

CHAPTER III

INTERNSHIP ACTIVITIES

3.1 DETAILS ACTIVITIES

Table 3. 1 Table Activities

No	Duration	Station	Activity
1	8 March – 21 May	Cold kitchen	<ul style="list-style-type: none"> - Prepare morning buffet - Learning how to set up for morning buffet (prepare when have afternoon shift) and <i>a la carte</i> - Set up breakfast buffet - Prepare all ingredient for the next tomorrow buffet - Training <i>a la carte</i> - Learning hygiene standard - Learning how long duration to keep ingredient - Learning how to make sauce (balsamic, fish sauce, Caesar, Vietnam sauce, sesame, hoisin) - Learning how to prepare for event/banquet - Learning fifo (first in first out) - Learning how to wash vegetable with JW Marriot's standard - Handling <i>a la carte</i> - Learning <i>mise en place</i> - Pickup fruit, ingredient , from commissary to cold kitchen - Refill the ingredient for <i>a la carte</i> - Learning how to cook noodle - Learning how to fill yoghurt

			<ul style="list-style-type: none"> - Vacuum the ingredient - Learning how to cook the chicken - Learning how to slice cold cut with the machine - Learning how to cut fruit, cold cut - Learning how to roll spring roll so tight - Make canape - Making romantic dinner - Making food for chairman every month - Learn how to pick the good vegetable and separate it
2	22 May – 2 July	Japan station	<ul style="list-style-type: none"> - Prepare morning buffet - Prepare for morning buffet (when afternoon shift should prepare for tomorrow buffet) - Learning how to set up <i>a la carte</i> - <i>Mise en place</i> after morning buffet - Learn how to make miso soup, gochujang sauce for bibimbap, seafood soup, grilled chicken, - Learning how to roll sushi - Training <i>a la carte</i> - Handling Japan station and cold kitchen at the same time - Support every station - Learning how to cut properly with the same size (cut sushi) - Make stock for ramen and udon - Learning how to cut salmon - Make tanuki - Learning how to torch unagi - Learning how to grill the chicken

			<ul style="list-style-type: none"> - Portioning soup for <i>a la carte</i>
3	3 July – 18 August	Redrum	<ul style="list-style-type: none"> - Prepare <i>a la carte</i> - Learning how to set up and closing restaurant - Learning how to cut brunoise so small for tomato salsa - Learning many kind of salsa (tomato salsa, oyster salsa, salmon salsa, oyster salsa) - Learning many kind of sauce (aguachile, orange, Manchego, chili garlic, quinoa dressing) - Learning how to open oyster - Learning all about tiradito and all peruvian or middle east food - Learning to bake the chicken for salad - Always prepare guacamole in the morning - Learning how to cut scallop - Learning how to check all the ingredient every day and order for the new one - Learning how to cut salmon and decor all the dish beautiful - Training all cold kitchen menu - Training how to make sauce for cold kitchen and learn how thick the sauce is - Prepare and make sauce at least 1 each sauce - Support when have chairman in redrum - Learning how to plating beautiful - Choose the good for vegetable

			<ul style="list-style-type: none"> - Learning how to keep ingredient (must cover it with tissue before get in to chiller) - Make order for pool side - Portioning all food - Support hot kitchen when hectic moment - Clean all the station every day - Deep clean down stairs storage once in a week - Trying to understand Vietnam language (learn new language)
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The author had the opportunity to do an internship outside Indonesia especially Vietnam and chose JW Marriott for internship, this made the author very lucky. On this occasion, the author really want to learn a lot about the world of kitchen that's why the author don't care if have overtime for certain events, the author think working here is very fun, indeed at first the author regretted choosing Vietnamese because of the language but as time goes by the author really enjoy it even though tired.

First day working the author met a CDP in the cold kitchen, initially the apprentices had been divided into which section they would be placed in, but when trainee arrived at the kitchen the option was changed, because of the lack of staff in the cold kitchen section, the author was taken to enter the cold kitchen. At first the author didn't like it but tried to enjoy it. The author asked the junior sous chef to do a rolling job so the author could learn many things and the sous chef was approved. Cold kitchen in JW Marriot Phu Quoc really hard because when the author refill the ingredient and fruit cold kitchen have a lot things to do and so heavy.

