

INTERNSHIP REPORT BY **SUMESH NADAR (IMBA)** **1932**



**TAJ EXOTICA RESORT & SPA,
GOA**



Training period

From 23rd May 2022 to 23rd July 2022

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ACKNOWLEDGEMENT

I would like to thank Charmaine from human resource and Vishal Singh (General manager) of Taj exotica Goa for giving me the opportunity to train at their hotel.

I would also like to thank the whole staff of The Taj exotica Goa for their excellent support and guidance during my two months training and letting me learn about the hotel and its function.

ABSTRACT

Food production, Food and Beverage Service, Front Office and Housekeeping are the 4 main and Important Departments of the Hotel.

Each of these departments has its Own role to play in the smooth functioning of the hotel.

Good coordination and communication are very important for the smooth functioning of a hotel.

INTRODUCTION



In luxury's own lap at Taj Exotica Resort & Spa, Goa, embrace the languid and laid-back life that is so characteristic of this sunny beach state. Located in Benaulim on the southwest coast of Goa and overlooking the Arabian Sea, this Mediterranean-inspired resort in Goa will slow down your time to a tranquil tempo.

Forty minutes away from the airport, our beach resort in Goa sprawls over 56 acres of lush greenery, and is divided into the main hotel building with large deluxe and luxury suites, and villa rooms. All this space coupled with old-world architecture, flower-lined patios and a sunshine-laden atrium make for a perfect romantic or family holiday.

Taj Exotica Resort & Spa, Goa is also the perfect location for social dos, conferences and business meetings. Our Ballroom, one of the largest pillar less banquet halls in Goa at 4,600 square feet (427 sq. m), is ideal for romantic destination weddings.

Within the luxurious 5 star resort in Goa, savour the finest nuances of Indian and international cuisines. You could dine at our casual all-day eateries and formal fine-dining restaurant or relax in your room, and have us bring our fine fare to you. Lounge by the pool; de-stress, and soothe your city-frayed nerves with rejuvenating therapies at our Jiva Spa.

ABOUT TAJ EXOTICA

- 140 luxurious rooms and suites



- Hotel Facilities
 - Free parking
 - Free WIFI
 - Room service
 - Power Backup

- Swimming pool
 - Laundry service/ Dry cleaning
 - Airport pickup service
-
- Located 59 minutes from Panaji. Direct Access to Food & Beverage outlets including,

Sala da Pranzo – All day dinner



Minguel Arcanjo – Goan Portuguese restaurant



Lobster Village – Live grill restaurant



Adega da camoena – Bar



6 Banquet Halls / 2 Board Rooms.

Saleta 1



Max capacity: 40

Saleta 2



Max capacity: 40

Sala Grande



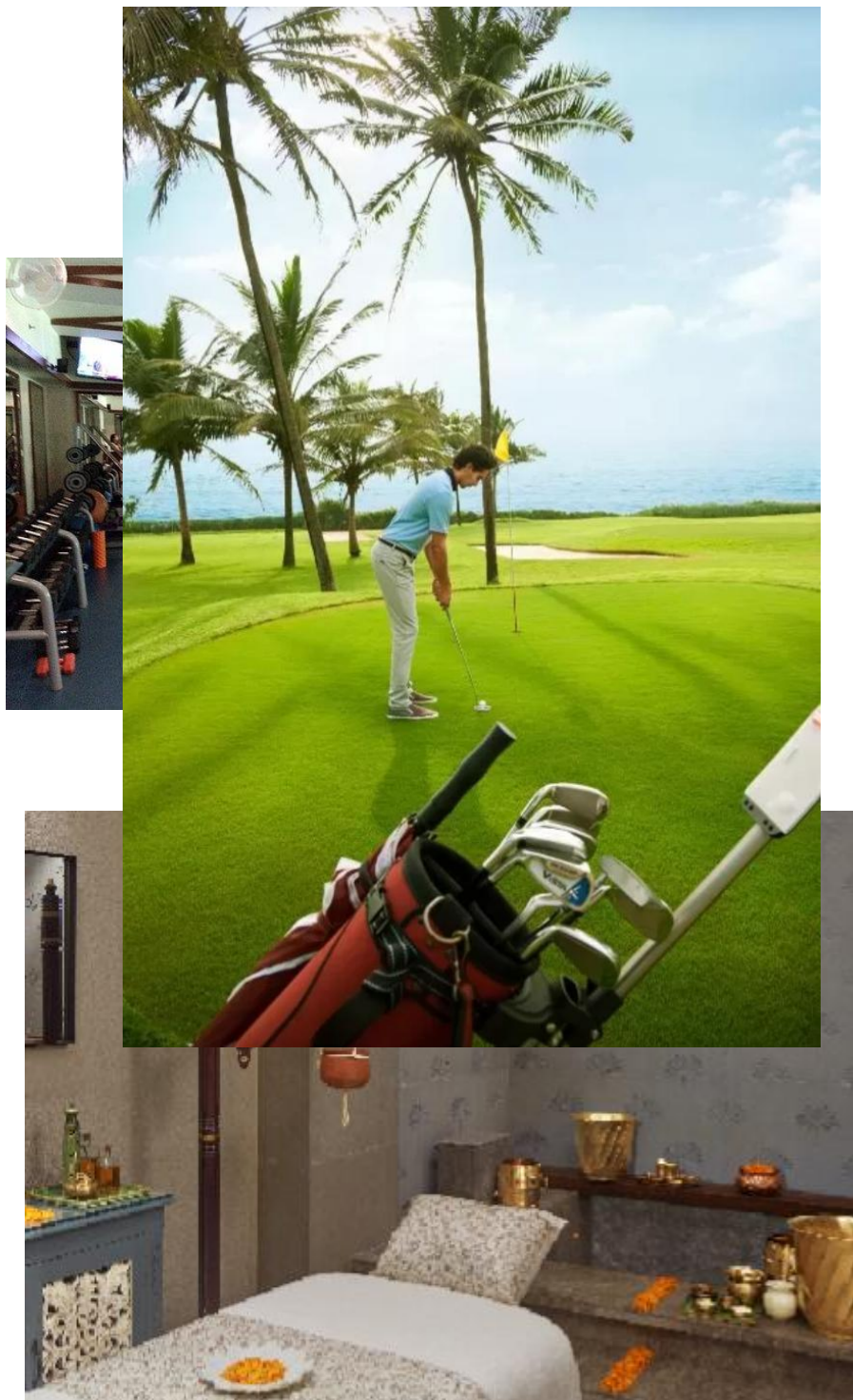
This majestic pillar less ballroom with a high ceiling is the perfect location for a larger-than-life celebration.

