

Sunrise Bar & Restaurant

SINCE 1985

Report on Internship at Sunrise Bar and Restaurant

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Acknowledgment

The journey started as a student toward **Professional Life** to learn the Practical aspect of life, ended as a memorable experience, and helped me come off with flying colors. No work can be completed without other's help or contribution.

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Abstract

Managerial staff, Food production department, Food, and beverage department, and Utility staff are the four main pillars of this restaurant. Each of these pillars are equally important and essential for its smooth functioning. I had opted for my training in the Food Production department.

Concept

An internship is a form of experiential learning that integrates knowledge and theory learned in the classroom with practical application and skills development in a professional or community setting. Internships provide resources, equipment, and facilities that enable students to gain experience in a professional work environment and provide students with skills or knowledge that are transferable to other settings. Internships with defined learning objectives, professional supervision, and opportunities for reflection offer valuable enriched learning experiences.

Being unable to take up the crucial opportunity to do our internship in the first two years of our IMBA course due to the Covid 19 pandemic lockdowns, we, the students of the 2019 batch, were overwhelmed to take up the opportunity to work in the hospitality industry this year.

As a hotelier, an internship in this industry is not an easy task to get away with. One must be willing to dedicate all the focus on his/her job by being mentally and physically sound. A culinary internship gives you a chance to hone your skills in a working kitchen, receive direct oversight and mentorship from a soft-skilled chef, and start building your resume with real-world culinary prowess.

In my case, I had a very knowledgeable, valuable, and a paramount experience during my internship of 2 months in Sunrise Bar and Restaurant. I was very excited and keen on doing my training in a restaurant as it makes you practically aware of its core and in-depth functioning. It injected a sense of discipline and code of conduct in me as a whole and taught me to take up responsibilities.

Initially, it was a bit challenging, tiring, and hectic for me, but as time passed by, I got used to the working environment of the kitchen and gradually got myself adapted to it. A kitchen is something that is constantly under pressure during peak hours, and hence things tend to get heated up. Thus it is necessary for a food production intern to be ready to face such situations.

Above all, I am very proud of the work that I did and myself for completing the two months internship successfully without giving up despite having hard times, as it is just part and parcel of an internship. And through these challenging times, a person is able to learn and go one step ahead in life and a step closer to his/her desired goals.

Introduction

Vintage restaurants have been the center of attention since time immemorial. Due to their attention to detail and vibrant culture, these restaurants catch the eye of any generation. One such restaurant is the highly acclaimed "Sunrise Bar and Restaurant," situated opposite the infamous Tito's lane, at the Calangute-Baga road, making it highly accessible to locals as well as tourists. This restaurant has been passed down, right from its time of establishment in 1985, till date, where it remains to sweep the floor beneath of visitors that have a taste of its authentic Food. It offers a wide range of cuisines, such as rich Indian cuisine, breathtaking Seafood, as well as lip-smacking Chinese Continental dishes.



Grooming Standards

- ❖ Hair must be neatly cut and not extend below the ears.
- ❖ Men must be clean-shaven, and no stubble beard should be visible.
- ❖ Mustaches, if kept, should be neat and trimmed, above the lip level and not dropping over or covering the lips.
- ❖ Safety shoes must be mandatory.
- ❖ Chef coat
- ❖ Apron
- ❖ Chef cap
- ❖ Notepad and a pen to take down notes.

Kitchen

Staff:

- Chef Ashfaq - Continental Cuisine & Seafood (Head Chef)
- Chef Zeeshan - Indian Cuisine (Chef de Partie)
- Chef Parbat - Chinese cuisine (Commis chef)
- Chef Subhash - Continental Cuisine (Commis chef)

The layout of stations:

Station 1 was assigned for Continental, Chinese and Seafood preparations with six gas ranges.

Station 2 was assigned for Indian preparations with four gas ranges.