In cold kitchen the author working afternoon shift which is handle *a la carte*, the author only have 2 day working morning shift because replace when the other trainee off. The author learn how to set up breakfast, prepare breakfast for the tomorrow breakfast and learn how to wake up in the morning. When the author in charge *a la carte*, the author prepare a lot vegetable and should pick the leaves and separate the good ones and the bad ones, take heavy fruit from commissary to kitchen alone, wash a lot vegetable alone, learn how long the best to keep all ingredients also training for all the menu. The author very lucky when she come has a lot variant event, first event is for company and the sous ask me to support banquet, the author was really happy but also afraid that the author will destroyed it but the author try her best and very helpful, day by day have more and more events because the author work the afternoon shift the author has offers to support and the author always happy to help the banquet.

At all the author really appreciate for the author's CDP because the author learn a lot, hear advice from CDP , when the author has problem her CDP always protect. give the author recommend the best for the author future, sometime the author's CDP angry, scolded the author it just because she is care, only her sentence make the author realized that in kitchen not anymore like school, and always sharing about the author's CDP experience in kitchen, from her experience the author has motivate to work in kitchen.



Figure 3. 1. Cutting fruit



Figure 3. 2. Boiling noodle



Figure 3. 3. Choose the good vegetable



Figure 3. 4. Washing vegetable



Figure 3. 5. Receiving ingredients



Figure 3. 6. Pick up fruit and vegetable

The image shows a document titled "SECONDARY SHELF LIFE" which is a table listing various food items and their corresponding shelf life durations. The table is organized into several sections, likely categorized by food type or storage method. The items listed include various meats, cheeses, and other perishable goods, with their shelf life durations specified in days, weeks, or months. The text is small and difficult to read in detail, but the structure is clear.

Figure 3. 7. Guide paper for keep ingredients



Figure 3. 8. Training a la carte



Figure 3. 9. Sample food for morning buffet



Figure 3. 10. Training cold kitchen a la carte



Figure 3. 11. Set up morning buffet



Figure 3. 12. Vacuum



Figure 3. 13. Pick up yoghurt

After 2 month half in cold kitchen the author finally move in Japan station, because the author like Japanese food that's why she want learn more. First day in Japan station the author working morning shift , same in the cold kitchen when start shift, staff should prepare all the food like grill the chicken, make maki roll vegetarian and non-vegetarian, the different is in Japan station has pass around it means each station (Western, Vietnam, and Japan) should make 8-20 with small portion(like canape) but it depend guest in breakfast room, when the guest not really crowd the staff can make 8 portion. The author feels can't learn anything because in this station no one can't speak English although basic English, the author ask Japan sous chef to mix the roster, so the author can learn *a la carte*.

Japan station not really hectic like the other station, but sometimes this station have a lot order when don't have order the staff who in charge must help the other station because the other station have a lot to do, Japan station only prepare *a la carte* after morning buffet done and not really too much preparation. The author feels really bored in this station and when don't have order the author really like make something new and the author looking the inspiration from internet and ask sous chef to teach if sous chef not in-charge the author will learn by herself.

Sometimes the author support cold kitchen also, so the author ever do order the same time, like Japan and cold have order and don't have CDP in-charge, the author do it alone and finish it although the author felt tired but overall the author very happy, that's why the author feels really proud with herself. The author in Japan station for only 1 month because nothing to do and don't have so much order.



Figure 3. 14. Making grilled chicken sauce



Figure 3. 15. Training roll sushi



Figure 3. 16. Making miso soup



Figure 3. 17. Making seafood soup



Figure 3. 18. Grilling chicken



Figure 3. 19. Set up sushi station



Figure 3. 20. Portioning salmon



Figure 3. 21. Preparation for making chomaki



Figure 3. 22. Trying rainbow chomaki

3 month already pass, the author finally move to Red Rum restaurant until at the end of her internship. In here the author learn about fusion peruvian and middle east (middle east) and sometimes support Asian chef when chairman comes to redrum. Have 2 shift, morning for opening, preparation the restaurant and afternoon for do *a la carte* as well. The author in-charge cold kitchen and sometimes support hot kitchen also the author learn how to make a pizza, every day must prepare condiment for tomato salsa, cut small brunoise and sometimes support when have chairman in redrum. The author handle 2 private wedding event in a month. The different between redrum and tempus is, in redrum should clean the chiller every day because in here only focus in *a la carte* if in tempus the staff must clean every week, and the way redrum working must be organize (after make

something must clean table before serve). The author really happy when the author learn new skill and new food but the author feel not comfortable because in there the staff no one can't speak English at all, that's why sometimes the author can misunderstanding with them. When redrum have CDC everything fine but after the CDC leave a lot of drama happen and make the author feels tired especially the staff can't understand what the author mean so it will be more hard for the author, but overall the author enjoy it and know how to solve the problem.



