



**Common Table Items - Skills Canada - Edmonton**  
**34 - Cooking - Secondary**

<b>DRY GOODS</b>
Apricot jam
Arborio rice
Baking powder
Beans - White
Bread Crumbs
Chocolate - Dark
Chocolate - Milk
Chocolate - White
Cocoa powder
Cornstarch
Dijon mustard
English muffins
Flour - All Purpose
Flour - Bread
Flour - Semolina
Gelatin - Leaves
Gelatine - Powder
Glucose
Green Lentils
Honey
Nuts - Almonds, sliced
Nuts - Pecans
Nuts - Pistachio
Oil - Cooking
Oil - Olive
Orzo
Pickles - Baby Dill
Red Currant Jelly
Rice - Long
Rice - Wild
Soya sauce
Sugar - Brown
Sugar - Icing
Sugar - Isomalt
Sugar - White
Tabasco
Tomato paste
Vanilla - Extract
Vinegar - Balsamic

<b>PROTEIN &amp; STOCKS</b>
Bacon - Canadian Back and sliced
Beef - Ground
Beef - Inside Round - Sliced
Chicken Bones (backs)
Stock - Beef

<b>DAIRY</b>
Butter - unsalted
Cheese - Parmesan
Cream - 35% - fresh (whipping )
Eggs - large
Milk - 2%

<b>PRODUCE - VEGETABLES &amp; FRUIT</b>
Apples - Green (sour)
Beans - Green
Broccoli
Cabbage - Green
Cabbage - Red
Carrots
Celery
Garlic, fresh
Grapes - Green
Kiwi
Lemon
Mango
Onions - Yellow
Orange
Potatoes - Russet - mini
Raspberries
Strawberries
Tomato - Roma
Zucchini

<b>HERBS - FRESH</b>
Basil
Chervil

Vinegar - Red wine
Vinegar - Rice wine
Vinegar - White wine
White bread - sliced
Worcestershire sauce

### **SPICES - DRY**

Allspice
Bay leaves
Cinnamon, ground
Cloves, ground
Curry powder
Maldon Sea salt
Marjoram
Nutmeg, ground
Oregano
Paprika
Pepper - Cayenne
Peppercorns - Black
Peppercorns - White
Salt
Star anise
Thyme

Chives
Cilantro
Dill
Mint
Oregano
Parsley
Rosemary
Sage
Tarragon
Thyme

### **MISCELLANEOUS**

Butcher's twine
Cheesecloth

### **FROZEN ITEMS**

Blueberries, IQF
Raspberries, IQF
Filo pastry