

CULINARY ARTS ACADEMY
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PASSION *for* FOOD, CAREER *for* LIFE

Contributors



Chuong Nguyen

Humus x Hortense — Belgium



Jamie Richards

Moor Hall – United Kingdom



Shashwat Nair

Frantzén – Sweden



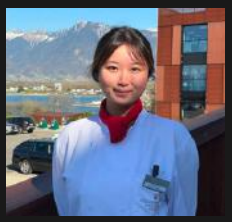
Mayuri Sethi

The Ritz-Carlton Abama – Tenerife



Aurelia Alexander

Ritz-Carlton Penha Longa Resort – Portugal



Aleesha Chu

Boury - Belgium

Editor's Note



Le Bouveret Editor

Dear Readers,
Welcome and Thank you for reading the 2026 Spring edition Internship magazine.

My name is Aleesha Chu, I am from Macau and I am a Term 5 Culinary Student.

Welcome to this special edition of our Culinary School Internship Magazine—a celebration of growth, grit, and gastronomy. As our students step beyond the classroom and into professional kitchens, they carry with them more than knife skills and recipes. They bring curiosity, resilience, and a passion for excellence that transforms ingredients into experiences.

We are proud of the courage it takes to learn in real time, to accept feedback with humility, and to return each day eager to improve. To our partners in the culinary community, thank you for sharing your internship stories with us.

May these stories inspire you to keep tasting, testing, and trusting the process. The journey from student to chef is demanding—but undeniably delicious.

Aleesha Hio Lam

SAC Internship Ambassador

Editor's Note



Le Bouveret Editor

I would also like to once again thank you for taking the time to read what we have put together here in the. It offers a slice of life of what internship is really about

I am Dasra Naidoo. I am from South Africa and I am currently in term 3 of my time here at CAAS

Compiling the stories and tales of each of the willing students has really open my eyes to what waits for me at my internship, as after writing this, I will be debarking on a journey of my own and maybe some day I will add my story to one of these magazines

Dasra Naidoo

SAC Internship Ambassador

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MASTER *the* CRAFT, FORGE *your* FUTURE

Chuong Nguyen

Humus x Hortense – Belgium





Whats your name and Where are you from?
My name is Chuong Nguyen and I am from Vietnam.

Where did you do your internship and why did you choose this place?
I did an internship in 1 Michelin star vegan fine dining called Humus x Hortense in Brussels, Belgium.
I choose this restaurant because I want to understand more about the under-appreciated aspect of culinary like vegetables and learn different techniques how to turn a humble ingredient into Michelin standard.

What were your daily responsibilities during the internship?
During the internship, I was assign the role of Demi Chef de Partie.
Which is to help and support Chef de Partie in mise en place, sauce making, and service plating.
Moreover, I also got a chance to become Pastry Chef de Partie for a few days during my period.

From 1-10 how do you fell about improving your skills, knowledge from the internship? basically what did you learn the most or find interesting?
8/10. I got much better with attention to detail, plating speed, and organization.
Moreover, I also learn the restaurant's way of flavor layering, how to transform an ingredient into something complex.

What do you find happy or enjoyable during your internship?
During the internship, what I admire the most is the working environment, where everyone see each other as equal, treat one another with respect. Also sustainability, zero waste is one of the core value of Humus x Hortense.

What advice would you give to students looking to do an internship currently?
Be a sponge. Absorb everything as much as possible with curiosity, while staying humble and respect. And most important is to have fun.











Jamie Richards

Moor Hall – United Kingdom

What is your name and where are you from?
My name is Jamie Richards and I'm from England.

Where did you do your internship and why did you choose this place this place?
I did my internship at Moor Hall – **Three Michelin stars** and I chose it because I was looking to get experience at the best fine dining establishment I could.

What were your daily responsibilities during the internship?
I worked in both garde manger and pastry, I had a daily list of mise en place and served 3 different courses in service.



From 1–10 how do you feel about improving your skills, knowledge from the internship? Basically what did you learn the most or find interesting?
I would say I had an 8/10 experience in terms of my progression and learning. I learnt so much about produce, preparation and the operations of a Michelin restaurant. However I was less involved in the hot section during service.

