast prep and line stock. • Made fresh oats every morning for breakfast service. • Cleaned, cut, and steamed potatoes for side dishes. • Restocked blueberries in the line for garnish use. • Sliced fresh strawberries for garnish and topping.
2	• Made caramelized onions for breakfast and other menu items. • Sliced tomatoes for various dishes and garnishes. • Sliced Canadian bacon, vacuum-sealed, and stored in the freezer for later use. • Diced ham, vacuum-sealed, and stored in the freezer for service. • Changed out outdated pans and ingredients in the line, ensuring freshness and food safety. • Sliced muffins in half and placed them in pans for storage. • Sliced biscuits in half, placed them in pans, and stored them appropriately. • Prepared coconut chia pudding using chia seeds and coconut milk, and stored for service.
3	• Checked the spa line and stock, ensuring everything was stocked and ready for service. • Sliced cherry tomatoes for salads and garnishes. • Sliced cucumbers, removing seeds and using a circular cutting technique for presentation. • Prepared sous-vide eggs for Eggs Benedict, cooked at the precise temperature for consistency. • Roasted tomatoes for use in spa orders and other menu items.

4	• Steamed spinach for use in various dishes, ensuring proper texture and flavor. • Made tzatziki sauce for the egg white frittata, following the standard recipe for consistency. • Blended salsa verde with cilantro to create the avocado toast sauce, ensuring the right balance of flavors. • Prepared banana foster for French toast, using unsalted butter, cinnamon powder, nutmeg, brown sugar, and banana essence. • Portion rum into 2 oz cups, preparing for the banana foster sauce.
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Week	Description of activities
1	• Cut chicken thighs into strips and marinated them with buttermilk and seasoning for fried chicken preparation. • Prepared a seasoned flour mix for breading the marinated chicken thighs, ensuring even coating and crispiness. • Made jalapeno maple syrup by reducing maple syrup with sliced jalapenos for a sweet and spicy sauce. • Cleaned, cut, and steamed potatoes for side dishes. • Fried pita chips and seasoned them with salt for garnishes and snacks.
2	• Prepared breakfast items such as slicing toast for French toast. • making waffle and pancake batter. • Made strawberry mascarpone for the waffle breakfast menu. • Prepared fresh fruits like cutting cantaloupe, honeydew, and pineapple for fruit sides. • Made berry compote with blueberries and strawberries. • Steamed potatoes for breakfast and spa orders. • Dill cream cheese and the rest put in the vacuum bag for stock.
3	• Assisted with the preparation of spa menu items like quinoa, brown rice, and then portion 8oz in sandwich plastic bags. • Prepared eggs for breakfast and spa orders, including sous-vide eggs for Eggs Benedict, liquid eggs, regular eggs, white eggs, and egg yolks. • bloom the chia seeds with coconut milk, maple syrup, and vanilla extract fro coconut chia pudding. • Make roasted tomatoes for use in breakfast items like avocado toast. • Prepared caramelized onions for both breakfast and spa menu. • Prepared sauces like tzatziki for the egg white frittata and • Blend salsa verde with fresh cilantro for avocado toast.

4	• Prepared and marinated chicken thighs for breakfast dishes such as chicken and waffles. • Prepared waffle batter and pancake batter, ensuring consistency and proper texture. • Sliced fresh fruits like strawberries, pineapple, cantaloupe, and honey dew. • Assisted in making banana foster sauce for French toast. • Ensured the breakfast line was stocked and organized, including ordering and storing items like muffins and bread.
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RECAPITULATION OF INDUSTRIAL TRAINING ACTIVITIES

Name : Natasha Qiara Sunur
 Study Program : Internship
 Placement of *Industrial Training* : The Abbey Resort
 Field of Work : 240 West Breakfast
 Activity Notes : Month I/II/III/IV/V/VI/VII/VIII/IX/X/XI/XII

Week	Description of activities
1	- Managed and prepared the breakfast line, making sure all items like eggs, bacon, and pancake batter were ready. - slice and dice tomato from roasted tomato and breakfast line omelette. - Sliced vegetables and fruits for garnishing breakfast dishes, including slicing tomatoes and cucumbers. - Cleaned and organized the spa menu ingredients, ensuring fresh produce and proteins like grilled chicken were prepared and ready. - Made sure all breakfast items were portioned and ready for the day's service, including sous-vide eggs and bacon.
2	- Made sure the breakfast line was stocked with fresh items like sliced bread, muffins, and eggs. - Prepared fresh fruit garnishes, including cutting cantaloupe, honeydew, and pineapple for breakfast dishes. - Assisted in preparing spa menu items like grilled chicken, quinoa, brown rice. - Sliced and prepped fresh vegetables such as cherry tomato, cucumbers, bell peppers, mushroom, white onion, red onion for use in spa and breakfast line. - Managed the cleaning and maintenance of kitchen stations, ensuring the breakfast line was properly organized and sanitized.
3	- Prepared and portioned proteins like chicken sausage, pork sausage and bacon for various breakfast and spa dishes. - Made fresh salsa verde and mixed it with cilantro for avocado toast sauce. - Prepared the sous-vide egg for Eggs Benedict and ensured other egg preparations were ready for breakfast service. - Organized and replenished the spa line with fresh ingredients like quinoa, grilled chicken, and roasted tomato. - Steamed potatoes for breakfast line, ensuring they were cooked perfectly for service. - Cleaned and sanitized kitchen equipment used for breakfast service, such as

	grills, stoves, and pans.
4	• Assisted with making the spa menu by preparing and portioning items like brown rice, quinoa, and fresh vegetables. • Made berry compote using strawberries, blueberries, and lime juice for breakfast dishes. • Cleaned and restocked the breakfast and spa lines, ensuring all necessary ingredients were in place for service. • Worked with the team to make sure sauces like tzatziki and dill cream were available and prepared for menu items. • Restocked fresh ingredients such as romaine, tomatoes, and cucumbers for use in spa orders.