Types of equipment:

- Deep fat fryer (1)
- Mixers (2): 1 at each station.
- Refrigerators (2): 1 at each station.
- Flat glass top freezer (2): 1 at each station.
- Gas ranges (6)
- The kitchen exhaust hood (2): 1 at each station.
- Knives: Chef's knife x 4/Serrated knife/Butcher's knife.
- Red chopping boards (4): 2 at each station.
- Electric Oven (1)
- Microwave oven (1)
- Storage racks and shelves (3)
- KOT generator
- Sharpening stone (1)
- Fire extinguishers (3)

Experience

On the first day of my internship, I was called at 11:00 am and introduced to all the staff members of the restaurant. I unknowingly entered the kitchen from the main entrance of the restaurant, to which the head chef briefed me about the entry and exit of the kitchen staff that was from the back area. He then asked chef Subhash to show me different sections of the kitchen that included the pantry, pot wash area, and stations of different cuisines. He also showed me where the washroom was.

After the briefing on the kitchen layout was done, the head chef asked him to take me under him in the continental section. Over there, I was made to observe how all the salads and burgers were made. Initially, I was asked to only follow the preparation process of all these items and write down the recipes. Then chef Subhash told me about the ingredients that were required to make these dishes.

Salads were of three types:

- Raw papaya salad.
- Caesar salad.
- Side salad.

Burgers were of three types:

- Veg burger.
- Chicken burger.
- Beef burger.

There were specific tasks that I was assigned to do every day before the arrival of other chefs, and it was the first task as well. It included; keeping the sauce containers, spice, and other ingredient trays next to the gas range, changing the water of leaves (mint/coriander/parsley/basil), removing the burger patties from the freezer and keeping it in the refrigerator, placing the chopping board and knives of continental section ready and dusting the tables. Once the kitchen got ready to serve after the lunch break, staff, I was asked to flip the used sides of the chopping boards and did the same tasks that I mentioned above. After closing the kitchen that night, I was asked to keep the same things back in their original place; for example, leaves and chopped vegetables had to be cling-wrapped and kept in the refrigerator, unused patties had to be kept back in the freezer, etc. This was my job for the first few weeks as I was only made to observe the preparations of burgers and salads. Later I started helping in making these items and, in the end, even made a few of them. I was given an off every Thursday.

Recipes



Raw Papaya Salad

Ingredients

Juliens of tender coconut 4-5
Juliens of raw papaya skin 4-5
Cherry tomatoes 3
Iceberg lettuce 4 leaves
Romaine lettuce 4 leaves
Lollo Rosso lettuce 4 leaves
Roasted Peanuts 3tb spn
Glass noodles 1 cup
Sweet chilly dressing
Chopped coriander ½ cup

Procedure

1. Take a bowl and add juliens of tender coconut and raw papaya skin.
2. Add cherry tomatoes that are cut into halves.
3. Add all three types of lettuces and the sweet chilly dressing.
4. Mix it thoroughly by tossing it and the.
5. Take a serving bowl and add roasted peanuts to the base.
6. Transfer the salad from the bowl to this serving bowl.
7. Drop the glass noodles on top and gently swirl them.
8. Make sure the glass noodles and juliens of raw papaya skins are mixed and visible from the top.
9. Add some sweet chilly dressing on top and garnish it with finely chopped coriander.



Caesar Salad

Ingredients

Romaine lettuce 4 leaves
Garlic mayonnaise $\frac{3}{4}$ cup
Parmesan cheese (grated) 6tb spn
Caesar salad dressing
Strips of grilled chicken 5
Anchovies (fillets) 4 pieces
Crisp and seasoned croutons (cubes) 7-8
Lemon juice 1tb spn
Worcestershire sauce 1tb spn
Dijon mustard 1tb spn
Olive oil $\frac{1}{4}$ cup
Salt
Pepper

Procedure

- Take a bowl and add garlic mayonnaise, 2 tablespoons of grated Parmesan cheese, anchovies, lemon juice, olive oil, Worcestershire sauce, and Dijon mustard.
- Mix thoroughly.
- Season to taste with salt and black pepper.
- Place lettuce and strips of grilled chicken in a serving bowl.
- Add dressing, remaining Parmesan cheese, and seasoned croutons.
- Toss well to coat.
- Then add the salad to the serving bowl and toss well to coat.