Figure 3. 23. Cutting tomato salsa (brunoise)

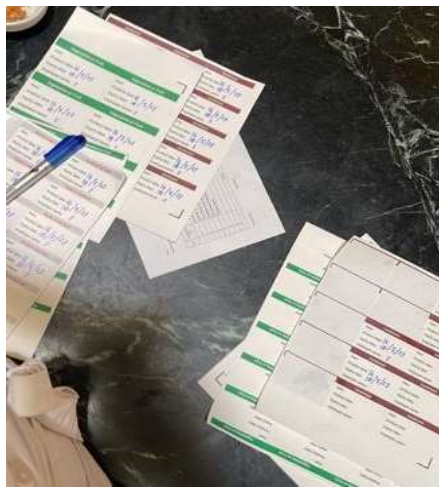


Figure 3. 24. Change label date



Figure 3. 25. Lunch box for pool side



Figure 3. 26. Training a la carte



Figure 3. 27. Portioning and vacuum



Figure 3. 28. Portioning ingredients in down stairs



Figure 3. 29. Freezer for ingredients



Figure 3. 30. Pickup pizza dough



Figure 3. 31. Portioning French fries

3.2 PRODUCTS MADE DURING INTERNSHIP

- COLD KITCHEN TEMPUS



Figure 3. 32. Salmon gravlax salad

Slices smoked salmon with simple salad, dressing with Sherry vinegar dressing. The concept is like fine dining and good for the guest taking a picture.



Figure 3. 33. Burrata salad

Burrata is a combination of mozzarella cheese and cream combined so that it feels dense on the outside like mozzarella and soft on the inside like cream, this dish is one of the most favourite in tempus, served with balsamic sauce.



Figure 3. 34. Pomelo salad

Pomelo salad very unique and fresh dish, this menu made from fresh pomelo mix with fish sauce for mixing sauce and have seafood inside, served with shrimp cracker for more crunchy, also have fish sauce for more flavour.



Figure 3. 35. Beef salad

Beef salad in tempus is different because in here this salad have Vietnam dressing hand made by the Vietnamese people so the taste more unique and tasteful, serve with shrimp cracker and more Vietnam dressing.



Figure 3. 36. Hering fish

Hering fish is a traditional and famous food in Phu Quoc, usually hering fish cleaned with lime juice and mix with fish sauce, after that mix again with

coconut, peanut, mint leaves, and onion. Served with mix vegetable and rice paper.



Figure 3. 37. Vegetable of hering salad



Figure 3. 38. Potato salad



Figure 3. 39. Lobster spring roll

Lobster spring roll is one of traditional food of Vietnam, usually spring roll using shrimp but JW Marriot want something different and more interested, have caviar and garnish for this dish, served with fish sauce for dipping.



Figure 3. 40. Simple green salad



Figure 3. 41. Sea grapes salad

Sea grapes can be enjoyed raw without having to cook, it just clean and soak with water flow for 10 minute. The small bubbles will burst in the mouth and release a fresh, salty taste typical of the sea, served with sesame sauce

- **JAPAN STATION**



Figure 3. 42. Salmon wakame roll



Figure 3. 43. Ebi furai roll



Figure 3. 44. Unagi don



Figure 3. 45. California maki

Sushi rice with crab meat inside and have the red and black tobiko as a topping



Figure 3. 46. Big platter sashimi

Big platter sashimi have 9 kind of sashimi such as Tuna, salmon, kampachi, hotate, tako, hokkigai , oyster, nisshin serve with big bowl and have small ice cubes for make the sashimi feels fresh.



Figure 3. 47. Tuna tataki

Tuna tataki is a Japanese food in the form of tuna fish that is lightly grilled, tends to be still raw. When have order the staff should torch the tuna, cut, give onion first for garnish and put the tuna on the top, give tobiko and serve with Ponzu sauce hand made by JW Marriot' sous chef.



Figure 3. 48. Wafu salad



Figure 3. 49. Wagyu don



Figure 3. 50. Salmon avocado roll



Figure 3. 51. Wagyu maki



Figure 3. 52. Hotate tatakai

Hotate tatakai is a grilled scallop (torch before serve) and have tobiko, radish, and also edible flower for decoration have ponzu sauce on the site.