What do you find happy or enjoyable during your internship?
I enjoyed being pushed to improve every day, they taught me to have a keen attention to detail and work in a very clean, organized manner.

What advice would you give to students looking to do an internship currently?
I would tell students that they should apply to as many places as possible, nothing is out of reach and they should try to push themselves and try something different.









Shashwat Nair

Frantzen – Sweden

What is your name and where are you from?
Shashwat Nair from India

Where did you do your internship and why did you choose this place this place?
My internship was at Frantzen a 3 Michelin and rank 35 Best in the World in Sweden.

What were your daily responsibilities during the internship?
My main responsibilities were helping around in the prep kitchen, mainly the råraka which was a spiralized potato dish, but besides that A lot of components needed a lot of precise work, some took quite literally the whole day. I would say that physical skilly wise there wasnt much incentive to go, as i dont believe i improved that much, but in terms on knowledge i feel like my mindset was completely expanded. I learned how to process and make things out of ingredients i could have never even imagined, this gave me a deeper perspective on how i think about every ingredient i use.







From 1–10 how do you feel about improving your skills, knowledge from the internship? Basically what did you learn the most or find interesting?
I really enjoyed the people at the restaurant the staff were all amazing people, but aside from that it was rough. Extremely tedious and exhausting.



What do you find happy or enjoyable during your internship?
I really enjoyed the people at the restaurant the staff were all amazing people, but aside from that it was rough. Extremely tedious and exhausting.

Mayuri Sethi

The Ritz-Carlton Abama – Tenerife



Whats your name and Where are you from?
My name is Mayuri Sethi. I'm from India, raised in Dubai.

Where did you do your internship and why did you choose this place?
I completed my first internship at The Ritz-Carlton, Abama. I discovered this opportunity through IRF, and I chose it because it is a well-known luxury brand, located in a beautiful destination.





What were your daily responsibilities during the internship?
I was working in one of the restaurants within the hotel. I mostly worked the day shift, and that included doing most of the pastry production, along with lunch pastry service. The restaurant served plated desserts, and I would also occasionally be plating for big groups.

From 1–10 how do you feel about improving your skills, knowledge from the internship? Basically what did you learn the most or find interesting?
One of the most important skill I developed from this internship was communication. Most of my team only spoke Spanish, so I had to learn the language quickly and adapt myself. Other than that, I also improved alot on time management and multi-tasking, as I used to work alone most of the time. Another fun skill I picked up was writing with chocolate, as I did very often for special occasions.





