REFLECTION ESSAY

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My internship at Saddle Ranch Chop House out in Glendale by Westgate was so amazing. I have learned so much about the culinary restaurant business and love it. One of the main reasons why is because I surprisingly love the fast pace action of the kitchen. People running all over the place cooking fast, shouting orders, and all the prep work that I do is so exciting. I have had some issues but got through them and have always been professional at my internship.

Some of the positives was I got to learn how to pan up different foods like cornbread, bacon, chicken wings and so much more. I got to portion up great food like artichoke and spinach dip, salmon and tuna for the fish tacos, and macaroni for the truffle macaroni they make. Basically I made the cooks look good because I seasoned almost all the food. As I got better I made the salads, wraps, and sandwiches, as well as our famous nachos. Some of the negatives were that I didn’t know all my measurements I’m supposed to have memorized from my previous culinary classes at Liberty High School. Another negative was that some of the guys in the kitchen that ranged from cooks, waiters, and dishwasher men kept hitting on me and wouldn’t stop but now have so that is taken care of.

Some of the challenges I had to overcome was not knowing my measurements because I had to measure things all the time; but how I’ve overcame this was with the help of one of my co-workers named Jen who has taught me how to work in this kitchen, and has showed me how to measure things with my hands in different portions. Another challenge I had to overcome was the guys always hitting on me, they always disturb my work but I have learned that to just continue to work and tell them to leave me alone to do my work, which hasn’t worked at first but now it does. There were times when I would mess up on a recipe or something like that and it would be such a stressful situation and instead of cursing that I made a mistake I would take several deep breaths and fix it or Jen would fix it for me. The last challenge that I had to overcome was my strength and attitude toward criticism. There would be times where I would have trouble lifting something but there is a lot of guys in the kitchen to help me, I have gotten stronger so I don’t need as much help as I used to, than the subject of criticism, I got that a lot with making the cotton candy or not being strong enough from a co-worker named Izzy who always is a real jerk and have learn to take his criticism and try to improve instead of lashing back at him.

With this very exhilarating experience I am still going to go forward into this culinary field for my career in life. The reason is because I can use my imagination and have my own style in my cooking. I realize it will take awhile before I get to where I want to be but I’m willing to take all those years and steps to be who I want to be. Which is to be an executive chef at a catering restaurant that makes sushi and seafood. I will need to go to Glendale Community College in order to succeed at the Le Cordon Bleu Culinary School for academicals reasons. Then in January I will go to the culinary school in Scottsdale.

This is the life I want, being busy, the challenge, different people to work with, doing what I love. I’m not sure about the long hours but I will let you know how it goes! In my life I have always wanted to make other people happy and always loved to make them food for them, being creative. I am excited to pursue this career.