



INGREDIENT LIST

# BAKING

POST-SECONDARY

## **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%  
Buttermilk 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 - Ruby  
Cocoa Butter  
Cocoa Powder- Brute - Dutched

## **Nut Products**

Almonds Blanched, Ground  
Pistachios – Shelled, Green, No Salt  
Hazelnut Paste  
Hazelnut, Sliced  
Marzipan 50%  
Walnuts, Halves and Pieces

## **Sweetening Agents**

Sugar, Granulated  
Sugar, Icing (powder)  
Sugar, Brown  
Maple Sugar  
Honey  
Glucose  
Isomalt

## **Flavourings**

Instant Coffee  
Vanilla Extract  
Bourbon Vanilla Bean Paste  
Earl Grey Tea  
Orange Blossom Water

## **Decorating Ingredients**

Rolled Fondant (sugar paste)

## **Gelatin**

Gelatin Powder

## **Dried Fruit**

Dried Cherries

## **Frozen Fruit Purées**

Apricot  
Black Currant  
Peach

## **Frozen Fruit (IQF)**

Mango Chunks  
Raspberries

## **Fresh Fruit**

Oranges  
Lemons  
Limes

## **Fresh Herbs**

Basil  
Mint

### **Spices**

Cardamom  
Cinnamon, ground  
Salt  
Star Anise

### **Liquors**

Baileys  
Frangelico  
Prosecco

### **Other Ingredients**

Feulletine Crunchy Flakes  
Ice Cubes

### **Permitted Additional Ingredients Not Supplied by Skills/Compétences Canada**

Food colours and colored cocoa butter  
Sea salt  
Pectin  
Agar  
Tartaric Acid  
Citric Acid  
Vanilla Beans  
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**