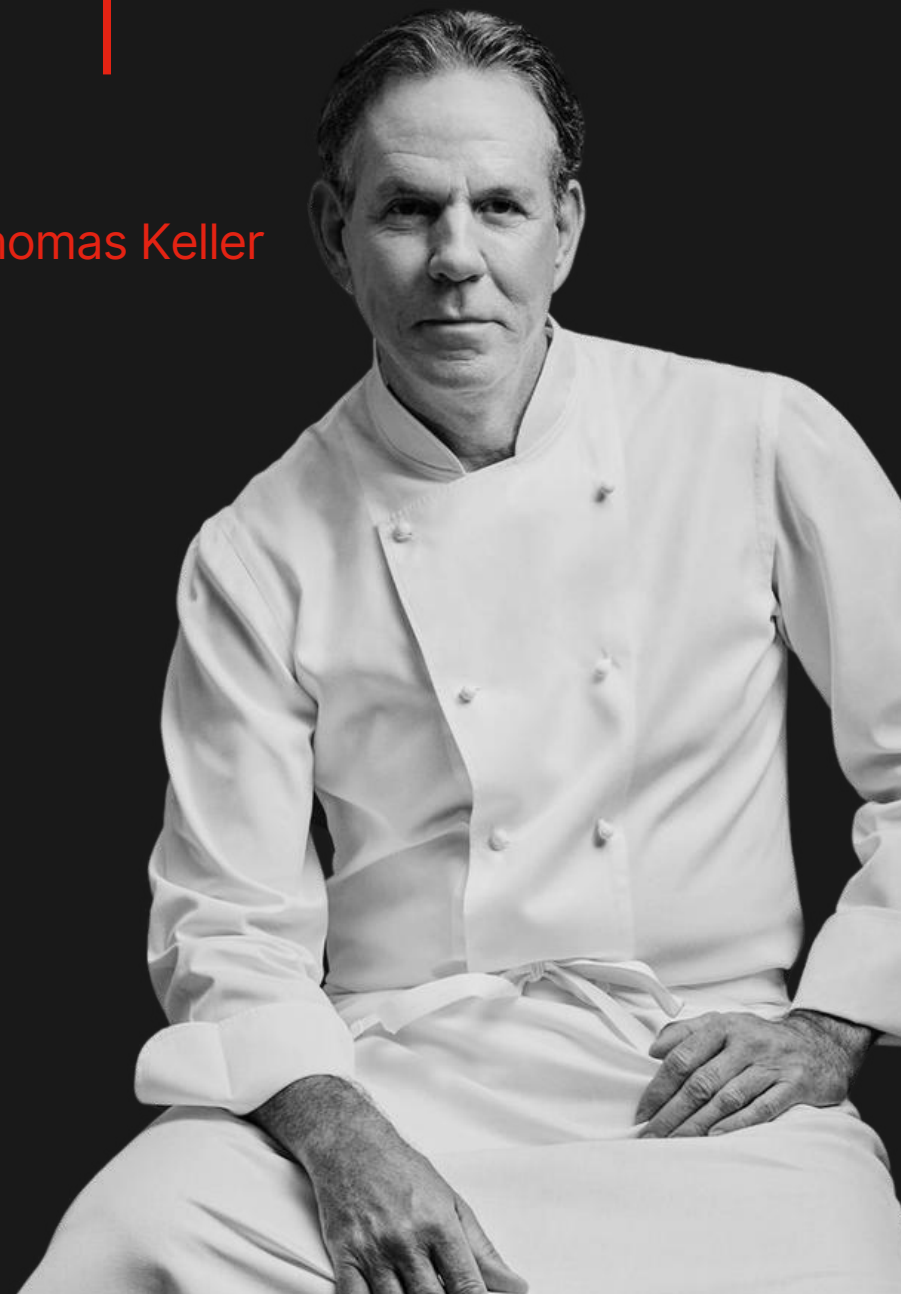
What do you find happy or enjoyable during your internship?
The best part of my internship were the people I was working with. The work environment in the kitchen was always easygoing and fun. All of my managers were very understanding and approachable. There were days I would help in service for big events, working side by side my superiors, and it truly made me feel trusted.

What advice would you give to students looking to do an internship currently?
Always take initiative! Take that extra step to show your employers you care. Always ask questions. On the last day of my internship, which was New Years eve, I requested to work a double shift. And it truly is my favorite memory from those 6 months. Being confident, communicative, and willing to step outside your comfort zone can really help you grow both personally and professionally.



A recipe has no soul. You, as the cook, must bring soul to the recipe.

Thomas Keller





Aurelia Alexander

Ritz-Carlton Penha Longa Resort – Portugal

Whats your name and Where are you from?
My name is Aurelia and I'm from Indonesia.

Where did you do your internship and why did you choose this place?
I chose to do my internship it Ritz-Carlton Penha Longa Resort and I chose it because Ritz-Carlton itself has a huge reputation in the hospitality world. As well as working in a hotel allows me to work in different sections and doing different things compared to a restaurant or bakery that's doing the same things everyday.

What were your daily responsibilities during the internship?
My daily responsibilities during internship were divided into two. I worked 4.5 months in the main pastry, working in buffets and banquets so my main responsibilities is more of finishing buffet orders, restocking orders, and MEP for next buffets. Meanwhile for 1.5 months i worked in the 1 michelin star restaurant where my responsibilities were preparing MEP for service, checking if all ice creams are ready for service, and doing the service itself.

From 1–10 how do you feel about improving your skills, knowledge from the internship?
Basically what did you learn the most or find interesting?
I feel like 7, because I did learned a lot during my internship. I grew a lot as a person both in the kitchen and outside the kitchen which I'm very grateful for. The most interesting I learned was to see the real industry, which is really different from school, seeing the service rush, finishing things on time. What I learned the most was being able to be efficient, to prepare as much before service and be the most ready during service.