Side Salad

Ingredients

Cherry tomatoes 2
Iceberg lettuce 2 leaves
Romaine lettuce 2 leaves
Lollo Rosso lettuce 2 leaves
Olives 4
Wedges of orange 3
Sweet chilly dressing

Procedure

- Take a serving bowl and add all three types of lettuces.
- Add cherry tomatoes (cut into halves).
- Add olives (cut into halves).
- Add wedges of orange only when served with Seafood.
- Add the sweet chilly dressing.
- Give it a good toss to coat.



Veg Burger

Ingredients

Burger bun
Iceberg lettuce 2
Tomatoes (slices) 3
Sautéed onions 1 tb spn
Veg Burger Patty
Cheese (slice) 1
Rocket leaves 4
Olive 1
Mustard Sauce

Procedure

- Slice the burger bun horizontally into two halves.
- Put the burger bun in an electric oven and let it crisp from the outside.
- Remove the bun and keep it on a dry chopping board.
- Defrost the veg patty by keeping it in the microwave oven for 1.30 minutes.
- Stir fry the patty and then slide it into the electric oven and let it cook.
- Slightly press the center of the patty and add vegetable stock in that hole.
- In the meantime, place the lettuce followed by slices of tomatoes on the base of the burger bun.
- Once the patty is cooked by 70%, add a slice of processed cheese on top of it.
- After the cheese begins to melt, take out the patty and place it on the burger bun that has been layered with lettuce and slices of tomato.
- Place sautéed onions on top of the patty.
- Now take the other half of the bun and layer its inside area with mustard sauce.
- Stick the rocket leaves to it and place them on the other half (base).
- Poke a toothpick in the center to hold the burger steady.
- Then top it with a slice of olive.
- Cut the burger into two only if asked.

Accompaniments

Thousand island dip.
Coleslaw placed in a piece of Lollo Rosso lettuce.
French fries seasoned with salt and pepper.



Chicken Burger

Ingredients

Burger bun
Iceberg lettuce 2
Jalapenos 4
Tomatoes (slices) 3
Sautéed onions 1 tb spn
Chicken Burger Patty
Cheese (slice) 1
Rocket leaves 4
Olive 1
Mustard Sauce

Procedure

- Slice the burger bun horizontally into two halves.
- Put the burger bun in the electric oven and let it crisp from the outside.
- Remove the bun and keep it on a dry chopping board.
- Defrost the chicken patty by keeping it in the microwave oven for 1.30 minutes.
- Stir fry the patty and then slide it into the electric oven and let it cook.
- Slightly press the center of the patty and add vegetable stock in that hole.
- In the meantime, place the lettuce followed by slices of tomatoes on the base of the burger bun.
- Once the patty is cooked by 70%, add a slice of processed cheese on top of it.
- After the cheese begins to melt, take out the patty and place it on the burger bun that has been layered with lettuce and slices of tomato.
- Place sautéed onions and jalapenos on top of the patty.
- Now take the other half of the bun and layer its inside area with mustard sauce.
- Stick the rocket leaves to it and place it on the other half (base).
- Poke a toothpick in the center to hold the burger steady.
- Then top it with a slice of olive.
- Cut the burger into two only if asked.

Accompaniments

Thousand island dip.
Coleslaw placed in a piece of Lollo Rosso lettuce.
French fries seasoned with salt and pepper.



