

CHAPTER III

INTERNSHIP ACTIVITIES

3.1 ACTIVITIES

Table 3. 1 Internship Activities

DURATION	STATION	ACTIVITIES
08 March 2023- 22 March 2023	Japanese Kitchen (Tempus Fugit)	<ul style="list-style-type: none"> - Setting up breakfast buffet - Cooking food for buffet - Making fresh sushi for customer - Daily <i>Mise en Place</i>
23 March 2023- 20 April 2023	Pink Pearl Cold Kitchen	<ul style="list-style-type: none"> - Daily <i>Mise en place</i> - Learning current set menu - Prepare sauce, condiment and decorations for service - Learning storage and label system - Assisting in service operations
21 April 2023 – 20 May 2023	Pink Pearl Cold Kitchen	<ul style="list-style-type: none"> - <i>Mise en Place</i> for daily operations - Setting up cold kitchen - Learning to pick up ingredients from commissary - Deep cleaning kitchen - Keeping track food label - Handling daily service
21 May 2023 – 20 June 2023	Pink Pearl Cold Kitchen	<ul style="list-style-type: none"> - <i>Mise en place</i> for daily operations - Learning new season menu - Learning hot kitchen daily operations - Learning to butcher proteins for hot kitchen

		<ul style="list-style-type: none"> - Keeping track cold kitchen ingredients to order - In charge of kitchen bread order - In charge of cold kitchen Service
21 June 2023 – 20 July 2023	Pink Pearl Hot and Cold Kitchen	<ul style="list-style-type: none"> - <i>Mise en place</i> for daily operations - Ordering Ingredients for cold kitchen - Relabel all fridge and dry stores - Helping Hot Kitchen in daily <i>Mise en place</i> - Butcher Protein for hot kitchen - Maintaining food standards and plating - Setting up and cleaning cold kitchen - In Charge of cold kitchen service
21 July 2023 – 20 August 2023	Pink Pearl Cold Kitchen	<ul style="list-style-type: none"> - <i>Mise en place</i> for daily operations - Maintaining kitchen hygiene and sanitation - In Charge of cold kitchen service - Watching food quality and plating - Keep watch of ingredients label - Order ingredients for cold kitchen

The author was offered the opportunity to work in Pink Pearl kitchen 2 weeks after his first working day. The author started working on 8th March 2023. The author was introduced as a trainee in the Tempus Fugit Restaurant on his first day, that time the hotel was high on occupancy and have many events so his Executive chef haven't got the time to sort out the author's position. After 2 weeks have passed and the occupancy have lowered, Chef Amadeo assign the author to work in the Pink Pearl Restaurant. Pink Pearl Restaurant is a French fusion Fine dining Restaurant. The author first day there is full of observing and understanding the kitchen layout and setup.

The first week of working in Pink Pearl, the author did a lot of studying the menu and daily kitchen routine. The author was placed in the Pink Pearl cold kitchen, and the author learned all the dish components and plating.

During this internship, the author learned a lot both from the cold and hot kitchen in pink pearl. The best thing that the author had learned is how to worked efficiently and fast without losing quality of the dish that he produced. The author learned on how to work as a team and help each other out to finish the task at hand. The author also learned to work under pressure when there is a lot of order coming in. The author also learned how to plan out his day so he can finish his *Mise en Place* early, so the author can help other stations in need. Time is such a valuable asset in his kitchen, because Pink Pearl Restaurant only have 5 members. Kitchen staff make their produce fresh each day, so they need to plan their day out carefully and select which preparations that they should do first.

The author usually start his shift at 12 pm and ended it in 10 pm. His day starts by doing daily *mise en place*. *Mise en place* usually takes 3 hours to complete for cold kitchen. After finishing *mise en place*, the author checked his food stocks so the author can prepare dishes that he needed more than 1 day to make. After finishing all cold kitchen task, the author will start to help hot kitchen preparations, because hot kitchen *mise en place* takes longer to finish. If there are ingredients to pick up in the commissary, the author will pick up produce that is for Pink Pearl. Daily *mise en place* of the kitchen usually finish around 5 pm, after finishing kitchen staff have 30 minutes of break time before dinner service starts at 6 pm. Before going back to the kitchen the author needs to take bread order for Pink Pearl. Dinner service starts at 6 pm and last order is at 9:30 pm. After finishing service kitchen staff will clean the kitchen counter top and put every equipment use in the stewarding area. Kitchen members also need to tag and

check the ingredients to put back in the chiller. Before leaving the kitchen, staff will turn off the lights, gas, oven and lock the cold kitchen.

3.2 PRODUCTS MADE DURING INTERNSHIP



Figure 3. 1 Amuse Bouche

Amuse Bouche are the opening for our set menu, 1 wooden tray of Amuse Bouche is for 2 guests. Amuse Bouche contains Fruit Spherification, Smoked salmon, and Cod sushi. Amuse Bouche items can change according to the menu season and kitchen stock. Example of changes are foie gras mouse, cod meringue, melon sphere, beetroot jelly, pork terrine, chicken terrine, and many more. Amuse bouche will also change if the guests are vegetarian, we will serve only plant base items.



Figure 3. 2 Tuna Carpaccio

Tuna Carpaccio includes fried oyster, thinly sliced tuna, ponzu dressing and garnishes. This dish is one of the starter in our summer menu.



