

Skills Canada Post-Secondary Ingredient List 2022

Common Tables: Access to all the products provided Staples

Silicon paper – 40 X 60 cm (16"x 24")

Cling Film

Aluminum foil

Cardboard underlines for cakes – 25 1/2 cm (10") - 15.24 cm (6")

Paper towels

Sanitizing solution

Dish Soap

Sanitizing solution in spray bottles

Dairy

Whipping cream

Butter – unsalted

Whole milk 3.25%

Skim milk Powder

Fat

Vegetable oil

Olive Oil

Eggs

Eggs, large

Leavening Agents



Baking powder (double acting)

Baking soda

Flour

All Purpose Flour

Pastry flour

Bread Flour

Cake Flour

Starch

Cornstarch

Chocolate Products

Couverture – Dark – White – Milk -

Cocoa Butter

Cocoa Powder

Nut Products

Almonds Blanched,

Ground Pistachios – Shelled, Green, No Salt

Hazelnut, Whole

Walnuts, Halves and Pieces

Sweetening Agents

Sugar, Granulated Sugar,

Icing (powder) Sugar,

Brown Maple

Honey Glucose

Isomalt

Flavourings



Instant Coffee

Vanilla Extract

Vanilla Bean

Earl Grey Tea

Decorating Ingredients

Rolled Fondant (sugar paste)

Gelatin

Gelatin Powder

Dried Fruit

Dried Cherries

Dried Apricot

Dried Apple

Raisins

Frozen Fruit (IQF)

Mango Chunks

Raspberries

Partridgeberries

Strawberries

Fresh Fruit

Oranges



Skills Canada
Newfoundland and Labrador

Lemons

Limes

Fresh

Basil

Mint

Spices

Cardamom

Cinnamon, ground

Nutmeg

Salt

Star Anise

Liquors

Baileys

Frangelico

Grand marnier

Other Ingredients

Feulletine Crunchy Flakes

Permitted Additional Ingredients Not Supplied by Skills Canada NL



Food colours

cocoa butter

Sea salt

Pectin

Agar

Tartaric Acid

Citric Acid

Lustre Dust/Metallic Powders

Tapioca Maltodextrin

Xanthum Gum

Soy Lecithin

Tonka Bean

Yuzu Juice

Important 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