

CHAPTER III

INTERNSHIP ACTIVITIES

3.1 Activities Performed

Table 3. 1 Activities Performed

Duration	Station	Activity
9 february 2023 – 14 March 2023	Cold Kitchen	12:00AM – 20:00PM <ul style="list-style-type: none"> - Doing the set up before service - Making niçoise mise en place such as : cutting cubes potato and cooked them , cherry tomatoes , cut beans , cut the cucumber , portion the tuna , cut and blanch carpsicum , boiling quail egg and making niçoise dressing . also plate the niçoise - Making and plate the crab mixture - Making pickled beetroot flower - Doing mise en place for the beetroot such as : roasting and cutting the beetroot , making the sorbet , making the beetroot gazpacho - Marinade the veal , for the veal carpaccio - Doing all the small preparation such as cutting chives , capers , gherkins , olives , cherry tomatoes , making pickled onion , blanch and chop tomatoes , chopping parsley , chop shallot for the oyster . - Picking and washing the mix vegetables for the salads - Cut and plate the sérieole or yellowtail crudo.

		<ul style="list-style-type: none"> - Cleaning and cutting the beef tenderloins , made artichoke chips , made croutons , do the portioning or plating for the beef tartare. - Do the service. <p>So this is the everyday job of the author but not all , because the artichoke chips and cruotons will be made once a week , making the niçoise dressing also once a week , the cleaning and cutting of the tenderloins sometimes will be handled by the cdp depends on how busy the cold section , but mostly cold section are very busy so the cdp will only clean the beef when the author is on her day off.</p>
<p>14 March 2023 – 10 July 2023</p>	<p>Entremets section / Grill section</p>	<p>1200AM –21:00PM</p> <ul style="list-style-type: none"> - Start the set up for service - Doing mise en place for the cataplana rice : such as cooking the rice , and then portion the rice , chopped carpsicum , coriander , making shallot confit , doing the clams steaming them in the oven , cleaning the meat and taking the water to make into clam jus . - Doing most of the pass setups such as : dice lemon , lemon confit for the dover sole , made the fry onion and parsley for tenderloins , pick coriander , cut cherry tomatoes , pick basil , chopped parsley and tarragon , cut chives and spring onion , peel and cooked asparagus , garlic confit , chop chicken, chopped kale , made the kale puree , made the pickled shallot.

		<p>On the first week the author was moved into the entremet section the author only get the chance to learn the cataplana dish and do the dish once , due to the high season at that time the entremets section was so busy, so on the 1st month the author was doing all the preparation in the back kitchen . while doing the preparation in the back kitchen sometimes the author doing the butchering such as: cleaning beef tenderloins, striploin, cleaning lamb, also filleting the fish which is the mise en place of the grill section, so the author taking the chances to learn as much as she can , the author starts doing the service on the 2nd month, the author get the chance to handle some orders that she already knows like :</p> <ul style="list-style-type: none"> - Handling the pasta order - Handling the cataplana - Handling the tenderloin - Handling the bouillabaisse - Handling the kid dish - Seabass artichoke - Vegetarian artichoke - Sometimes Helping chef de cuisine making the preparations for upcoming menu or chef was going to have a tasting - Handling the lamb rack mise en place and the dish , so from making the tomato concase , puree , salads , the zuichini even the tarteletes . because the author gets a chance to help chef
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		<p>during his tasting on the upcoming menu so the author already knows how to make the lamb garnishes .</p> <ul style="list-style-type: none"> - Doing the arthichoke for vegetarian artichoke dish and seabass artichoke - Making the mash and crushed potato for lunch and dinner service - Made the sauce and soup : lemon butter sauce and bisque for the bouilabase soup . - Do the service
10 July 2023 – 6 august 2023	Pastry	<p>09:00AM –18:00PM</p> <ul style="list-style-type: none"> - -Handling airport orders - -Handling set up - -Handling plc - -Handling amenities - -Handling afternoon tea - -Doing production - -Change date label expiry

3.2 Products Made During Internship

1. Niçoise salad , niçoise consist of red and yellow carpsicum , cubes potatoes , green beans , cherry tomatoes , olives , quail egg and tuna belly .



Figure 3. 1 Nicoise salad

2. Crabe 'Blue' consist of shredded crab season with mediteranean style top with egg whites , egg yolk and micro green serves with toast .



Figure 3. 2. Crab

3. Thon Rouge . Consist of thinly sliced blue fin tuna , truffle vinaigrette and top with basil micro greens and puffed buckwheats.



Figure 3. 3. Thon Rouge

4. Tartare de Boeuf, consist of tenderloin beef tartare top with micro greens , golden croutons , julien olives , frisée lettuce , and radish .



Figure 3. 4. Tartare de Boeuf

5. Burrata, consist of heirloom tomatoes marinate with tomatoes basil infusion, burrata espuma, artichoke chips , basil oil , Julien olives , pickle onion , espelette , and micro greens.