What do you find happy or enjoyable during your internship?
My friends in work! To meet so many amazing people that are still people forever I'm grateful to meet today. I met so many great people during my internship there, grew connection and friends, and get to know their stories and backgrounds, why they chose this career and to be friends outside work as well. My internship is amazing thanks to all the people that's in it. Maria and Magda, two closest I work with will forever be grateful to met them: Azzura and Egle, two of who I can call family today, you guys will always be something I'm thankful for everyday.



What advice would you give to students looking to do an internship currently?
To seek based on what you want for your career. Is it experience? Is it a place where is it good for the CV? Is it a Michelin place? It all depends on what skills you wanna work on. If you wanna work on precision then work more in fine dining restaurant. If you wanna work big scale maybe a hotel is a better option. So find your internship with a goal you wanna achieve and it will make it much more easier and enjoyable for you!







Hio Lam Aleesha

Boury – Belgium

What is your name and where are you from?
My name is Aleesha, and I am originally from Macau, a small coastal city near Hong Kong.

Where did you do your internship and why did you choose this place this place?
I worked my internship in Boury, a three michelin and Number one restaurant in Belgium. I found this restaurant through IRF, i chose this place because i love new challenges.

What were your daily responsibilities during the internship?
My daily responsibilities changes every month, depends on the menu, i make my own M.E.P list. Mostly in the morning i will work in Bakery and after i will help in pastry. Such as making financier, rolling candies, making the elements for service, assembling and also preparing quantities for service.



From 1-10 how do you fell about improving your skills, knowledge from the internship?
I would say 9/10, since i get push everyday, I improve a lot speed, and how to react fast. For me i love working in bakery and pastry. Sometimes when i have spare time my chef would assign me new things to do, or he will ask me what do i want to learn or know.



What do you find happy or enjoyable during your internship?
Staff meals!! Its different evereyday and different chefs get a chance to cook, you can taste different culture from different chefs. Also i would say The christmas Party we had was really fun, we were like one big family together exchanging gifts and karaoke. I also enjoy the silence in service and the laugh and chatting after service.



What advice would you give to students looking to do an internship currently?
Keep pushing, the more you push the more you will learn. And always put a smile on your face cause it will bring positive vibes to you and your surroundings. Bring a notepad to write your own MEP list so you could stay organised. Always say Good Morning!!



Peo Zhou

La Baie, The Ritz-Carlton Osaka – Japan



What is your name and where are you from?
My name is Peo Zhou, and I am from Sweden.

Where were you at for internship and why did you choose that place?
I completed my internship at Restaurant La Baie at The Ritz-Carlton Osaka in Japan. I chose La Baie because I wanted to experience working in a French fine dining restaurant while also being exposed to the precision and discipline of a Japanese kitchen environment.

What was your daily routine like?
My daily routine usually started with preparing the mise en place for the section I was assigned to. During my internship, I worked mainly in garde manger, but I also had the opportunity to work in the pastry and poisson section. My responsibilities included receiving and preparing ingredients, portioning, handling fish and shellfish, plating, and organising everything required for service. In the pastry section, I also learned more about dessert preparation and plating. Before service, we would make sure the section was fully prepared and organised. During service, the focus was on working quickly while maintaining consistency and precision.

How has your internship helped you improve your skills or further improve yourself as a whole?

This internship helped me become much more precise, organised, and disciplined in the kitchen. I learned that small details can affect the final dish, especially in fine dining. Working in garde manger, poisson, and pastry allowed me to improve a wider range of skills, including knife skills, fish/shellfish preparation, plating, mise en place, dessert preparation, and working efficiently during service. I also became more comfortable working under pressure and learned how important it is to stay calm and organised even when the kitchen becomes busy. Personally, the experience also made me more independent and adaptable. Working in another country and in a different kitchen culture taught me how to observe, communicate, and adjust quickly to different ways of working.





What gave you the most joy during your internship?

What gave me the most joy was seeing myself gradually improve throughout the internship. Tasks that initially took me a long time eventually became much more natural and efficient.

I also really enjoyed meeting new people and working with chefs and colleagues from different backgrounds. Being able to learn from them, communicate with them, and build relationships made the experience much more enjoyable.

Outside of work, I also enjoyed my days off. Being in Japan allowed me to explore Osaka, try different foods, visit new places, and go sightseeing. Experiencing the culture and food outside of the restaurant made the whole internship experience even more memorable.





