

CHAPTER III
INTERNSHIP ACTIVITIES

For interns, our working shift is divided into 2, morning shift and afternoon shift. Our morning shift starts from 4AM until 3PM and our afternoon shift starts from 1PM until 11PM.

3.1 Details of Internship Activities in Each Shift

MORNING SHIFT FOR COLD KITCHEN

Table 3. 1 Morning Shift for Cold Kitchen

Duration	Activities
4AM – 6AM	Buffet Set Up: <ul style="list-style-type: none"> - Bring up the big trolley from the walk-in chiller to the restaurant. - Arrange all the dishes from the trolley in the restaurant (lettuces, salad bar, pickles, dressings, sauces, fruit compote, fruits, sushi condiments, sliced gravlax, cereals, dried fruits). - Slice 6 types of fruits. - Make 4 types of salad. - Make sandwiches. - Sautee 3 types of vegetables. - Set up 6 types of cheese. - Set up 4 types of milk (fresh milk, soy milk, strawberry milk, chocolate milk). - Set up stirred yogurts, yogurt drinks, muesli, and Eat Well menu (special healthy dish from The Westin Surabaya program). - Prepare condiments for Jawa Timur dish. - Make sushi nigiri and maki.
6AM-10:30AM	Preparation for the next day and dinner:

	<ul style="list-style-type: none"> - Slice 4 types of fruits and store in the chiller (watermelon, melon, pineapple, and papaya). - Prepare for sandwich stuffing (tomato, cucumber, lettuce, cheese, and ham). - Prepare for sushi topping and stuffing (kani, tamago, and cucumber). - Prepare for sauteed vegetables. - Prepare condiments for Jawa Timur dish (tempe, tofu, cabbage, long beans, etc.). - Check and refill buffet food regularly.
10:30AM-12PM	<p>Clear up buffet:</p> <ul style="list-style-type: none"> - Clear up all the dishes from the buffet and place them back inside the trolley. - Throw away the leftover foods such as Jawa Timur condiments, sushi, mixed salads, sliced fruits, muesli, and Eat Well dishes. - Refresh the dishes from the trolley with new ones and use clean bowls to replace them. - Cover the dishes with plastic wrap and then bring down the trolley to the walk-in chiller.
12PM-3PM	<p>Continuation of preparation:</p> <ul style="list-style-type: none"> - Prepare for A la Carte ingredients. - Wash newly come lettuces. - Help prepare for dinner buffet. - Pick up newly received ingredients and store them in the chiller or freezer.

MORNING SHIFT FOR HOT KITCHEN

Table 3. 2 Morning Shift for Hot Kitchen

Duration	Activities
4AM-6AM	Buffet Set Up: <ul style="list-style-type: none"> - Set up for noodle station (fill up and refresh the condiments, noodles, and proteins). - Prepare condiments for Jawa Timur dish. - Prepare condiments for porridge. - Prepare fillings for egg station (condiments for omelette). - Steam the dimsums.
6AM-10:30AM	<ul style="list-style-type: none"> - Standby at live cooking stations (egg station, noodle station, and teppanyaki station)
10:30AM-11:00AM	Buffet closing time: <ul style="list-style-type: none"> - Clear up buffet foods and throw them away. - Clear up noodle station condiments, cover them with plastic wrap, put them back inside the trolley, then bring it down to the walk-in chiller
11:00AM-3PM	<ul style="list-style-type: none"> - Prepare for Archipelago (themed local dishes, 5 items, differ every day) - Prepare for Asian section (fried rice, fried noodles, vegetables, and protein) - Prepare for Western section (vegetables, carbohydrates, baked beans, tomatoes) - Cover all preparation with plastic wrap and place them inside the trolley - Bring the trolley down to the walk-in chiller

AFTERNOON SHIFT FOR COLD KITCHEN

Table 3. 3 Afternoon Shift for Cold Kitchen

Duration	Activities
1PM-4PM	<ul style="list-style-type: none"> - Make sandwiches and sliders. - Make sushi nigiri and roll. - Make 4 types of mixed salads. - Slice 4 types of fruits. - Blanch seafood (shrimp, scallop, bamboo clams, and clams). - Check and prepare for ala carte items.
4PM-6PM	<p>Buffet Set Up:</p> <ul style="list-style-type: none"> - Bring up dinner trolley from walk-in chiller to the restaurant. - Arrange all the dishes from the trolley in the restaurant (salad bar, lettuces, pickles, sushi condiments, Caesar salad condiments, and seafood on ice condiments) - Set up dry store items (dried fruits, nuts, and crackers). - Set up 4 types of fruits. - Set up 3 types of cheeses. - Set up sandwiches and sliders. - Set up sushi nigiri and roll. - Set up 10 types of salad dressings.
6PM-9PM	<ul style="list-style-type: none"> - Standby at live cooking stations (noodle station, roasted duck station, teppanyaki station, carving station, minute steak station and Caesar salad station).
9PM-11PM	<p>Buffet closing time:</p> <ul style="list-style-type: none"> - Clear up all the dishes from the restaurant and place them inside the trolley. - Throw away leftover dishes (sushi, sliced fruits, mixed salads, seafood on ice, sandwiches, and sliders).

