

Skills NL Provincial Competition 2020 Ingredient List

1 Common Tables: access to all the products provided

1.1 Staples

- Silicon paper – 40 X 60 cm (16"x 24")
- Cling Film
- Aluminum foil
- Paper towels
- Sanitizing solution
- Dish Soap
- Sanitizing solution in spray bottles

1.2 Dairy

- Whipping cream
- Butter – unsalted
- Whole milk 3.25%
- Condensed Milk
- Skim milk Powder
- Sour Cream

1.3 Fat

- Vegetable oil
- Olive Oil

1.4 Eggs

- Eggs, large
- Meringue powder

1.5 Leavening Agents

- Instant dry yeast
- Dry Active Yeast
- Baking powder (double acting)
- Baking soda

1.6 Flour

- All Purpose Flour
- Pastry flour
- Bread Flour

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Cake Flour

1.7 Starch

- Cornstarch

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1.8 Chocolate Products

- Couverture – dark Couverture – white Couverture – milk
- Cocoa Butter
- Coating Chocolate dark
- Cocoa Powder-dutch alkalized
- Cocoa Powder – Non alkalized
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1.9 Nut Products

- Coconut sweetened, fine
- Hazelnut, whole
- Almonds blanched, ground
- Almonds Thin Sliced
- Pistachios – shelled, green, no salt
- Pecans
- Pumpkin seeds

1.10 Sweetening Agents

- Sugar, granulated
- Sugar, icing (powder)
- Sugar, brown
- Maple syrup
- Honey
- Glucose
- Isomalt

1.11 Glazes

1.12 Flavourings

- Instant coffee
- Vanilla extract
- Vanilla Beans

1.13 Decorating Ingredients

Rolled fondant (sugar paste)

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- Marzipan 50%
- Tea Bags – Earl Grey
- Tea Bags – Jasmine

1.14 Gelatin

- Gelatin leaves – Gold
- Gelatin Powder

1.15 Dried Fruit

- Dried cranberries
- Dried Apricots
- Dried Raisins
- Dried Cherries

1.16 Frozen Fruit (IQF)

- Cranberries
- Wild Blueberries
- Raspberries

1.18 Fresh Fruit

- Oranges
- Lemons
- Limes
- Pineapple
- Strawberries
- Raspberries
- Blueberries

1.19 Fresh Herbs

- Thyme
- Rosemary
- Mint

1.20 Spices

- Cinnamon, ground
- Cinnamon Sticks
- Salt
- Sesame seeds
- Poppy seeds

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- Chili Flakes
- Star Anise
- Whole Black Pepper

1.21 Liquors

- Baileys
- Frangelico
- Port
- Triple Sec
- Kirsch

1.22 Nutritional Ingredients

1.23 Other Ingredients

- Rice Krispies
- Ice cubes

2 Permitted Additional **Ingredients Not Supplied by Skills/Compétences**

NL

- Food colours and colored cocoa butter
- Chocolate and sponge transfer sheets
- Sea salt
- Pectin
- Agar
- Tartaric Acid
- Citric Acid
- Lustre Dust/Metallic Powders
- Tapioca
- Maltodextrin
- Xanthan Gum
- Soy Lecithin
- Calcium Carbonate
- Frozen Fruit Puree
- Yuzu Juice
- Marzipan 50%

Important

Both Secondary and Post-Secondary Competitors are permitted to bring in two ingredients of their choice. The two ingredients will be presented to the judges during the 30 minutes of set up, while the judges are inspecting the workstation, tools and permitted additional ingredients.

Beyond the two additional ingredients no other ingredients are allowed to be brought to the competition site. NO GOLD LEAF, NO SILVER LEAF

Minors: If competitors are wanting to use the listed Liquor/Alcohol within their recipe, competitors must consult with a National Technical Committee (NTC) member for assistance. Secondary competitors/minors are not to handle any alcohol. A NTC member will dispense the desired amount within the recipe for the competitor.

ALL INGREDIENTS ARE SUBJECT TO AVAILABILITY and May Change without Notice