



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

**These items will be available on the common food table. They may be used for the competition, but must be collected once the contest has started**

DRY GOODS	SPICES - DRY
Apricot jam	Allspice
Arborio rice	Bay leaves
Baking powder	Cinnamon, ground
Bread Crumbs	Cloves, ground
Cocoa powder	Curry powder
Cornstarch	Maldon Sea salt
Dijon mustard	Marjoram
Flour - All Purpose	Nutmeg, ground
Flour - semolina	Oregano
Flour - Strong (Bread)	Paprika
Green Lentils	Pepper - Cayenne
Oil - Cooking	Peppercorns - Black
Oil - Olive	Peppercorns - White
Rice - Long	Salt
Rice - Wild	Star anise
Soya sauce	Thyme

Sugar - Icing
Sugar - White
Tabasco
Tomato paste
Vanilla Extract
Vinegar - Balsamic
Vinegar - Red wine
Vinegar - Rice wine
Vinegar - White wine
Worcestershire sauce
Sugar - Brown

<b>PROTEIN &amp; STOCKS</b>
Bacon - sliced