Figure 3. 5. Burrata

6. Oyster , Fresh Gillardeau oyster serves with vinaigrette and lemon .



Figure 3. 6. Oyster

7. Octopus , Consist of thinly sliced octopus , mash potato , tapenade puree , lime confit , tomato confit , topped with crushed hazelnut and microgreens .



Figure 3. 7. Octopus

8. Beetroot , consist of beetroot and green apple tartare , basil mustard sorbet , beetroot gazpacho , pickled flower .



Figure 3. 8. Beetroot

9. Seabass Artichoke, Consist of grilled Seabass , Barigoule artichoke , mussels and white wine emulsion topped with orange zest .



Figure 3. 9. Seabass Artichoke

10. Cataplana Rice , Consist of Camargue rice cooked in mediteranean style , calamari , octopus , langoustine , clams , seabass and prawns.



Figure 3. 10. Cataplana Rice

11. Lamb Rack, Consist of Lamb, tartelette, tomato concase, eggplant puree, grilled yellow and green zucchini, salad and lamb jus.



Figure 3. 11. Lamb Rack

12. Ratatouillie, consist of eggplant, tomato coulis, zucchini, bell pepper, tomato confit, onion confit, basil puree, buckwheat tuile.



Figure 3. 12. Ratatouillie

13. Poulet Jaune, Consist of grilled chicken, mushroom, asparagus, caramelized apple, raisins, pine nuts, chicken jus.



Figure 3. 13. Poulet Jaune

14. Vegetarian Artichoke, Consist of crushed ratte potato, artichoke, red beans, asparagus, confit tomato, black truffle, vegan truffle paste, fry parsley.



Figure 3. 14. Vegetarian Artichoke

15. Dover Sole , Consist of fillet dover sole , lemon puree , dice lemon , fry parsley , star lemon , brown butter sauce .



Figure 3. 15. Dover Sole

16. Kid Chicken, consist of grilled chicken, mash potato, zucchini, carrot and asparagus tip.



Figure 3. 16. Kid Chicken

17. Truffle Rigatoni, consist of parmesan cream, rigatoni pasta, fresh black truffle, truffle oil, and beef jus.



Figure 3. 17. Truffle Rigatoni

18. Vol Au Vent, Consist of chicken tight, mushroom, leek, carrot and chives.



Figure 3. 18. Vol Au Vent

19. Fillet de Boeuf, consist of beef tenderloin, mashed potato, carrot, baby onion, mushroom, fry onion, fry parsley and bourguignonne sauce.



Figure 3. 19. Fillet de Boeuf

20. Scallop, Consist of Kale puree, chopped kale cook with Dijon mustard, shallot confit, sherry vinegar, lemon butter sauce and scallop powder.



Figure 3. 20. Scallop

21. PLC, Palace Lounge items such as strawberry cheesecake, blueberry tart, chocolate tart.



Figure 3. 21. PIC

22. Mango Carpaccio, consist of mini tart shells, mango puree, fresh mango, topped with basil micro crease and gold leaf.



Figure 3. 22. Mango Carpaccio

23. Hazelnut Sponge Madeline, consist hazelnut sponge, hazelnut spread, milk chocolate glaze, topped with gold leaf.



Figure 3. 23. Hazelnut Sponge

24. Al Fayrooz set up, consist of, mango cheesecake, snickers bar, royal cake, tiramisu, strawberry tart, millefeuille, and the last one is pistachio crown.



Figure 3. 24. Al Fayrooz set up

25. Mille Feuille, consist of puff pastry, diplomatic cream and gold leaf.



Figure 3. 25. Mille Feuille

26. French Riviera Menu

ENTRÉES FROIDES	
Sériole @@@	75
<i>Tellichéri Crème, Lemon Jus, Garlic Purée</i>	
Thon Rouge @@	110
<i>Blue Fin Tuna, Truffle Vinaigrette, Puffed Breadcrumbs</i>	
Tartare de Boeuf @@@@	90
<i>Tenderloin Beef Tartare, Grilled Baguette</i>	
Carpaccio de Veau @@@	95
<i>10oz Filet Carpaccio, Pickles, Skins, Golden Croutons</i>	
Caviar Baeri @@@@	395
<i>Haricots Mashed Potatoes</i>	
Betterave @@	70
<i>Berries Gazpacho, Berries & Green Apple Tartare, Basil Mustard Sorbet</i>	
Avocat @@	70
<i>Avocado & Tomatoes Tartare, Olives, Basil</i>	
Crabe "Bleu" @@@	90
<i>Shredded Crab, Mediterranean Style, Sour Dough Toast</i>	
Poulpe de Méditerranée @@@@	140
<i>Octopus, Tapenade, Mashed Potatoes, Hazelnut</i>	
Salade Niçoise @@@	85
<i>Wedge Tuna Belly, Quail Egg, Petite Potatoes, French Beans</i>	
Burrata @@@	105
<i>Burrata, Heirloom Tomatoes, Basil Tomato Infusion</i>	
ENTRÉES CHAUDES	
Pizzetta Truffe @@	120
<i>Artichoke, Truffle "Crème Fraiche", Fresh Truffle</i>	
Consommé de Boeuf @@	70
<i>Beef Consommé, Cheese Biscuits</i>	
Langoustines @@	160
<i>Braised Langoustines, Prosciutto Emulsion</i>	
Oignon façon Tatin @R	75
<i>Caramelized Onion, Parsnips Ice Cream</i>	
Saint Jacques @@	145
<i>Cherry Sauce, Lemon, Potato, Potato Sauce</i>	

