

ABCulinary
by
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FOLLOWING MY PASSION

When we finished our project restaurant, I had a chance to follow my passion for pastry, besides studying hotel management. I spent one week in one of the restaurants of Institut Paul Bocuse learning new amazing recipes and techniques while creating great desserts.

I think it's inspiring to work at such a dynamic place, even though I have to admit, it was quite trying sometimes.

Let's see how's an average day in a kitchen!

I arrive at 8 am. to the restaurant and start to make the "mise en place", which means to set up the kitchen and prepare the ingredients for the service. Then I have a quick lunch at 11:30-11:45 and get back to work. The lunchtime starts at 12 o' clock, and the orders start to run. I think the service is one of the best parts of the day as it's full of adrenalin.

Personally, to me, seeing the elements coming together on the plate is impressive. Besides that, we have to pay attention to the timing, allergies and particular demands as well. After the cleaning, I have a break from 3 to 5 pm then going back to the restaurant to do the second "mise en place" for dinner. Before the second service, I have a quick meal as well, which gives the energy to work all night.

In this restaurant, the kitchens are open, which means the guests can see us working. It's interesting for both of us, as we can see their faces and reactions while tasting the dishes. During the service, it's essential to communicate with the colleagues and the servers and to pay attention to every little detail: temperatures, textures and right plating. Afterwards, we clean the whole kitchen and go home around 23 pm to get some rest.

I was working from Tuesday to Saturday (not to mention, I got sick and temporary lost my hearing for my left ear, which made it a little more challenging). Although it was tiring, there is something (maybe called passion?) which was pushing me to continue and to wake up early in the morning and go back to work with dedication.

Follow my next adventures at abculinary.com or IG: [bucsianna](https://www.instagram.com/bucsianna)

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