

Skills Canada Ingredient List

Competitor Category and Province Ex. Secondary, Manitoba

Chocolate Products	Order Quantity in Grams	Leavening Agents	Order Quantity in Grams
Cocoa Butter		Baking Powder (Double Acting)	
Cocoa Powder Extra Brite		Baking Soda	
Compound White Chocolate		Instant Yeast	
Compound Dark Chocolate			
Couverture Dark Chocolate 54.5%		Liqueurs	Order Quantity in Grams
Couverture Milk Chocolate CR23		White Ice Wine	
Couverture Ruby Chocolate		Red Ice Wine	
Couverture White Chocolate W2		Guinness	
Cocoa Nibs		Prosecco	
		Vodka	
Dairy	Order Quantity in Grams	Nut Products	Order Quantity in Grams
Milk Powder		Almonds Ground, Blanched	
Whipping Cream 35%		Almonds Natural Thin Sliced	
Whole Milk 3.25%		Pecans whole	
Sour Cream		Nutella	
Mascarpone		Walnuts halves and pieces	
Dried Fruit	Order Quantity in Grams	Mazipan	
Dried Cherries		Spices	Order Quantity in Grams
Dried Blueberries		Nutmeg	
Dried Cranberries		Star Anise	
		Cardamon, Ground	
Fresh Eggs	Order Quantity in Grams	Cinnamon Ground	
Eggs Large		Salt	
		Maldon Salt	
Fats	Order Quantity in Grams	Starch	Order Quantity in Grams
Butter Unsalted		Comstarch	
Vegetable Oil		Sugar Paste	Order Quantity in Grams
Vegetable Shortening		Soft Fondant	
Coconut Oil		Gum Paste Powder	
Flavorings	Order Quantity in Grams	Rolled Fondant	
Tonka Bean		Sweetening Agents	Order Quantity in Grams
Vanilla Extract		Glucose	
Bourbon Vanilla Bean Paste		Honey	
Instant Coffee		Isomalt	
Earl Grey Tea		Light Corn Syrup	
Apple Cider Vinegar		Condensed Milk	
Lemon Juice		Maple Syrup	
Flour	Order Quantity in Grams	Sugar, Granulated	
All Purpose Flour		Sugar, Icing	
Bread Flour		Sugar, Brown	
Cake Flour			
Pastry Flour			
Fresh Fruit	Order Quantity	Misc.	Order Quantity in Grams
Strawberries		Feuillantine	
Oranges		Ice Cubes	
Raspberries		Apricot Glaze	
Lemons		Rice Paper	
Fresh Herbs	Order Quantity in Grams		
Basil		Permitted Additional Ingredients Not Supplied by	
Tarragon		SkillsCompétences Canada	
Mint		These Ingredients do not count in your two extra ingredients.	
Frozen Products	Order Quantity in Grams		
Frozen Puff Pastry Sheets		Food Colors	
Raspberry Puree		Cocoa Butter Colors	
Passionfruit Puree		Agar	
Cassis Puree		Tartaric Acid	
White Peach Puree		Citric Acid	
		Vanilla Beans	
Frozen Fruit	Order Quantity in Grams	Modified Starch	
Frozen Rhubarb		Maltodextrin	
Frozen Peaches		Fruit Juice	
		Soy Lecithin	
Gelatin Products	Order Quantity in Grams	Ultra Spense	
Gelatin Sheets		Fish Gelatin	
Gelatin Powder		Gum Tragacanth	
Minor Glaze		Gluten Free Flour mix	
Pectin NH			
Staples Provided			
Silicon paper – 40 X 60 cm (16" X 24")			
Cling Film			
Aluminum foil			
Cardboard underlines for cakes – 25 12 cm (10") – 15.24 cm (6")			
Paper Towels			
Sanitizing solution in spray bottles			
Dish Soap			
Pan Spray			
Additional Important Notes:			
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. The two additional ingredients cannot be premade or fabricated ingredients or products. 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			