Figure 3. 53. Pass around spicy tuna maki



Figure 3. 54. Pass around aburi salmon maki



Figure 3. 55. Pass around salmon roll

- **REDRUM DISH**



Figure 3. 56. Scallop tiradito

Scallop tiradito serve with aguachille sauce made from garlic, celery stalk, lime juice, coriander stalk, cucumber skinless, green chili, kombu water, xanthan gum, mirin, salt and blend together. Put scallop first, give aguachille sauce, scallop salsa, red tobiko and decorations.



Figure 3. 57. Salmon tiradito

Salmon tiradito serve with fresh salmon, salmon salsa and potato chip. Orange sauce is made from orange zest, orange juice, garlic, ginger, tabasco, lime, soy sauce, sesame, honey, blend together.



Figure 3. 58. Basha tiradito

Basha tiradito is using basha fish and the sauce made from fish stock, corriander stalk, kombu water, garlic, onion, coconut milk and blend together, last step is give xanthan gum.



Figure 3. 59. Oyster

Fresh oyster with oyster salsa, ikura, and also chili garlic sauce. Oyster sauce made from lime, kombu water, garlic chili, mirin, sesame oil, blend it. Serve with the bowl and ice cubes for fresh



Figure 3. 60. Guacamole

Guacamole is smashed avocado mix with tomato salsa (tomato, red onion, coriander, lime, green chili cut brunoise) served with tortilla chip and shrimp crackers.



Figure 3. 61. Quinoa salad

Boil mix quinoa mix with quinoa dressing (rice vinegar, sugar, coriander stalk, red chili, red capsicum, olive oil, blender together and add oil) have 4 topping such as corn, edamame, grilled onion and capsicum and also have cress with edible flowers for decoration.



Figure 3. 62. Chicken salad

The salad here is using Manchego sauce (cheese cream, sour cream, coriander, Manchego cheese, green chili, blend together with ice cubes) and the grilled chicken using bbq sauce (tomato, onion, garlic, chipotle, mustard, ketchup, honey and salt) serve with tomato, corn, and grated cheese)



Figure 3. 63. Chocolate trees



Figure 3. 64. Corn cake



Figure 3. 65. Churros



Figure 3. 66. Quesadilla



Figure 3. 67. Sweet potato

Fried sweet potato served with chipotles honey sauce (chipotles in can, honey, soy, lime, garlic and blend together) and have grated cheese and parsley.



Figure 3. 68. Fish tacos

3.3 WORKING PLACE DURING INTERNSHIP



Figure 3. 69. Commissary

Commissary is allowed for storing equipment and provisions to allow people to produce food without the major investment. Before fruit, vegetable, meat, fish and the other ingredients come to main kitchen, the staff of commissary should receive, check it first and keep in the storage or chiller there.



Figure 3. 70. JW'S Garden

JW Marriott has its own garden and grows crops there. Every day there is also a gardener who cares for and plants there, when have banquet event the staff pickup Vietnam basil for garnish.



Figure 3. 71. Dine in redrum



Figure 3. 72. View from kitchen



Figure 3. 73. Cold kitchen section



Figure 3. 74. Grill station



Figure 3. 75. Hot section



Figure 3. 76. Pizza section

In redrum, the oven using a Italian traditional oven known as a brick oven or stone oven, is an oven consisting of a baking chamber made of fireproof brick.



Figure 3. 77. Parking of buggy



Figure 3. 78. Staff canteen



Figure 3. 79. Japan station

Japan station outside, when have order a la carte usually the staff making order in here.



Figure 3. 80. Japan kitchen inside

Japan kitchen inside have the stove and make all preparation food for morning buffet.



Figure 3. 81. Cold kitchen tempus

Usually when have a lot to do the staff using this table for preparation like choose the vegetable, make a recipe and make a la carte in here.



Figure 3. 82. Cold kitchen finishing table

This table it for finishing table or making a la carte also like spring roll, the staff roll the spring roll and décor in this section and after finish decoration the staff ring bell.



Figure 3. 83. Cold kitchen inside

This kitchen is for preparation morning buffet and all activity cold kitchen, filling yoghurt always in here, the staff of cold kitchen always keep fruit and vegetable here, for walking chiller cold kitchen sharing with all station.

