



Baking - Ingredient List - Secondary and Post-Secondary

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	

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

Dried Fruit	Order Quantity in Grams
Dried Blueberries	
Dried Apricots	

Fresh Eggs	Order Quantity in Grams
Eggs Large	

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

Flavorings	Order Quantity in Grams
Matcha Tea	
Vanilla Extract	
Bourbon Vanilla Bean Paste	
Instant Coffee	
Orange Blossom Water	

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

Fresh Fruit	Order Quantity in Grams
Lemons	
Limes	
Oranges	
Raspberries	

Fresh Herbs	Order Quantity in Grams
Basil	
Thyme	

Frozen Fruit Puree	Order Quantity in Grams
Raspberry	
Mango	
Passion Fruit	

Vegan	Order Quantity in Grams
Raw Sugar	
Silken Tofu	
Ground Flax Seeds	

Gelatin Powder	Order Quantity in Grams
Gelatin Powder 200 Bloom	
Fish Gelatin 200 Bloom	

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

Liqueurs	Order Quantity in Grams
Grand Marnier	
Baileys	
Prosecco	

Nut Products	Order Quantity in Grams
Almonds Ground, Blanched	
Almonds Natural Thin Sliced	
Hazelnuts Ground	
Hazelnuts Whole	
Marzipan 50%	
Pecan Pieces	

Seeds and Seed Butter	Order Quantity in Grams
Almond Butter	
Pumpkin Butter and Seeds	
Tahini	

Spices	Order Quantity in Grams
Black Pepper	
Cardamom	
Cinnamon	
Salt	
Sea Salt	

Starch	Order Quantity in Grams
Comstarch	

Sugar Paste	Order Quantity in Grams
Rolled Fondant	
Soft Fondant	

Sweetening Agents	Order Quantity in Grams
Glucose	
Honey	
Isomalt	
Light Corn Syrup	
Sugar, Granulated	
Sugar, Icing	
Sugar, Yellow	

Misc.	Order Quantity in Grams
Feulitine	
Ice Cubes	

Permitted Additional Ingredients Not Supplied by	
Skills/Compétences Canada	
Food colors	
Pectin	
Agar	
Tartaric Acid	
Citric Acid	

Coconut Milk		Vanilla Beans
Egg Replacer Bob's Red Mill		Luster Dust/Metallic Powders
Almond Milk		Tapioca
Soy Milk		Maltodextrin
Vegan Yogurt		Xanthum Gum
Vegan Butter		Soy Lecithin
Applesauce		Tonka Bean
Coconut Oil		Yuzu Juice

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

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.

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 National Technical Committee (NTC) member for assistance. Secondary competitors/minors are not to handle any alcohol.

A NTC member will dispense the desired amount within the recipe for the competitor.

ALL INGREDIENTS ARE SUBJECT TO AVAILABILITY