	<ul style="list-style-type: none"> - Refresh the bowls and plates (salad bar, pickles, lettuces, sushi condiments, Caesar salad condiments, cheese, dressings, and seafood on ice condiments). - Cover all the dishes with plastic wrap and place them inside the trolley. - Bring the trolley down to the walk-in chiller. - Wash all the knives and utensils. - Clean every chiller and working surfaces using soap and sponge, then wipe them using clean cloth.
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AFTERNOON SHIFT FOR HOT KITCHEN (Western)

Table 3. 4 Afternoon Shift for Western Kitchen

Duration	Activities
1PM-4PM	<ul style="list-style-type: none"> - Check and prepare all ala carte items. - Prepare for 5 types sauteed vegetables. - Prepare for baked pasta, roasted potato, and vegetables. - Prepare for 3 proteins (grill the chicken and fish, blanch the beef). - Prepare the sauces for the proteins. - Prepare for the soup. - Make 6 types of carving sauces (mushroom sauce, blackpepper sauce, creamy pesto sauce, BBQ sauce, lemon sauce, tomato puree sauce).
4PM-6PM	<p>Buffet set up:</p> <ul style="list-style-type: none"> - Set up 5 types of sauteed vegetables. - Set up baked pasta, roasted potatoes, and vegetables. - Set up 3 proteins (chicken, fish, and beef) with their assorted sauces.

	<ul style="list-style-type: none"> - Set up soup (ex. Mushroom soup, chowder, pumpkin soup, etc.). - Set up garlic bread and Yorkshire pudding.
6PM-9PM	<ul style="list-style-type: none"> - Standby at live cooking stations (noodle station, teppanyaki station, carving station, Caesar salad station, and roasted duck station).
9PM- 11PM	<p>Buffet closing time:</p> <ul style="list-style-type: none"> - Clear up and throw away all the leftover foods. - Wash all the knives and utensils. - Clean every chiller and working surfaces using soap and sponge, then wipe them using clean cloth.

AFTERNOON SHIFT FOR HOT KITCHEN (Asian)

Table 3. 5 Afternoon Shift for Asian Kitchen

Duration	Activities
1PM-4PM	<ul style="list-style-type: none"> - Check and prepare for ala carte items. - Prepare for roasted duck condiments. - Prepare for Hainan station condiments. - Prepare for 6 types of sambal (samba terasi, sambal bawang, sambal matah, sambal dabu-dabu, sambal colo-colo, and sambal ijo). - Deep fry 2 types of dimsums. - Bring up the noodle station trolley. - Prepare for Archipelago dishes. - Prepare for Asian dishes.
4PM-6PM	<ul style="list-style-type: none"> - Set up the noodle station (5 types of noodles, 5 types of vegetables, 8 types of proteins, 12 types of condiments). - Steam the dimsums..

	<ul style="list-style-type: none"> - Set up roasted duck condiments. - Set up Hainan station condiments. - Set up 6 types of sambal. - Set up 6 types of Indonesian Crackers. - Set up Archipelago dishes. - Set up Asian dishes. - Set up 2 types of fried dimsums.
6PM-9PM	<ul style="list-style-type: none"> - Standby at live cooking stations (noodle station, teppanyaki station, carving station, roasted duck station, Caesar salad station).
9PM-11PM	<p>Buffet closing time:</p> <ul style="list-style-type: none"> - Clear up and throw away all the leftover foods. - Fry the Indonesian crackers. - Wash all the knives and utensils. - Clean every chiller and working surfaces using soap and sponge, then wipe them using clean cloth.

3.2 Details of Products Made During Internship Period

Cold Kitchen A la Carte



Figure 3. 1 Afternoon Shift for Asian Kitchen



Figure 3. 2 Charcuterie Board



Figure 3. 3 Afternoon Tea



Figure 3. 4 Striploin Donburi



Figure 3. 5 Tuna Loin and



Figure 3. 6 Salmon Teriyaki Don



Figure 3. 7 Hokkaido Scallop Donburi

Japanese rice bowls such as Salmon Teriyaki Don, Hokkaido Scallop Donburi, and Striploin Donburi are made by the Cold Kitchen Section. All 3 of them are made with Teriyaki Sauce and their assorted sides and rice.