Beef Burger

Ingredients

Burger bun
Iceberg lettuce 2
Jalapenos 4
Bacon 3
Tomatoes (slices) 3
Sautéed onions 1 tb spn
Beef Burger Patty
Cheese (slice) 1
Rocket leaves 4
Olive 1
Mustard Sauce

Procedure

- Slice the burger bun horizontally into two halves.
- Put the burger bun in an electric oven and let it crisp from the outside.
- Remove the bun and keep it on a dry chopping board.
- Defrost the beef patty by keeping it in the microwave oven for 1.30 minutes.
- Stir fry the patty and then slide it into the electric oven and let it cook along with bacon in a separate plate.
- Slightly press the center of the patty and add vegetable stock in that hole.
- In the meantime, place the lettuce followed by slices of tomatoes on the base of the burger bun.
- Once the patty is cooked by 70%, add a slice of processed cheese on top of it.
- After the cheese begins to melt, take out the patty and place it on the burger bun that has been layered with lettuce and slices of tomato.
- Remove bacon from the oven as well when it is cooked enough.
- Place sautéed onions, bacon, and jalapenos on top of the patty.
- Now take the other half of the bun and layer its inside area with mustard sauce.
- Stick the rocket leaves and place it on the other half (base).
- Poke a toothpick in the center to hold the burger steady.
- Then top it with a slice of olive.
- Cut the burger into two only if asked.

Accompaniments

Thousand island dip.
Coleslaw placed in a piece of Lollo Rosso lettuce.
French fries seasoned with salt and pepper.

Extra Learning's

Staff food:

On certain days I was asked to help the other chefs to make the staff food; thus, I was asked to chop vegetables in bulk, such as dices of potatoes, wedges of tomatoes, finely chopped coriander, slitting of chilies, etc. Initially, I was not confident with my chopping, but under the guidance of these chefs, I was able to do my work effectively and efficiently.

Deveining of prawns:

One time I was asked to devein prawns in bulk, portion them, cling wrap them, and then store it in the freezer. The process started by transferring the prawns into a considerable container and then removing the scales except for the tail. Once that was done, the head had to be squeezed by the thumb in order to release all the unwanted juices (dark in color). After the cleaning of the head, the veins had to be removed by making a cut on its back and dragging it with the index finger. Then the whole batch had to be washed together and portioned (each portion consisted of 4 prawns). All the portions had to be cling-wrapped and placed in a tray. After the placing of shares in trays, they had to be dated, and the number of portions each tray contained had to be written on the tray (label).

Storage of curries:

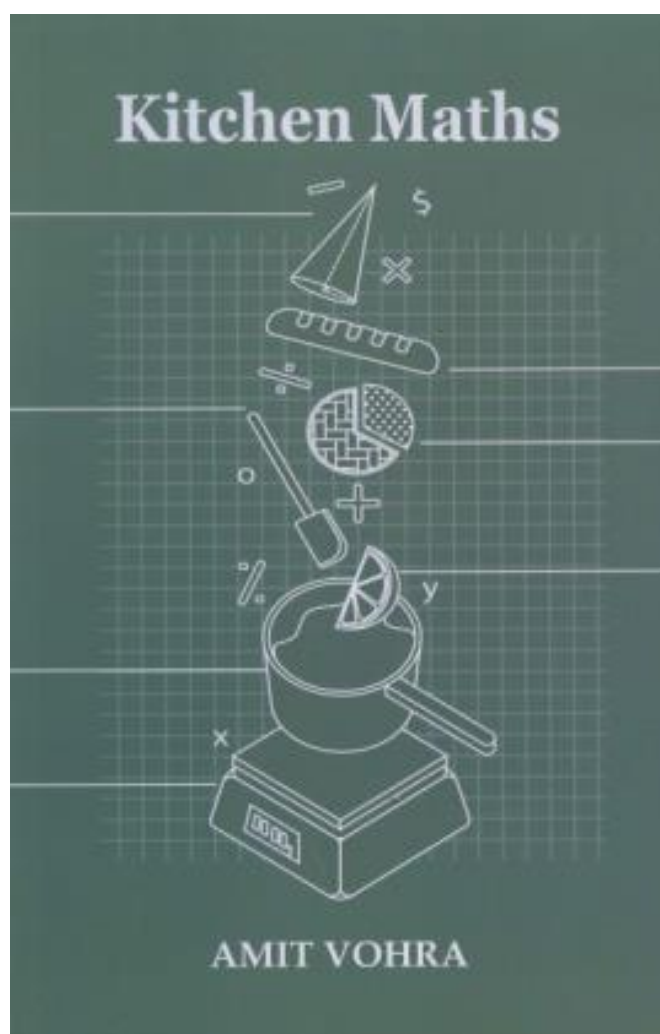
The base curry that was required to make other curries were already prepared in bulk, packed in plastic bags, and stored in the freezer. Batched of such curries were made in such a quantity that it would be sufficient enough for a week or so.

