

# 2010 13<sup>th</sup> ANNUAL SKILLS MANITOBA COMPETITION INGREDIENT LIST

## Ingredients and Staples Provided

**Note:** this ingredient list is subject to availability. This List may change between now and the time of the competition. Please go to the Skills Canada/Manitoba Website on a regular basis for confirmation.

**Common Tables:** unlimited access to all the products provided

### Staples:

- Silicon paper (16"x 24")
- Cling Film
- Aluminum foil
- Cardboard under liners for cakes (8")
- Paper towels

### Ingredients:

#### Dairy & Fat Products:

- Whipping cream
- Butter – unsalted
- Whole milk – 3.25%
- Sour cream
- Cream cheese
- Mascarpone cheese
- Vegetable oil
- Olive oil
- Eggs “A” – large
- Egg whites - frozen

#### Leavening Agents:

- Fresh compressed yeast
- Instant dry yeast
- Baking powder (double acting)
- Baking soda

**Flour & Starch:**

Bread flour  
Pastry flour  
All-purpose flour  
Whole Wheat flour  
Light rye flour  
9 grain cereal mix  
Oats  
Flax flour  
Bran  
Cornstarch

**Chocolate Products:**

Couverture – dark – callets/pistoles (semi sweet)  
Couverture – white – callets/pistoles  
Couverture – milk – callets/pistoles  
Cocoa powder – dark (red)  
Coating Chocolate – white  
Coating Chocolate – dark  
Cocoa butter  
Cocoa paste

**Finished Products:**

White sponge cake – 8”  
Puff pastry – single sheets

**Nut & Seed Products:**

Hazelnut – whole  
Hazelnut – ground with skin  
Almonds – blanched, sliced  
Almonds – blanched, ground  
Pecan halves  
Walnut halves  
Pistachios – shelled, green, no salt  
Pine nuts  
Almond paste  
Hazelnut paste  
Praline paste 50/50  
Pistachio paste  
Poppy seeds  
Sunflower seeds  
Sesame seeds  
Caraway seeds  
Anis seeds

**Sweetening Agents:**

Sugar – granulated  
Sugar – icing, powder  
Sugar – brown  
Honey  
Glucose  
Maple syrup  
Icing fondant – white

**Jams & Glazes:**

Apricot glaze  
Raspberry/Apple jam  
Clear glaze (for fruit flan)

**Spices & Flavourings:**

Cinnamon - ground  
Cloves – ground  
Cardamom - ground  
Nutmeg – ground  
Cream of Tartar  
Salt  
Instant coffee  
Vanilla extract  
Coffee extract  
Espresso beans

**Decorating Ingredients:**

Piping jelly (neutral)

**Gelatin:**

Gelatin powder  
Gelatin leaves

**Processed Fruits:**

Raisins sultanas – dried  
Apricots – dried  
Cranberries – dried  
Sour cherries – canned  
Fruit purees – passion fruit, mango, strawberry, raspberry & blackberry

**Fresh Fruits & Herbs: (Depending on availability)**

Oranges  
Lemons  
Limes  
Apples – Granny Smith

Apples – red delicious  
Grapes green & red  
Cantaloupe  
Raspberries  
Cape gooseberries  
Red currants – fresh or frozen  
Mangoes  
Pineapple  
Kiwis  
Berries – 2 varieties (seasonal)  
Mint Leaves  
Fresh Basil  
Fresh Rosemary  
Fresh Ginger  
Garlic  
Onions

**Liquors:**

Grand Marnier  
Amaretto  
Rum dark  
Raspberry liquor  
Cognac  
Baileys  
Calvados  
Poire William  
Porto  
White wine

**Important: No ingredients in any form unless listed under “Other Ingredients” are allowed to be brought to the competition site. This ingredient list reflects the national ingredient list. Post-secondary competitors will have a black box (5 unlisted ingredients) on the national competition only.**

**No exceptions!**

**Bring your own other Ingredients:**

Chocolate & sponge transfer sheets  
Coloured cocoa butter  
Edible dust & leaves  
Food colours  
Isomalt  
Gum Tragacanth  
Rolled fondant  
Vanilla beans  
Piping jelly chocolate

**Other Items:**

Bring everything on equipment you need for your own competition

**All ingredients are subject to availability!**