



Skills Alberta 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 Provincial Technical Committee (PTC) member for assistance. Secondary competitors/minors are not to handle any alcohol. A PTC member will dispense the desired amount within the recipe for the competitor.

ALL INGREDIENTS ARE SUBJECT TO AVAILABILITY