Figure 3. 3 Marbled Foie Gras Armagnac

2nd Starter is Marbled Foie Gras Armagnac. It's foie gras terrine served with lemon gel and brioche. This dish contains Foie Gras, Lemon gel, brioche, microgreens and decorations.



Figure 3. 4 Slow Cooked Hokkaido Scallops

Slow Cooked Hokkaido Scallops. Scallops served with Yuzu Lemon sauce, Sakura and veggies.



Figure 3. 5 Japanese Steamed Grouper

Traditional Japanese style Grouper. Steamed grouper, veggies, and Japanese style sauce.



Figure 3. 6 Red Snapper Escabeche

Red Snapper Escabeche. Thinly sliced red snapper served with caviar, olives, radish, and escabeche reductions.



Figure 3. 7 *Koji Marinated Wagyu A5*

Koji marinated Japanese Wagyu Beef. Grilled Japanese wagyu A5 served with red miso sauce, and seasonal vegetables.



Figure 3. 8 Steamed Black Grouper with Yuzu Veloute

Slow Cooked Grouper. Steamed Grouper served with finger lime, asparagus, chives, and Yuzu velouté.



Figure 3. 9 Wagyu and Lobster Surf&Turf

Wagyu Lobster Surf and Turf, Grilled Wagyu A4, Grilled Lobster served with Demi Glaze, and Roasted Potatoes.

3.3 PLACES VISITED DURING INTERNSHIP



Figure 3. 10 Pink Pearl Cold Kitchen

Cold Kitchen area, where cold dishes and dessert are made. The author worked here most of the time. Cold kitchen also had bench 5 bench chiller and 1 bench freezers.



Figure 3. 11 Pink Pearl Standing Chiller

Standing Chiller is where kitchen staff mostly store their ingredients. Right rack is for vegetables and fruits, middle rack is for sauce and decorations, and left rack is for proteins.



Figure 3. 12 Bench Area

Protein Station, this bench is usually used to cut all kinds of proteins, and the hanging cabinet is where all the dry spices are stored.



Figure 3. 13 Grill and Oven Area

This area is where the grill, deep fry, oven and blast freezer is placed.



Figure 3. 14 Pink Pearl Hot Kitchen

Hot Kitchen Area, where hot kitchen daily operations is done.

3.4 Kitchen Blueprint

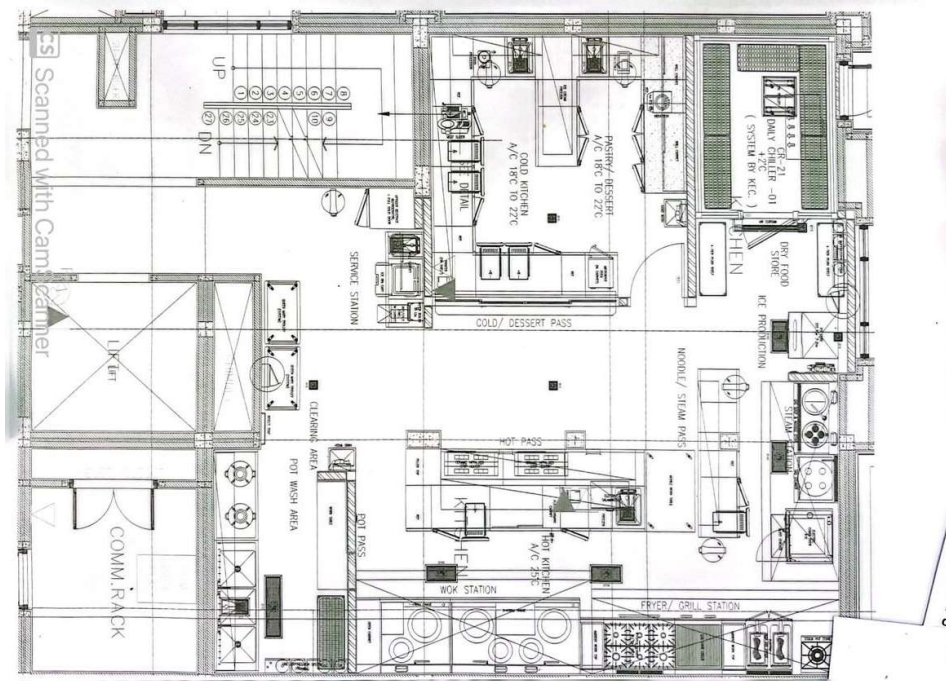


Figure 3. 15 Pink Pearl Kitchen Blueprint

3.5 Events During Internship

The most memorable event in the authors restaurant is the Michelin Promotion with Chef Takagi Kazuo from Japan. Chef Takagi Kazuo is owner-chef of ‘Tokyo Cuisine TAKAGI’ in Ashiya, a city between Osaka and Kobe. He earned his 2 Michelin Stars in 2010. Chef Takagi is a master of a super refined Kyoto style of Japanese Cuisine known as ‘Kyo-ryori’. Famous for its innovation in terms of both the food and the decorations. 3 days of menu collaboration with Chef Takagi Kazuo have taught the author a lot, on how a Michelin Starred Chef work and manages the kitchen. He introduces luxurious

and sophisticated dishes to their menu. Chef Takagi also teaches the author contemporary Japanese cooking methods. There is also weddings and Restaurant events such as Gout De France, where for 3 days we serve new French dishes in the menu.