



Skills Canada Ingredient List

Chocolate Products	Order Quantity in Grams
Cocoa Butter	
Cocoa Powder	
Compound Dark Chocolate	
Couverture Dark Chocolate	
Couverture Milk Chocolate	
Couverture Ruby Chocolate	
Couverture White Chocolate	
Cocoa Nibs	

Dairy	Order Quantity in Grams
Buttermilk Powder	
Whipping Cream 35%	
Whole Milk	

Dried Fruit	Order Quantity in Grams
Dried Raisins	
Dried Apricots	
Dried Lemon and Orange Peel	
Dried Cranberries	

Fresh Eggs	Order Quantity in Grams
Eggs Large	

Fats	Order Quantity in Grams
Butter Unsalted	
Vegetable Oil	
Vegetable Shortening	
Hi Ratio Shortening	

Flavorings	Order Quantity in Grams
Fresh Ginger	
Vanilla Extract	
Bourbon Vanilla Bean Paste	
Instant Coffee	
Tonka Beans	
Almond Extract	
Bitter Almond	

Flour	Order Quantity in Grams
All Purpose Flour	
Bread Flour	
Cake Flour	
Pastry Flour	

Fresh Fruit	Order Quantity in Grams
Lemons	
Strawberries	
Oranges	
Raspberries	

Fresh Herbs	Order Quantity in Grams
Rosemary	
Thyme	

Frozen Fruit Puree	Order Quantity in Grams
Raspberry	
Mango	
Cassis	
Strawberry	

Gelatin Products	Order Quantity in Grams
Gelatin Powder/Sheets 200 Bloom	
Fish Gelatin 200 Bloom	
Mirror Glaze	
Pectin NH	

Leavening Agents	Order Quantity in Grams
Baking Powder (Double Acting)	
Baking Soda	

Liqueurs	Order Quantity in Grams
White Wine	
Red Wine	
Guinness Beer	
Maple Whiskey	
Crème de Cassis Liquer	
Disaronno	

Nut Products	Order Quantity in Grams
Almonds Ground, Blanched	
Almonds Natural Thin Sliced	
Whole Almonds	
Hazelnuts Ground	
Hazelnuts Whole	
Hazelnut Paste	
Walnut Pieces	

Seeds and Seed Butter	Order Quantity in Grams
Maple Butter	

Spices	Order Quantity in Grams
Pink Peppercorns	
Allspice	
Cinnamon	
Salt	
Sea Salt	

Starch	Order Quantity in Grams
Cornstarch	

Sugar Paste	Order Quantity in Grams
Rolled Fondant	

Sweetening Agents	Order Quantity in Grams
Glucose	
Honey	
Isomalt	
Light Corn Syrup	
Maple Sugar	
Maple Syrup	
Soft Fondant	
Sugar, Granulated	
Sugar, Icing	
Sugar, Brown	

Misc.	Order Quantity in Grams
Feullitine	
Ice Cubes	
Rolled Oats	

Permitted Additional Ingredients Not Supplied by
Skills/Compétences Canada

Staples- Not required to Order

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 in spray bottles
Dish Soap
Pan Spray

These Ingredients do not count in your two extra ingredients.

Food Colors

Cocoa Butter Colors

Agar

Tartaric Acid

Citric Acid

Vanilla Beans

Luster Dust/Metallic Powders

Modified Starch

Maltodextrin

Soy Lecithin

Ultra Sperse

Yuzu Juice

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 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