

CHAPTER III

INTERNSHIP ACTIVITIES

3.1 Internship Activities Details

The internship program was started in cold kitchen from 8th of March 2023 – 21st of May 2023 in the morning shift at Tempus Fugit, one of JW Marriott restaurant. Next outlet was Western kitchen from 22nd of May 2023 until the end of the internship.

Table 3.1 Internship Activities

No	Duration	Outlet	Working Shift	Activities
1	8 th of March 2023 – 21 st May 2023	Cold Kitchen	Morning Shift (6.00 – 15.30)	<ul style="list-style-type: none"> – Preparing foods for breakfast buffet, that include cut fruits, salad bar, dressing, <i>bánh mì</i>, cold cuts, milk, yogurt, cheese, honeycomb, and cereal – Set up breakfast – Set up fruits decor – Refill foods during breakfast – Clearing up buffet – Preparing a la carte breakfast plate like fruit and yogurt platter

					<ul style="list-style-type: none"> - Wash vegetables for salad - Pick up fruits and vegetables from commissary - Check label date
2	22 nd 2023 August 2023	May – 20 th	Western Kitchen	Morning shift (6.00 – 15.30)	<ul style="list-style-type: none"> - Preparing foods for breakfast that include egg, sausage, grilled and sautéed vegetable, roasted pork, chicken schnitzel, etc - Cooking eggs for the guests at the live cooking station - Refill foods during breakfast - Set up breakfast - Clearing up buffet - Check label date
				Lunch buffet (9.00 – 18.30)	<ul style="list-style-type: none"> - Set up lunch buffet and the decoration - Cooking pasta at the live cooking station for the guests - Supporting other kitchen that's in

need, like cold kitchen for making salad canapé

- Clearing up buffet
- Preparing sauce for gala dinner event at night

Afternoon shift (11.00 – 20.30)

- Preparing sauce for a la carte menu like for pizza and pasta
- Cooking mashed potato for steak dish
- Preparing condiments for burger
- Cooking burger, pasta and pizza for order

3.2 Products Made

3.2.1. Cold Kitchen

- **Bánh Mì**



Figure 3.1 *Bánh Mì* Toppings

Bánh mì is one of the most popular dish from Vietnam, that's made out of baguette, pickle, varieties of topping, and top with cilantro. In JW Marriott Emerald Bay Phu Quoc, the choices of vegetarian dishes are always available. That's why from cold kitchen, there are 2 kinds of *bánh mì*, which are *char siu bánh mì* that contains pork and vegetarian *bánh mì* which the protein is replaced by tofu.



Figure 3.2 *Bánh mì*

Char siu *bánh mì* has 5 ingredients inside of the baguette, which are pickle, pork pate, *chả lụa* (Vietnamese pork ham), *char siu*, and pork floss. Whereas vegetarian *bánh mì* has pickle, tofu, and marinated tofu skin. The *bánh mì* is baked for 3 minutes at 150°C and added chili sauce, mayonnaise, and cilantro.

Recipe:

1) *Bánh mì* Pickle

- 1.3 L white vinegar
- 1 kg sugar
- 2 L hot water
- 1 pinch salt
- 3 – 4 young papayas
- 7 – 8 carrots

Steps:

1. Grate the papaya and carrots and soak in ice water to make it stay crunchy.
2. Combine white vinegar, sugar, hot water, and salt and mix until the sugar dissolves. Let it sit until it's not too hot
3. Add the grated papaya and carrot into the pickle water and keep it in a chiller up until 7 days

2) Marinated skin tofu

- 200 g soy sauce
- 100 g water
- 55 g sugar
- 90 g hoisin sauce
- Sunflower oil as needed
- 500 g skin tofu

Steps:

1. Combine all the marinade ingredients together
2. Marinate the skin tofu for at least 1 hour. The longer the marination, the better it will be
3. Bake the marinated skin tofu at 160°C for 20 minutes, and continue to bake at 180°C for 10 minutes

3) Salad Dressing



Figure 3.3 Salad Station

Breakfast buffet always has salad bar that's usually provides cherry tomatoes, oil and vinegar, 4 kinds of vegetables, which can be green and red lettuce, iceberg, kale, radicchio, or frisée, 6 – 7 kinds of condiments which usually has grated cabbage, carrot, beetroot, boiled egg, lotus seed, corn, roast pumpkin, sliced onion, or bell pepper, and 5 – 6 kinds of salad dressings, which are thousand island, Caesar sauce, sesame sauce, Vietnamese vinegar dressing, and lime dressing. The amount of condiments and dressings depend on the occupancy.