Lin Phyo Thu

BARIN, Patina Osaka – Japan

What is your name and where are you from?
My name Lin Phyo Thu and I am from Myanmar

Where were you at for internship and why did you choose this place?
I worked in the Patina Osaka Hotel. I Wanted to try working in Japan as I have never been there before and it seemed like it would have been fun at the time.

What was your daily routine like?
I Worked in 2 kitchens. The first 3 months was in the banquet kitchen. I prepared and plated food for weddings and events every day. The last 3 months was in a high-end wagyu teppanyaki restaurant, I was responsible for the cold kitchen including dessert and general M.E.P

How has your internship helped you improve your skills or further improve yourself as a whole?
Internship taught me many things. I learned to work long hours, I also learned how a professional kitchen would operate. I learned to be precise and give customers the best at all times, because who knows they could have travelled thousands of miles to eat your food and you wouldn't want to let them down. I learned to also work efficiently, and I also learnt some Japanese because everyone only speaks Japanese there.



What gave you the most joy during your internship?
I had a very fun team, so being able to spend time in the kitchen with them daily was the best.



What advice would you give to students that are currently looking for an internship?
Choose your internship on what you think would be beneficial for the path u chose, for example, if you don't want to do fine dining Michelin related dining. Don't waste your time doing a Michelin internship. Don't choose to intern at the best places just because of their name, in most cases you won't learn much because you will be stuck doing the smallest and most useless of tasks.



Benjamin Hague

The Fat Duck, Bray, Berkshire – United Kingdom

What is your name and where are you from?
My name Benjamin Hague and I am from Hong Kong

Where were you at for internship and why did you choose this place?
For my internship I went to the Fat Duck in Berkshire.the reason I chose to intern there was becuase, it was my dream restaurant. it was either The Fat Duck in Berkshire or somewhere in Hong Kong

What was your daily routine like?
Days were long and the nights were longer. I would wake up early and make my way to the restaurant. My day would start with a cigarette then straight into work. I would first be tasked with M.E.P. for the day then I would get ready for service with the team.

What gave you the most joy during your internship?
Working the pass by myself is what gave me the most joy when working. The fact that they trusted me with such an important task brings me joy. I also really enjoyed my time out of the kitchen and socialising with the team

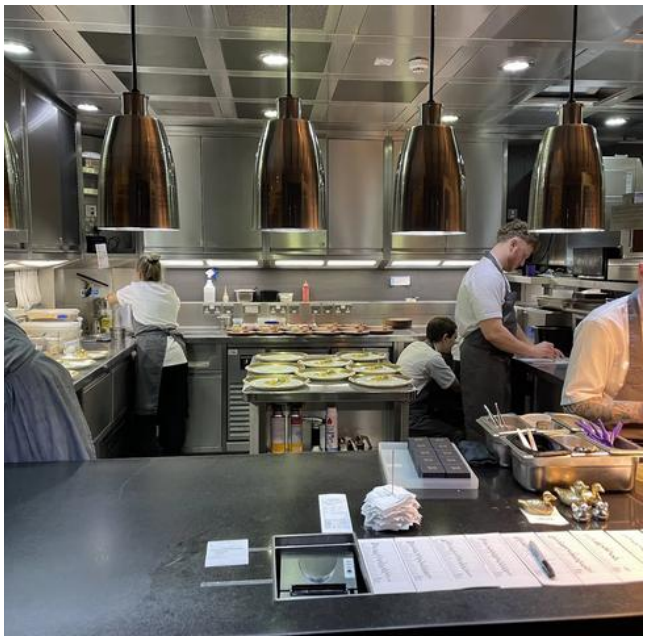
What advice would you give to students that are currently looking for an internship?
My advice for anyone seeking an internship is to not wait. Send your application to as many places as possible and be quick in your response to them in order to increase your chances at landing that job and position.

How has your internship helped you improve your skills or further improve yourself as a whole?
Internship has taught me many things. It also taught me the hard truths of the industry. internship showed me how to handle stress and also how to cope with the working hours of the job. I am now a lot more efficient in the kitchen than what I was before embarking for internship.











“We have to encourage and inspire young people to come into this profession. ”

Chef Anton Mosimann, OBE
Honorary Dean

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