Max capacity: 400

Salon, Swimming pool & Fitness centre.



Award Winning Jiva Spa
9-Hole Executive Golf Course



- Pet Friendly
- 800mts Pristine White Sands Beach Front
- Activity Centre for Kids. Etc.

LIST OF DEPARTMENT HEADS

1. Executive chef
2. Executive sous chef
3. Sous chef
4. CDP
5. DCDP
6. Comis
7. Trannie

RECIPES

Red marination

Ingredients

Ginger garlic paste 20gm

Red chilly Powder 40gm

Bhuna Besan 10gm

Mustard oil 20gm

Hung curd 100gm

Salt (as per taste)

Kasuri methi 10gm

Black salt (as per taste)

Garam masala 10gm

Jeera powder 10gm

Coriander powder 10gm

Method

- Heat mustard oil on pan in add Red chilly powder
- Mix hung curd, ginger garlic paste, bhuna besan And add Salt black, Kasuri methi, salt, chat masala, coriander powder, jeera powder garam masala, And mix well
- Add red chilly oil in it and mix well.

White marination

Ingredients

Hung curd 70gm

Cheese 30gm

Fresh cream 20gm

Cashew nuts paste 50gm

Elaichi powder 10gm

Salt (as per taste)

Method

- Add cashew nut Paste, cheese and cream in a blender and make a fine paste of it.
- In a bowl add hung curd And mix the paste.
- Add salt, elaichi powder to the mixture.

Yellow marination

Ingredients

Ginger garlic paste 20gm

Turmeric Powder 10gm

Salt (as per taste)

Bhuna Besan 10gm

Mustard oil 20gm

Hung curd 100gm

Salt (as per taste)

Kasuri methi 10 gm

Black salt (as per taste)

Garam masala 10 gm

Jeera powder 10gm

Coriander powder 10gm

Yellow chilly Powder 20gm

Method

- Heat mustard oil on pan in add Turmeric powder
- Mix hung curd, ginger garlic paste, bhuna besan And add Salt black, kasuri methi, salt, chat masala, yellow chilly powder, coriander powder, jeera powder garam masala, And mix well
- Add Turmeric oil in it and mix.

Atta dough

Ingredients

Atta 250gm

Water (as per consistency)

Salt (as per taste)

Method

- Add atta in a bowl and add water as per constancy required add salt to taste and then Keep kneading until the dough feels soft.

Maida dough

Ingredients

Maida 250gm

Water (as per consistency)

Salt (as per taste)

Sugar (as per taste)

Method

- Add maida in a bowl and add water as per constancy required add salt and sugar to taste and then Keep kneading until the dough feels soft.

Tandoori chicken



Ingredient

Chicken 1kg

Red Chilly powder 50gm

Ginger & garlic paste 80gm

Mustered oil 100ml

Melted butter 20gm

Chat masala 10 gm

Salt (as per taste)

Red marination 150 gm

Method

- Clean chicken with water, rinse the water, than clean dry the chicken.
- Add red chilly powder, salt, ginger garlic paste, mustered oil in the chicken and mix it well.
- Add red marination to this mixture and mix again.
- Put the marinated chicken onto the skewers and put it inside the tandoor to cook.
- Once done remove the cooked chicken from the skewers into a bowl.
- Add chat masala, melted butter onto the chicken and mix well. The chicken is now ready to be served.