Recipe:

1) Thousand Island

- 500 g mayonnaise
- 350 g Hein ketchup
- 80 g bell pepper (red, yellow, and green)
- 30 g capper
- 30 g gherkin
- Tabasco
- Salt

Steps:

- Chop capper, bell pepper, and gherkin and roast in oven at 120°C for 7 minutes

- Combine all the ingredients together and season it with salt and tabasco as needed

2) Lime dressing

- 2 tbsp Mustard
- 200 mL lemon juice
- 500 g Sunflower oil
- 100g Honey
- Lemon zest
- Salt

Steps:

1. Mix mustard and sunflower oil slowly using whisk so the mustard and the oil won't be separated
2. If it's separated, add 1 tsp of mustard or honey to make it combined again
3. Add lemon zest and lemon juice slowly until combined
4. Season with salt and add honey to make it not too tangy

3) Vietnamese vinegar dressing

- 120 g Water
- 200 g Sugar
- 400 g White vinegar
- 5 g Salt
- 10 shallots

Steps:

1. Fried the shallot until soft and the oil has slightly purple color, and sieve the oil
2. Mix the shallot oil and the rest of the ingredients

4) Caesar Sauce (Combine all the ingredients together)

- 500 g mayonnaise
- 80 g parmesan cheese
- 25 gr worcestershire sauce

- 6 g dijon mustard
- 5 g lime juice
- 50 g anchovy (chopped)
- 5 g fish sauce
- 80 g full cream milk

5) Sesame Sauce (Combine all the ingredients together)

- 1.5 kg mayonnaise
- 30 g condensed milk
- 200 ml full cream milk (added slowly)
- 40 g sesame oil
- 20 g honey
- Salt
- Roasted sesame

– Canape



Figure 3.4 Canape

This appetizer is served during event on 6th June 2023 of technology association from Taiwan and consists of chopped pickle beetroot, cherry tomatoes, burrata, artichoke, caviar, and topped with Vietnamese basil.

– **Fruit Platter**



Figure 3.5 Fruit Platter

Fruit platter is usually served during breakfast for in room order. Usually it consists of 4 types of seasonal fruits and has 6 slices for each fruit. The fruits also depend on the guest's order, it can be watermelon, honeydew, pineapple, mango, grapefruit, or guava.

3.2.2. Western Kitchen

– **Frittata**



Figure 3.6 Lyonnaise Potatoes & Frittata

Frittata is a dish originated from Italia that's made from egg and usually consists with vegetables, meat, or any other ingredients. But for JW Marriot's standard, the frittata consists of egg white, spinach, and mixed veggies. First, using nonstick pan, is to cook chopped onion until translucent and the mixed veggies and the spinach are added. Then the egg white is added until the half of the pan and add

salt and pepper. Using spatula, slowly the mixture is stirred at low heat until half cooked and let it cook until has slightly crust on the side of the pan. After that, put in the salamander until has slightly brown color.

– **Lyonnaise Potatoes**

Lyonnaise is a French potato dish that's sliced thinly without removing the skin so when it's cooked, the potato will keep its shape. After that, it's deep fried until soft, not crispy. Next, sliced onion is sautéed until it changes the color, along with smashed garlic and thyme, and cook for awhile. Then, the potatoes are added and cook until it becomes softer. This dish has peppery taste, so the seasonings are salt and slightly more black pepper. The last step is adding butter to make it shiny.