3.4 KITCHEN BLUEPRINTS

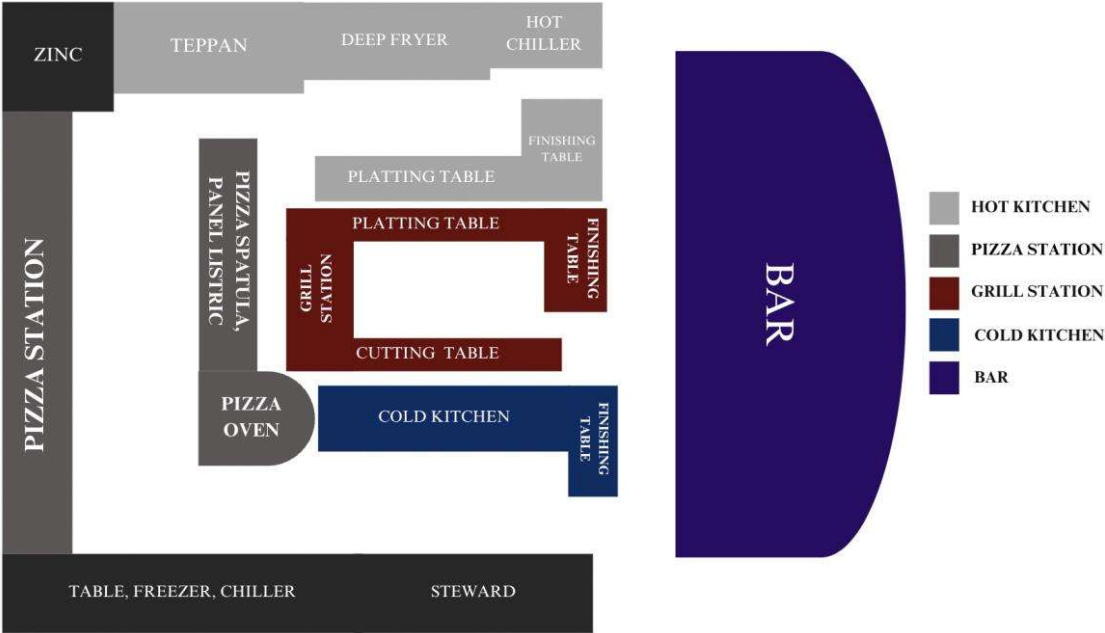


Figure 3. 84. Kitchen blueprints redrum



Figure 3. 85. Kitchen blueprints tempus

3.5 EVENTS DURING INTERNSHIP

During the internship, JW Marriot hotel have a lot of event such as wedding event, private wedding, romantic dinner, company event, public holiday event and also have to serve a set menu for chairman (every month). The first time banquet on 11 march, handle banquet for 100 pax set menu, 7 April handle 200 pax set menu for fashion voyage sun group event, 10 April handle private romantic dinner, 16 April handle Indian big wedding, day 1 are celebrate only lunch buffet and canape for the next day this wedding are celebrate 3 time in a row at the same day (lunch buffet, afternoon tea/ snack time and dinner until midnight) all about vegetarian menu and the author handle this event overtime until 2 am on 17 April. On 30 April have reunification day it means that national public holiday in Vietnam so JW Marriott celebrate dinner party buffet. JW Marriot have a lot of canape orders for room dining at that moment 8 May, 23 March, 30 April, 1 June, and 16 June. On 22 May have sun group company event in banquet for 65 pax family set. The author also handle private wedding 2 times when in charge redrum

for 20 pax set menu twice. Not forget to mention the author always handle set menu when have chairman come to JW Marriot. Most of event in JW Marriot are for company, the guest usually use ballroom for their company event.



Figure 3. 86. 100 pax event



Figure 3. 87. Fashion voyage event



Figure 3. 88. Main course for voyage event



Figure 3. 89. Dessert for voyage event



Figure 3. 90. Spring roll for canape



Figure 3. 91. Cheese for canape



Figure 3. 92. Salmon canape



Figure 3. 93. Canape for Indian wedding



Figure 3. 94. Canape for private wedding



Figure 3. 95. Canape for room dining



Figure 3. 96. Canape for room dining



Figure 3. 97. Cheese canape for company event



Figure 3. 98. Romantic dinner



Figure 3. 99. Romantic dinner



Figure 3. 100. Company event family set menu



Figure 3. 101. Family set menu



Figure 3. 102. Salad for family set



Figure 3. 103. Indian wedding midnight



Figure 3. 104. Private wedding 20 pax



Figure 3. 105. Private wedding 20 pax



Figure 3. 106. Private wedding (2)



Figure 3. 107. Calamari for wedding



Figure 3. 108. Snack for chairman



Figure 3. 109. Salmon tartare for chairman



Figure 3. 110. Main course for chairman 7 pax



Figure 3. 111. Testing menu for wedding



Figure 3. 112. Reunification day buffet dinner