Stock:

Every Monday, chef Subhash and I were made to check the stock and write the indent of all the items that were required in the kitchen. I used to only give him the number and quantity of the items that he used to ask me to check for, whereas he used to do all the calculations with the help of the head chef. But the whole purpose of this task was to get the number and quantity of the items that are less, over, or expired in order to make an order for these items for the next week. This task also included the cleaning and rearrangement of the things present in the pantry.

Yield management:

The kitchen had a few good books kept on one of the shelves. Hence to my knowledge, I decide to randomly read one of those books. The name of the book was "Kitchen Maths." One of the chapters of this book had a topic of yield management, and it explained what Yield is. Due to a lack of understanding, I was not able to grasp the meaning of its explanation; hence asked the head chef to break it down for me. My question to him was straightforward, which said, "What is the use of yield in the kitchen as it only means the usable components of an ingredient?" So the answer that he gave was, "Yield gives us the number of functional components as well as the amount of wastage; hence it is essential to know the statistics of both when it comes to waste management. For example, if one has to make an order for prawns for 20 people, then he/she will order the same in kilograms, say for 3kgs. Out of which, 1kg will be the wastage (scales/veins/head), and 3kg will be useable. But 3kg won't be able to satisfy 20 people; hence there will be a shortage of prawns." Thus I was able to conclude that yield management plays a vital role when it comes to controlling the food cost of a restaurant as it gives you approximate details about the number of ingredients that need to be ordered.



Conclusion

I can honestly say that my time spent interning with Sunrise Bar and Restaurant resulted in one of the best summers of my life. Not only did I gain practical skills, but I also had the opportunity to meet many fantastic and experienced people. I feel that I have benefitted in many ways, and most of all, it was very beneficial to work under a chef who is so incredibly talented but remains to be humble throughout his many accolades and tremendous professional success. I also learned so much about working in a restaurant kitchen: the long hours, hot kitchen, stress, and high-pressure work are all factors that may scare off many aspiring culinary interns. While I was intimidated by each of those factors, I was able to learn from my senior chefs, who taught me to stay calm and work well under pressure.

During the course of my internship, I realized that the number of guests was more on weekends as compared to the weekdays. The restaurant is situated in a tourist hotspot; most of the guests that visited this restaurant were tourists. Hence they preferred having authentic Goan Seafood more, whereas the international tourists preferred having dishes from the continental cuisine. A good amount of guests were repeated guests as they were pleased by the service and Food offered to them.

Lastly, I can conclude that my internship at this restaurant has been an excellent way to kick off my career as an aspiring chef.

Suggestion

Based on my experience at Sunrise Bar and Restaurant for two months as an intern, I would like to put forth the following suggestions:

Renovation and space utilization of the space:

The place seems to be old and worn out, and top-quality work needs to be done in order to enhance its ambiance. This might help the restaurant gain more customers.

Setting up of live counters:

Since the restaurant is situated along the streets, live counters may help in attracting the crowd to the restaurant.

Updating and revising the menu after a certain period of time:

It has been a while since they have devised a proper menu, due to which customers lack the idea of what the restaurant actually offers to them. Hence coming up with a new and better menu can give the customers a clear-cut idea about its various cuisines.