Figure 3. 26. French Riviera Menu

27. French Riviera Menu



FRENCH RIVIERA	
BÂTES ET BIZ	
Rigouton Truffe @@@	190
<i>Black Truffle, Rigouton, Parmesan Cream, Beef Jus</i>	
Bouillabaisse à notre Façon @@@@#R 200	
<i>Sea Bass, Langoustine, Scallops, Mussels, Green Olive Pasta, Lobster Bisque</i>	
Fruits de Mer @@@	190
<i>Mediterranean Style Camargue River, Crayfish, Calamari, Langoustine, Prawns, Clams, Sea Bass</i>	
POISSONS & VIANDES	
Dover Sole @@@#R	330
<i>"De The River", Crusted Potatoes, Lemon "Shower" Sauce - Jus</i>	
Bar de Méditerranée @@@@#R	205
<i>Mediterranean Sea Bass, Roasted Artichokes, Mussels & White Wine Emulsion</i>	
Poulet Jumeau @@@#R	180
<i>Chicken Breast, Green Asparagus, Mediterranean Pine Sauce, Yellow Wine "Sauce"</i>	
Côtelettes d'Agneau @@@	200
<i>Lamb Rack, Eggplant & Zucchini Tzatziki, Tarragon & Lamb Jus</i>	
Contre-Filet de Bœuf @@@	245
<i>Black Angus "20oz Striploin, Black Pepper Sauce"</i>	
Filet de Bœuf @@@	285
<i>"150g Prime" Filet, Branderichs, Bourguignon Sauce</i>	
VEGÉTARIEN	
Artichauts Barigoule @@@	145
<i>Artichokes, Crusted Butter Potatoes, Beef Breast, Black Truffle</i>	
Ratatouille @@@	130
<i>Zucchini, Eggplant, Cauliflowers, Bell Peppers, Tomato "Sauce"</i>	
Asperges Vertes @@@@	130
<i>Green Asparagus, Colossal Potato, Mediterranean, Camembert Apple, Sweet Potatoes, Pine Nuts</i>	
GAMINIES	
Sablés De Tourterre @@@	15
Frites @@@	15
Pain de Tarte "à la Flambrette" @@@	15
Pain de Tarte de Tarte @@@	15
Légumes Sautes @@@	15
Supplément Truffe 3gr	25
DECUSSION	
<i>Filet 14 Calorie, Avocado 20.7g, South 10g Protein 10.6g, 10g Protein, Olive 10.6g, 10g Protein, Olive 10.6g</i>	
La Pizzetta Truffe @@@	
<i>Truffle, Truffle "Prime Finition", Fresh Truffle</i>	
La Langoustine @@@	
<i>Breaded Langoustine, Prawns Emulsion</i>	
Le Carpaccio de Veau @@@	
<i>Caramelized Onion, Parmesan Cheese Ice Cream</i>	
La Retenue @@@	
<i>Bretonne Gaspacho, Bretonne & Green Apple Tartare, Beef Mashed Potato</i>	
<i>Mass Beef/Lambsteak - Chervis Blanc</i>	
L'Oignon façon Tatin @@@	
<i>Caramelized Onion, Parmesan Cheese Ice Cream</i>	
<i>Veau Chiquet - Ye-Bon Labe-1 - Brot</i>	
La Bouillabaisse à notre Façon @@@#R	
<i>Sea Bass, Langoustine, Scallops, Clams, Green Olive Pasta, Bisque</i>	
<i>Truffle-Hoop - Breading</i>	
Le Filet de Bœuf @@@	
<i>150g Prime Beef Tenderloin, Mashed Potatoes, Carrots, Pearl Onion, Bourguignon Sauce</i>	
<i>Trévise Sauté Platé - Croquette</i>	
Pre-Dessert	
Le Vacherin @@@	
<i>Mashed Swiss-berries, Fresh Basil Ice Cream, Pure Madagascar Vanilla Custard & Fresh Mintage</i>	
Le Millefeuille @@@	
<i>Puff Pastry, Vanilla Diplomat Cream, Hazelnut Powder</i>	
<i>Yarrow Macaroon Oreo</i>	
<i>AED 600 Per Person</i>	
<i>AED 800 Hine Pairing Per Person</i>	
 	

Figure 3. 27. French Riviera Menu

3.3 Events Handled During Internship

French riviera have events for valentine's day, 4 hands dinner French Riviera x NAE : UN Singapore , Easter Dinner, and banquet. Pastry has the chocolate day event and Emirati women's day.