

## CHAPTER III

### INTERNSHIP ACTIVITIES

#### 3.1 Detail Of Internship Activities

**Table 3. 1** Internship Activities

<b>Date</b>	<b>Time</b>	<b>Activities</b>
March, 1 2023	7.00 – 10.30	- Helping in the buffet operation
	10.30 – 11.00	- Closing the buffet sections
	11.00 – 15.00	- Preparing for the next day's mise en place and arranging the trolley
March, 20 – 22 2023	9.00 – 18.00	Orientation day
March, 23 2023	5.00 – 6.00	- Set up the buffet sections from the main buffet section, Asian food section, omelette section, and Indian food section
	6.00 – 6.30	- Break
	6.30 – 10.30	- Refill the food in the buffet sections  - Serve soups and make egg benedict for the guests  - if the buffet is not busy we prepare some of our mise en place for the next day
	10.30 – 11.00	- Clear the buffet sections and put the items that can still be used for tomorrow back in the trolley  - Give some cooked items from the buffet that can still be used by other department like boiled egg  - Arrange the trolley nicely

	11.00 – 15.00	<ul style="list-style-type: none"> <li>- Prepare 8 types of omelette condiments which are diced tomatoes, diced onions, diced bell pepper, sliced mushroom, sliced bacon, mozzarella, chopped parsley, spinach</li> <li>- Prepare 4 types of fowl moudammes condiments which are diced tomatoes, diced red onion, lemon wedges, chopped parsley</li> <li>- cutting potatoes for roasted potato</li> <li>- cutting mushroom for sautee mushroom</li> <li>- slicing brioche bread and making French toast batter</li> <li>- Steam some eggs for poached eggs</li> <li>- Refill noodle condiments and sauces for the Asian food section</li> <li>- Put date label on each tray of the trolley</li> <li>- Wrap the trolley</li> </ul>
June, 20 2023	14.00 – 23.30	<ul style="list-style-type: none"> <li>- Set up the in room dining cold kitchen section like cleaning the station, bringing cutting boards, mixing bowls for salad, bringing plates and bowls for ala carte order</li> <li>- Checking and refilling all the mise en place if needed</li> <li>- Put date label on all the processed items</li> <li>- Cutting some fruit for fruit platter ala carte order</li> </ul>

		<ul style="list-style-type: none"> <li>- Plating 6 types of cold Arabic mezze for ala carte order</li> <li>- Making cold kitchen order and helping the hot kitchen section order if busy</li> <li>- Writing the in room dining cold kitchen section chiller and freezer temperature paper</li> <li>- Organizing the in room dining walk in chiller when the supplier come to be according to fifo standard</li> <li>- bring the cutting boards, mixing bowls, and the dirty kitchen equipments that we use to the stewarding for cleaning. Then we put the knives in the proper place and clean all our station</li> </ul>
--	--	--

### 3.2 Picture Of Product



**Figure 3. 1** Fruit Platter

This menu consists of some fruits like watermelon, rock melon, honey melon, pineapple, passion fruit, kiwi, orange, dragon fruit and mixed berries.



**Figure 3. 2** Prawn & Avocado Salad

This menu consists of boiled prawn and avocado mixed together with lemon dressing and shaped together in the middle. The outer side use mixed leaves and given grapefruit, tomato cherry, and radish



**Figure 3. 3** Caesar Smoked Salmon

This menu uses regular Caesar salad ingredients but using thinly sliced smoked salmon shaped like a rose instead of chicken.



**Figure 3. 4** Fresh Water Prawn

This menu uses scampi, sautéed shitake mushroom, cherry tomato and mixed vegetables as the side dish, either mashed potato or French fries as the carbs and lemon butter sauce



**Figure 3. 5** Chicken Taco

This menu uses chicken tandoori, pico de gallo, sliced romaine lettuce, diced avocado, and two different taco sauces



**Figure 3. 6** Cheese Platter

This menu consists of 5 different types of cheeses like blue cheese, cheddar, gouda, Emmental, and bree cheese. Some crackers, mixed nuts, dried fruits and grape



**Figure 3. 7** Tenderloin Steak

This menu consists of tenderloin steak, sauteed shitake mushroom, cherry tomato and mixed vegetables as the side dish, mashed potato or French fries as the carb and mushroom or peppercorn sauce



**Figure 3. 8** Egg Benedict Short Ribs

This menu uses regular eggs benedict ingredients with the difference of using beef short ribs instead of ham



**Figure 3. 9** Avocado Toast

This menu uses sourdough bread, avocado, and poached egg with some garnish

### 3.3 Outlets In The Internship Place



**Figure 3. 10** Omelette Live Station

The omelette live station section consists of 8 types of omelette condiments, induction stove, flat top grill



**Figure 3. 11** Asian Food Section

Asian food buffet set up which consists of 2 types of dimsum, fried rice, congee, noodle, vegetables, and chicken for soup, and some sauce and condiments





**Figure 3. 12** In Room Dining Cold Kitchen



**Figure 3. 13** In Room Dining Cold Kitchen

This is in room dining cold kitchen section and all the kitchen equipments and facilities to help in the operation



**Figure 3. 14** In Room Dining Hot Kitchen



**Figure 3. 15** In Room Dining Hot Kitchen



**Figure 3. 16** In Room Dining Hot Kitchen



**Figure 3. 17** In Room Dining Hot Kitchen



**Figure 3. 18** In Room Dining Hot Kitchen



**Figure 3. 19** In Room Dining Hot Kitchen

This in room dining hot kitchen and all the kitchen equipments and facilities that we use in the kitchen operation. Sometimes also share with sofra kitchen if there are ala carte order or VIP guest order



**Figure 3. 20** Sofra Restaurant Walk In Chiller

This walk in chiller for Sofra restaurant fresh fruits and vegetables. The temperature of this chiller is 1 to 5 degree celcius.