– **Potato Wedges**



Figure 3.7 Potato Wedges

The potato wedges that's served here is self-made instead of store bought. First, the potato is cut into same sizes, and then using the combination grill and steam oven, it's baked for 45 minutes at temperature 135°C. This potato wedges can be stored in freezer up to 1 month. If it's used for buffet breakfast, it's defrosted the day before and being deep fried 2 times. The second times uses higher

temperature to make it crispier. Then, to make it more flavorful, it's sautéed with butter, garlic, thyme, salt and pepper, and topped with parsley.

– Baked Beans



Figure 3.8 Vegetarian Section

At western buffet, vegetarian station always provided. Two dishes that are always served are oatmeal and baked beans. For oatmeal, it's always

cooked with water and milk. While baked bean uses canned kidney beans that's cooked with butter and chopped onion. To make it has red color, tomato sauce that's usually used for pasta base and ketchup, are added. And lastly, salt and pepper is added for the seasoning.

The tomato sauce consists of carrot, celery, and onion that's sautéed until soft. And then fresh tomatoes are added and cook until all the vegetables soft. Next, canned tomato is added, with basil stem. Then, cook for 2 hours and take out the basil stem. Cook for another 1 hour until the vegetables are soft, add seasoning like salt and pepper, and blend it using hand mixer.

– **Assorted Vegetables**

Since western breakfast buffet has vegetarian selection, there are varieties of baked or sautéed vegetables that can be served. Cauliflower, zucchini, and eggplant are pan seared with garlic and thyme, and it's baked for 10 minutes at 150°C. While broccoli and French bean are blanched until slightly soft and cooked with butter, garlic, and thyme.

– **Ratatouille**

Ratatouille is a French dish that consists of varieties of thinly sliced vegetables and tomato sauce and baked for 15 minutes at 180°C. For this ratatouille, the vegetables that are used are tomato, zucchini, and eggplant while the tomato sauce uses the same one for the baked beans.

– **Piperade**



Figure 3.9 Piperade & Potato Gratin

Piperade is a French dish that consists of bell pepper, tomatoes and onion. First, the onion is sautéed until it becomes translucent, and after that, add chopped garlic. Then, tomato is added along with the cut bell pepper. It's cooked until the bell pepper becomes soft.

– **Potato & Cauliflower Gratin**

Another French cuisine that has creamy texture because it consists of cream and cheese. For potato gratin, the potato's thinly sliced with mandolin, while for cauliflower is cut into smaller pieces. Then, cooking cream is heated until it's reduced and become more thick. After that, potatoes or cauliflower is added until it becomes softer. Next, salt, crushed garlic, thyme, parmesan cheese, grated nutmeg are added. The gratin is transferred into a casserole and is baked for 15 minutes at 180°C. The last step is to add mozzarella cheese on top on the gratin and to put in salamander until the cheese's melted, and it's topped with chopped parsley.

– **Baked Pumpkin**



Figure 3.10 Baked Pumpkin

Firstly, pumpkin is cut into cubes and is added olive oil, honey, salt, and pepper. Then, the cut pumpkin is baked at 150°C for 20 minutes and increase the temperature to 180°C for 10 minutes or until the pumpkin is soft and has slightly brown color on the side. Finally, olive oil is added to keep it moist.

– **Mac & Cheese**

Mac & cheese is a dish that consists of macaroni and cheese, usually a cheddar cheese. First, the macaroni is cooked for around 7 minutes. While waiting for the macaroni, béchamel sauce is made by melting 50gr butter with sifted flour is cooked with ratio 1:1 until the floury

smell disappears. Then, 300 ml milk is added slowly and is cooked until the sauce becomes thick. After finished cooking the macaroni and the sauce, in a casserole, the mac and cheese is assembled by putting the sauce, along with the macaroni, cheddar, and mozzarella cheese. Lastly, it's baked for 15 minutes at 150°C and topped with mozzarella and it's grilled on salamander until the cheese is melted.

– **Pass Around**

Pass around is a dish that's still correlated to the kitchen itself to be offered to the guests that come to the breakfast at that day. There are 3 kind of pass around dishes in every section of buffet, and for western sections there are egg benedict, avocado toast, and ham and cheese toast.