Fish tikka



Ingredient

Fish 1kg

yellow Chilly powder 50gm

Ginger & garlic paste 80gm

Mustered oil 100ml

Melted butter 20gm

Chat masala 10 gm

Salt (as per taste)

yellow marination 150 gm

Method

- Clean fish with water, rinse the water, than clean dry the fish.
- Add yellow powder, salt, ginger garlic paste, mustered oil in the fish and mix it well.
- Add yellow marination to this mixture and mix again.
- Put the marinated fish onto the skewers and put it inside the tandoor to cook.
- Once done remove the cooked fish from the skewers into a bowl.
- Add chat masala, melted butter onto the fish and mix well. The fish is now ready to be served.

Malai chicken tikka



Ingredients

Chicken 1kg

Ginger & garlic paste 80gm

Soybean oil 100ml

Melted butter 20gm

Chat masala 10 gm

Salt (as per taste)

White marination 150 gm

Method

- Clean chicken with water, rinse the water, than clean dry the chicken.
- Add salt, ginger garlic paste, soybean oil in the chicken and mix it well.
- Add white marination to this mixture and mix again.
- Put the marinated chicken onto the skewers and put it inside the tandoor to cook.
- Once done remove the cooked chicken from the skewers into a bowl.
- Add chat masala, melted butter onto the chicken and mix well. The chicken is now ready to be served.

Tandoori roti



Ingredients

Atta dough 50 gm

Dry atta (flour)

Method

- Makes small balls of atta dough.
- Apply dry atta flour on your rolling tray.
- Take the atta ball and dip it in dry atta flour till completely covered with dry flour.
- Flatten the ball and roll it into round shape.

- Put the roti inside the tandoori to cook and remove once done.

Butter naan



Ingredients

Maida dough 50 gm

Dry maida (all purpose flour)

Melted butter 20 gm

Method

- Makes small balls of atta dough.
- Apply dry atta flour on your rolling tray.
- Take the atta ball and dip it in dry atta flour till completely covered with dry flour.
- Flatten the ball and roll it into round shape.
- Put the roti inside the tandoori to cook and remove once done.

Cheese naan



Ingredients

Maida dough 50gm

All purpose flour 50gm

Grated cheese 30gm

Melted butter 20gm

Method

- Make ball of maida, apply dry flour to the ball and flatten it.
- Put cheese in the middle of the flatten dough and close it properly so that the cheese remains inside.
- Apply dry flour to the dough and roll it into round shape roti.
- Put the naan inside the tandoor and cook it evenly.
- Once done apply melted butter onto it and serve.

Training Information

From 23rd may to 23rd July 2022

(MAIN KITCHEN – Tandoor section)



When I was in the main kitchen, I had to be well groomed and to maintain punctuality. My daily work was to maintain cleanliness and hygiene in my section and my shift timings was 11am to 11pm. After entering in the kitchen I had to do the opening that is making atta and maida dough than to make atta maid padha tray (balls). I had to setup melted butter and ghee, place a tray for

skewers, refill dry maida and oil, setup masala box. Cut lemon veggies, banana leaf and onion rings for garnish tray. I had to grate boiled potato and paneer.

At around 12pm I had to do store pickup of my section from receiving area and had to setup the received Goods in our storage cupboard. After 12pm all trainees were assigned to clean and rearrange the vegetable and fruits walk inn. After dinner buffet closing around 10.30pm I had to do the closing of my respective section and before going home I had to inform my chef.

During Lunch and dinner buffet I had to setup live counter and do the plating of the dishes that were to be given on that day. I used to work on the live counter to make phulkas (tava roti) and dish of the day. After some time when I learnt to do everything properly on time, I used to use my free time to write down new recipes. After observing my work, my section chef offered me to work under him as apprentice.

Suggestions

- Hotel has to improve the standard of service.
- Get the proper staff so that if their trainees are not there they can continue with their work.
- Should conduct training for interns.

Conclusion

Training at Taj exotica was very great and the type of training that one gets in this hotel would not get anywhere else. There were many people in the hotel who helped me a lot, and I am very lucky that I got an opportunity of working under them.

But I will like to see Taj exotica as hotel to improve their standards and see the managers following the basics which will help the hotel and also help serving the guest better. Taj exotica has to see that their staffs are happy and they are retained because most of their staff are leaving the hotel. As a whole working in Taj exotica was fantastic and I would not be able to forget the crucial time of my studies spent over here. It was a nice experience. All the chefs were kind enough to help.

CERTIFICATE OF EXCELLENCE



EXOTICA RESORT & SPA
GOA

This certificate is proudly presented to

Mr. Sumesh Nadar

in recognition of successfully completing the 'Industrial Training'

in Food Production

with an attendance of 100 %.

The duration of this training was from 23rd May '22 to 23rd July '22

GENERAL MANAGER



L & D MANAGER

IHCL

THANK YOU