**Figure 3. 21** Sofra Breakfast Mise en place Chiller

This walk in chiller for sofra breakfast trolley and processed ingredients like cut vegetables, bread, poached eggs, and eggs for omelette section. The temperature of this chiller is 1 – 5 degree celcius and using 2 date label for processed items.



**Figure 3. 22** In Room Dining Walk In Chiller

This walk in chiller for in room dining fresh fruits and vegetables and processed ingredients like cut fruits and vegetables, bread, cooked rice, sauces and dressings. The chiller temperature is 1 – 5 degree celcius and use 2 day date label for processed items and 1 day date label for cut fruit



**Figure 3. 23** In Room Dining mise en place chiller

This chiller for in room dining cold kitchen section processed ingredients like cooked food. The temperature for this chiller is 1 – 5 degree celcius and use 2 day date label for processed items



**Figure 3. 24** In Room Dining Freezer

This is the freezer for in room dining frozen packaged food and also frozen soups and sauces which are made in large batches and kept in vacuum seal bags and given 1 month date label. The temperature of the freezer is -15 to -20 degree celcius.



**Figure 3. 25** Vegetable dryer

This equipment is used to dry leaf vegetables like lettuce, rocket leaves





**Figure 3. 26** Sanitizing Water

This equipment is used to sanitize fruits and vegetables before we process



**Figure 3. 27** Grating Machine

This equipment is used to grate cheese the different with other cheese grater this machine can grated cheese in big amount.



**Figure 3. 28** Slicing Machine

This equipment is used to slice pickles, cheese, cold cuts. With this machine we can slice efficiently and not take too much time.



**Figure 3. 29** Hot Box

This equipment is used to warm cooked food for the all day dining buffet.



### 3.4 Kitchen Blue Print

#### Sofra Kitchen Blue Print

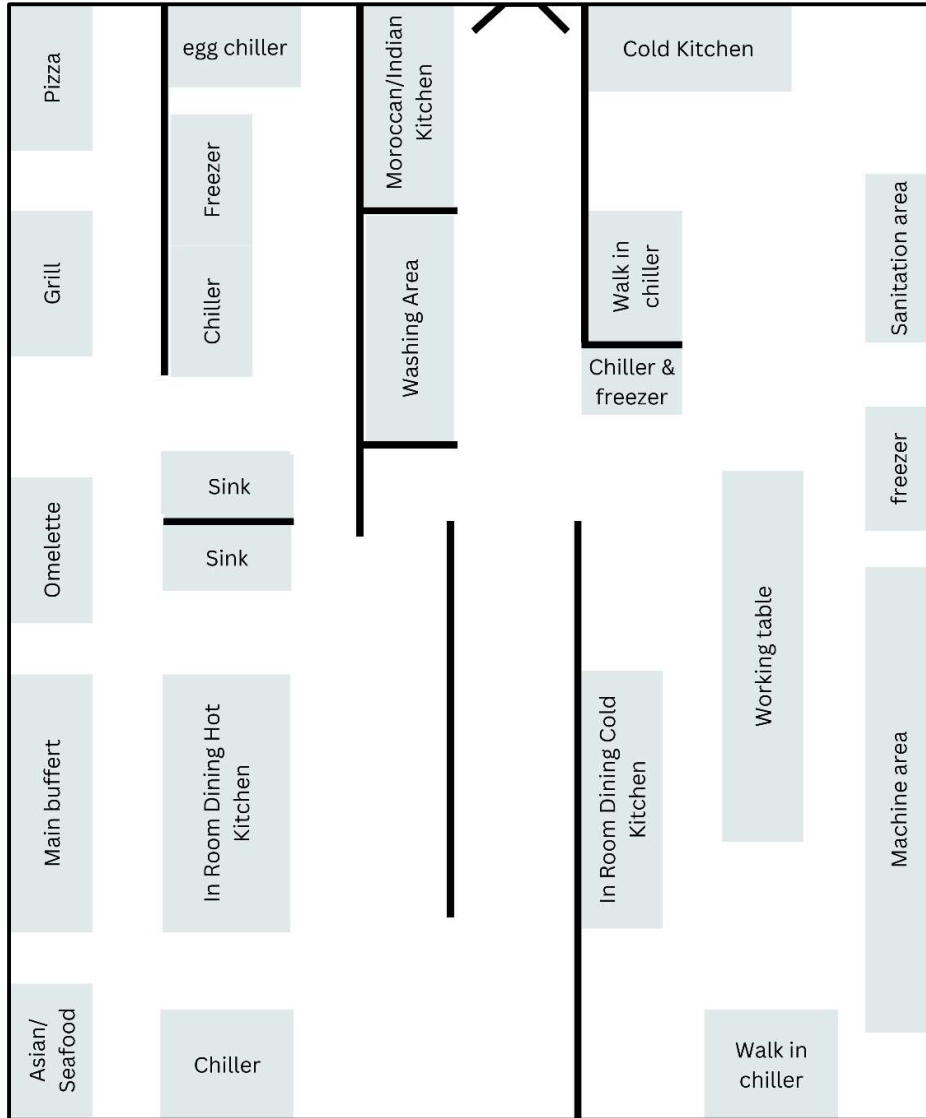


Figure 3. 30 Sofra Kitchen Blue Print