Figure 3.11 Egg Benedict

Egg benedict consists of poached egg, hollandaise sauce, ham, crouton, green peas, and topped with arugula. Usually to make the poached egg faster to be made, before breakfast's started, eggs are going through sous vide for 50 minutes at 65°C. Next, for the hollandaise, it's made out of egg yolk with 1 tablespoon of water and 1 teaspoon of white wine vinegar, and then it's cooked with double boiler until there's no bubble left. Then, clarified butter is poured until the sauce is thick enough to cover the back of spoon. Lastly, it's seasoned with salt and a little bit of lemon.



Figure 3.12 Avocado Toast

Another pass around is avocado toast, that consists of scrambled egg, mashed avocado, and topped with tomato and arugula. For the mashed avocado, it's seasoned with salt, pepper, sugar, and a little bit of olive oil.



Figure 3.13 Ham & Cheese toast

Lastly, there's ham and cheese toast that, as the name, consists of ham and cheese that's baked in the oven for 5 minutes to make the cheese melts, and topped with lettuce. However to make the color for the bread, it's soaked in the mixture of egg and milk, with salt and pepper, and it's toasted on pan until has golden color

– Pasta



Figure 3.14 Seafood Pasta

In a ala carte, there are a lot of pasta selection. For example is spaghettibolognese, that's made out of tomato sauce and beef ragu, and seasoned with salt, pepper, and parmesan cheese. Another pasta is seafood pasta, that consists of cherry tomatoes, garlic, chili oil, clams, shrimp, and squid, but it uses black ink spaghetti instead of regular spaghetti.

– Wagyu Beef Burger



Figure 3.15 Wagyu Beef Burger

Classic beef burger that consists of wagyu patty, bacon, cheddar cheese, iceberg lettuce, tomatoes, thousand island, and caramelized onion. First, the patty is seared with salt and pepper. And then, along with the cheese and bacon, it's put in the oven at 190°C for 6 minutes. While waiting the

patty finished, toast the burger bun until it becomes golden brown. Lastly, the burger is assembled and served with french fries.

– **Pizza**

There are many selections of pizza on Tempus Fugit menu, which are margarita, seafood, cheese, prosciutto, and smoked salmon pizza. There are 3 types of sauce that are used for pizza. First is tomato sauce, which has different ingredients with the one that's used for pasta. The tomato sauce for pizza is made out of crushed canned tomato, salt, pepper, chopped basil, and olive oil. Second is mascarpone base sauce, which consists of mascarpone, cream, salt, and olive oil. And the last one is aioli sauce, that's made out of mayonnaise and softened garlic that's slow cooked with milk. To make it well combined, it's blended with hand blender.



Figure 3.16 Cheese Pizza

First in margarita pizza, which only consists of tomato sauce, mozzarella, and topped with basil. Then there's cheese pizza which has tomato sauce, mozzarella cheese, and sliced parmesan after it's baked



Figure 3.17 Seafood Pizza

Next is seafood pizza with tomato sauce, aioli sauce, shrimp, squid, corn, and then baked. After that, it's added diced avocado, garlic chips, and dill as the topping, along with olive oil



Figure 3.18 Prosciutto Burrata Pizza

Furthermore, there's prosciutto pizza that's used tomato sauce, mozzarella, and then it's baked. Prosciutto is added after it's baked, alongside with sliced parmesan, arugula, burrata cheese, olive oil and black pepper as the final touch



Figure 3.19 Smoked Salmon Pizza

Lastly is smoked salmon pizza, that has mascarpone sauce as the base with mozzarella cheese. After it's baked, smoked salmon is added with sliced parmesan and spinach.

3.3 Working Place



Figure 3.20 Cold Kitchen Area

Cold kitchen area is located at the corner of Tempus Fugit and usually used for *mise en place*. It has walk-in chiller in the middle of the kitchen that's not only for cold kitchen products, but also for Vietnamese, Western, and Japanese section. Besides cold kitchen area, is where the dry store is located, where all of the kitchen section store all of the dry good supplies.



Figure 3.21 Hot Kitchen Area

This kitchen is located besides cold kitchen area, where all of the hot kitchen staffs prepare the foods, which has oven, rice cooker, microwave, range, and tilting braising pan.



