

CHAPTER I

INTRODUCTION

1.1 Background of Study

Le Pré by Xavier Beaudiment is a two-Michelin-starred restaurant located in Clermont-Ferrand, France, renowned for its refined approach to French gastronomy. The restaurant emphasizes terroir-driven cuisine, combining classical French techniques with instinctive creativity and seasonal, locally sourced ingredients. Guided by Chef Xavier Beaudiment's philosophy of allowing nature and the region to inspire the menu, Le Pré has become a destination that represents both authenticity and innovation in fine dining.

The internship program at Le Pré provides aspiring culinary professionals with the opportunity to immerse themselves in the demanding environment of a Michelin-starred kitchen. Interns refine their technical abilities, develop discipline, and adapt to the precision and consistency required in fine dining, while also gaining valuable insight into the operations of a world-class restaurant.

The author chose Le Pré for the internship out of a strong interest in learning within a Michelin-starred establishment and experiencing firsthand the philosophy of terroir-based French cuisine. By engaging directly in the kitchen's workflow and daily service, the internship provided practical exposure to the intensity and rhythm of high-level gastronomy.

In conclusion, the internship at Le Pré was a transformative step in the author's culinary journey. It offered lessons in time management, discipline, and attention to detail, particularly during peak service hours. The demanding pace of the kitchen required efficiency, focus, and adaptability to ensure the seamless flow of service. Furthermore, the emphasis on cleanliness, organization, and teamwork reinforced the importance of professionalism in maintaining the standards

of a Michelin-starred establishment.

1.2 Industrial Training Objective

1. Learn authentic French cooking methods directly from Michelin-starred chefs through immersive, hands-on training.
2. Enhance creativity in menu development.
3. Understand how to design and execute dishes that balance tradition, innovation, and seasonality.
4. Experience fine dining operations.
5. Gain exposure to the dynamics of a two-Michelin-star kitchen, including precision, teamwork, and performance under pressure.
6. Develop kitchen management skills.
7. Acquire knowledge in food safety, hygiene, workflow organization, and ingredient sourcing.
8. Strengthen professional communication.
9. Improve coordination within the brigade, sharpen teamwork abilities, and adapt to the rhythm of high-level service.

1.3 Benefits of the Internship

1.3.1 For Student

1. Apply theoretical knowledge directly in a Michelin-starred kitchen while mastering essential techniques.
2. Observe and take part in the daily workflow of a two-Michelin-star French restaurant, gaining a deeper understanding of fine dining standards.
3. Strengthen adaptability, problem-solving, and collaboration skills in a high-pressure culinary environment.
4. Establish valuable relationships with chefs and professionals that can support future career development.

5. Develop confidence and readiness to pursue opportunities in the global culinary industry.

1.3.2 For Ottimmo International

1. Provide students with training experiences that complement classroom learning and broaden practical knowledge.
2. Create and maintain collaborations with internationally acclaimed restaurants such as Le Pré by Xavier Beaudiment.
3. Support alumni in becoming highly competitive candidates in the international culinary field.
4. Enhance the school's standing and recognition through partnerships with world-class establishments.

1.3.3 For Le Pré by Xavier Beaudiment

1. Provide training opportunities that help identify and nurture promising young chefs who may become part of the team in the future.
2. Reputation building strengthen the restaurant's image as not only a place of fine dining but also a hub for professional growth and culinary education.
3. Play an active role in supporting the next generation of chefs, contributing to the wider culinary community.
4. Gain fresh perspectives, enthusiasm, and creativity from interns, which can inspire new approaches in the kitchen.