

Skills Alberta Ingredient List - S & PS

Chocolate Products	Order Quantity in Grams
Cocoa Butter	
Cocoa Powder	
Compound White Chocolate	
Compound Dark Chocolate	
Couverture Dark Chocolate 54.5%	
Couverture Milk Chocolate C823	
Couverture Ruby Chocolate	
Couverture White Chocolate W2	
Cocoa Nibs	

Dairy	Order Quantity in Grams
Milk Powder	
Whipping Cream 35%	
Whole Milk 3.25%	
Sour Cream	
Cream Cheese	

Dried Fruit	Order Quantity in Grams
Dried Cherries	
Dried Blueberries	
Dried Cranberries	

Fresh Eggs	Order Quantity in Grams
Eggs Large	

Fats	Order Quantity in Grams
Butter Unsalted	
Vegetable Oil	
Vegetable Shortening	
Coconut Oil	

Flavorings	Order Quantity in Grams
Fresh Ginger	
Vanilla Extract	
Bourbon Vanilla Bean Paste	
Instant Coffee	
Chamomile Tea	
Lemon Oil	

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

Fresh Fruit	Order Quantity
Kiwi	
Pineapple	
Mango	
Blackberry	
Lemon	
Strawberries	

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

Liqueurs	Order Quantity in Grams
Triple Sec	
Bourbon	
Bailey's	
Rum Dark	

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

Seeds and Seed Butter	Order Quantity in Grams
Sunflower Seeds	

Spices	Order Quantity in Grams
Nutmeg	
Allspice	
Pumpkin Pie Spice	
Cinnamon Ground	
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	
Condensed Milk	
Maple Syrup	
Soft Fondant	
Sugar, Granulated	
Sugar, Icing	
Sugar, Brown	

Fresh Produce	Order Quantity
Carrots	
Beets	
Parsnip	



Oranges	
Raspberries	

Fresh Herbs	Order Quantity in Grams
Rosemary	
Thyme	

Frozen Fruit Puree	Order Quantity in Grams
Raspberry	
Passionfruit	
White Peach	
Strawberry	

Frozen Fruit	
Frozen Rhubarb	
Frozen Saskatoon Berries	

Gelatin Products	Order Quantity in Grams
Gelatin Sheets	
Gelatin Powder	
Mirror Glaze	
Pectin NH	

Misc.	Order Quantity in Grams
Feullitine	
Ice Cubes	
Rolled Oats	
Apricot Glaze	

Permitted Additional Ingredients NOT Supplied by Skills Alberta	
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	
Yuzu Juice	
Soy Lecithin	
Ultra Sperse	
Fish Gelatin	

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

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