Figure 3.22 Western Kitchen Area

Next is Western kitchen that's located in the Tempus Fugit restaurant itself. It's an open kitchen during the breakfast and has egg station that serves sunny side egg, omelette, poached egg, scrambled egg, and egg benedict, whereas it's replaced with pasta station during lunch buffet for special occasion.



Figure 3.23 Cold Kitchen & Pastry Area

On the left side is the cold kitchen area where it offers salad, bánh mì, cheese, and cold cut during breakfast, whereas on the right side is pastry area, that has cereal, yogurt, and bread to be offered.



Figure 3.24 Fruit Station & Japanese Area

In front of the Japanese section, it has fruit station that offers seasonal fruits,

where the guests can ask to cut the desire fruits. Then, in the back, it has Japanese kitchen area that offers soup, sushi, grilled goods, and *bibimbap*.



Figure 3.25 Vietnamese Area

The last kitchen area in Tempus Fugit is Vietnamese section, that always has noodle section in the morning buffet.



Figure 3.26 Dining Area

This is the dining area of Tempus Fugit, which has 2 types that are indoor and outdoor area. As mentioned before, the maximum capacity is 500 guests.



Figure 3.27 Commissary

Commissary is the area where all the supplies are received. It has dry store, 1 walk-in freezer and 7 walk-in chillers, which are fruit, vegetables, seafood, meat, raw butchery, mixed (where eggs and recently arrived goods are stored), and dairy chiller. However, the dairy chiller was not used during internship period.

3.4 Kitchen Diagram

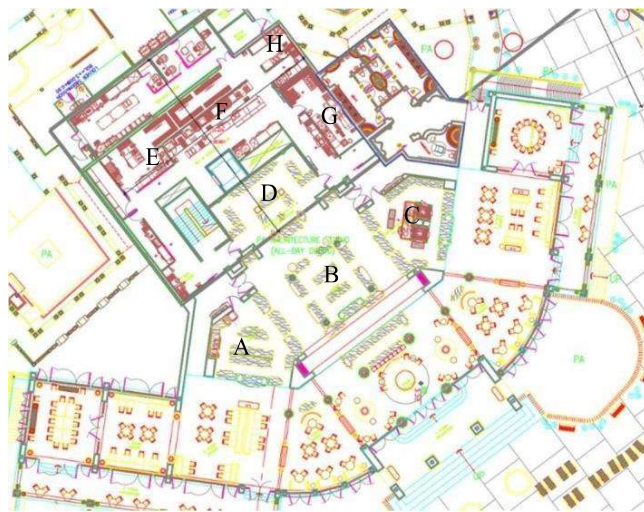


Figure 3.28 Tempus Fugit Kitchen Blueprint

This is the kitchen diagram of Tempus Fugit, which has open and closed kitchen. The kitchen A, B, C, and D are the opened kitchens that allow the guests to see during buffet but are closed kitchen during a la carte time, whereas kitchen

E and F are closed kitchens. Kitchen A is western kitchen, kitchen B is the combination between cold and pastry kitchen, kitchen C is Vietnamese kitchen, and kitchen D is fruit station and Japanese kitchen.

Next is the closed kitchens which are cold kitchen for kitchen E and has dry store for storing up kitchen supplies and communal hot kitchen for kitchen F, that can be used for Vietnamese, Western, and Japanese. Room G is kitchen steward where all the tools are sanitized and kept. And the last one is kitchen H, which are the butchery station. In front of the butchery station has the big chiller and freezer, to keep all the goods.

3.5 Events Held during Internship

The events that are held during internship are mostly Vietnamese or Indian wedding and meeting from cooperation that's from Hong Kong or Taiwan. Dependson the demand, it can be held in Tempus Fugit, which is a buffet, in Grand ballroomwhich is a set menu that can be chosen by the customer, or in Pink Pearl that's already has the fixed set menu. There was one time where it had a very private wedding in Red Rum Restaurant that only had 7 pax of guests. Usually, the guests that were served during the events around 60 – 200 guests.