Figure 3. 8 Sky Sandwich



Figure 3. 9 Basque Burnt Cheese Cake



Figure 3. 11 Azalea Cake



Figure 3. 10 Tropical Fruit Platter



Figure 3. 12 MEP Cold Kitchen

MEP or Mise En Place is the preparation of ingredients to be used before the cooking begins to make it time efficient. The MEP of Cold Kitchen is done every day during the shift.

Western A la Carte



Figure 3. 13 Wagyu Beef Burger



Figure 3. 14 Combo Sky Platter



Figure 3. 15 Asian Calamari Fritter



Figure 3. 16 Truffle Fries



Figure 3. 17 MEP Western

MEP or Mise en Place of Western A la Carte is done every day during the shift and the ingredients are made sure to be fresh and ready to be used.

Dinner Buffet Set Up



Figure 3. 18 Entrance

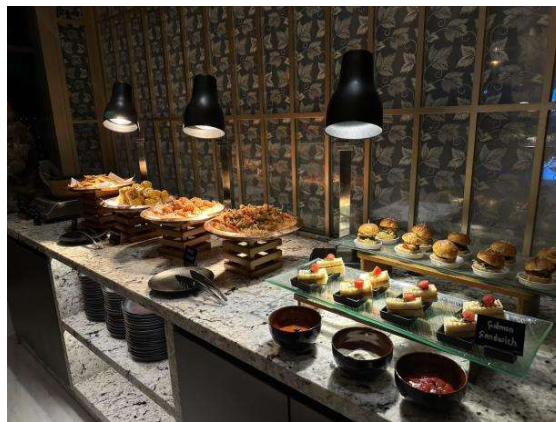


Figure 3. 19 Savory Station



Figure 3. 20 Noodle Station



Figure 3. 21 Western Station



Figure 3. 22 Carving Station



Figure 3. 23 Salad Bar



Figure 3. 24 Caesar Salad Station



Figure 3. 25 Hainan Station



Figure 3. 26 Asian Station



Figure 3. 27 Seafood On Ice



Figure 3. 28 Sushi Station



Figure 3. 29 Sushi Station



Figure 3. 30 Roasted Duck Station



Figure 3. 31 Dessert Station



Figure 3. 32 Fruits and Beverage



Figure 3. 33 Archipelago Corner



Figure 3. 34 Minute-Steak Station

3.3 Places Visited During Internship Period



Figure 3. 35 Chiller and Freezer Corridor

“FiFo” method or the “first in, first out” method is used for ingredients storage. Old ingredients are used first before using the newer ingredients.



Figure 3. 36 Receiving Location



Figure 3. 37 Dry Store

The “FiFo” method is also used for dry ingredients. Older ingredients are always used first to avoid spoilage and waste.



Figure 3. 38 Dining Area

3.4 Kitchen Diagram

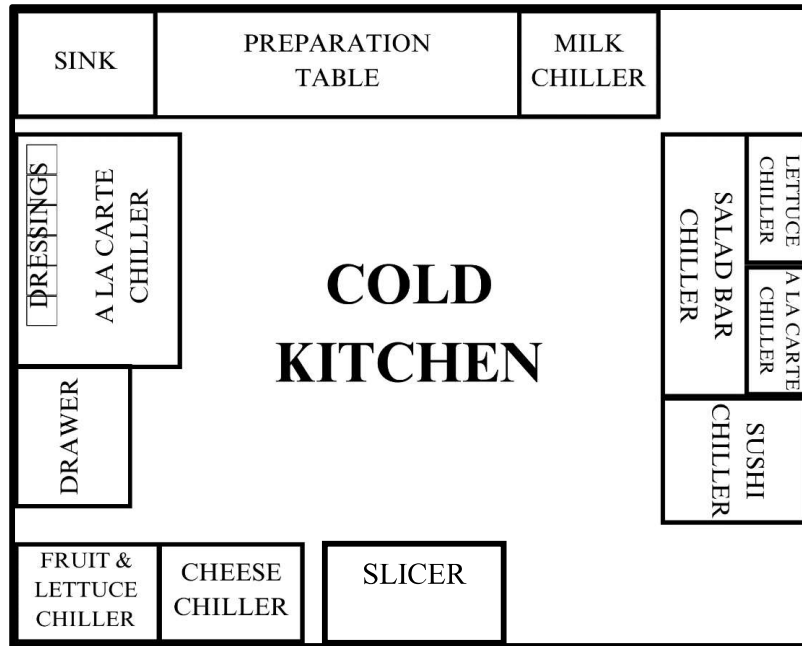


Figure 3. 39 Cold Kitchen Layout

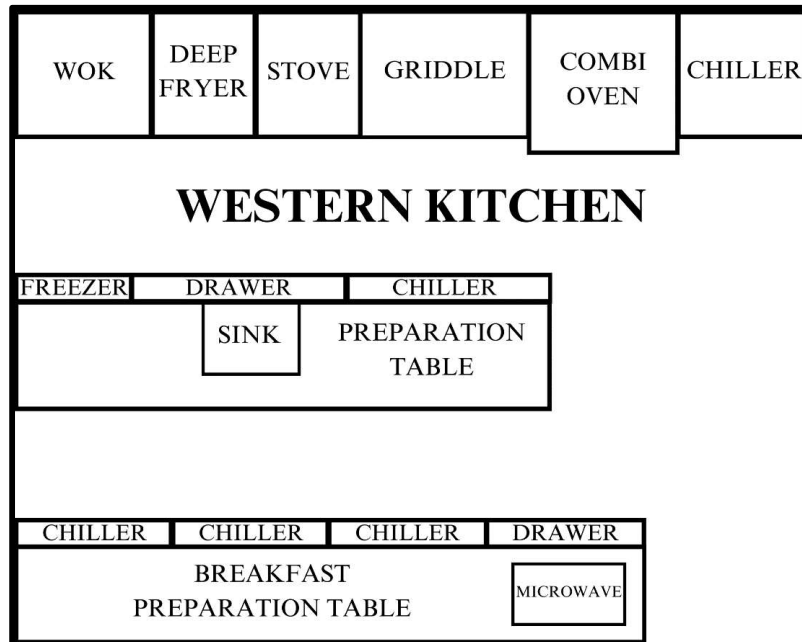


Figure 3. 40 Western Kitchen Layout

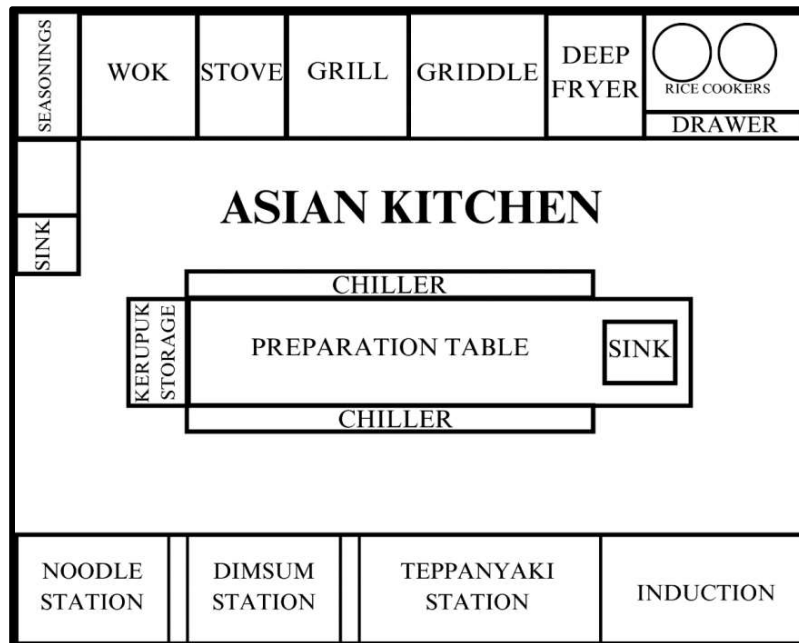


Figure 3. 41 Asian Kitchen Layout

3.5 Events Handled During Internship Period

The internship period starting from 5th of January until 4th of July, we have handled many events such as Chinese New Years, Idul Fitri, birthday parties, etc. During Chinese New Years, the Magnolia restaurant dinner buffet was fully booked for 2 days straight. The buffet theme at that time was “A Night in Shanghai” and the highlight of the buffet was pork belly.

During *puasa* up until Idul Fitri, the breakfast buffet operates 2 times. At 2AM-4:15AM for those who were fasting, and at 6AM-10:30AM for those who weren’t fasting. The dinner buffet also opened an hour earlier at 5PM and closed as usual at 9PM. The highlight of the buffet was chicken shawarma and biryani rice with roasted lamb. They also provided various Indonesian fried snacks (takjil) such as tempe mendoan, tahu isi, dadar jagung, etc.

Brunch on Sundays usually has a collaboration with popular cartoon shows such as Kungfu Panda and Trolls. The restaurant is decorated with adorable

ornaments and themed desserts. They would call in mascots of the cartoons to entertain the children. This type of collaboration usually lasts about a month.

Birthday parties are usually held at Sky Lounge (closed for public) and set menus would be ordered. Around 80-100 pax of set menus could be ordered for each birthday party, and the ingredients are prepared the day before the event.