



## Skills Canada Alberta Ingredient List - Secondary & Post Secondary

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	
Marscapone	

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
Tonka Bean	
Vanilla Extract	
Bourbon Vanilla Bean Paste	
Instant Coffee	
Earl Grey Tea	
Apple Cider Vinegar	
Lemon Juice	

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

Liqueurs	Order Quantity in Grams
White Ice Wine	
Red Ice Wine	
Guinness	
Prosecco	

Nut Products	Order Quantity in Grams
Almonds Ground, Blanched	
Almonds Natural Thin Sliced	
Hazelnuts Ground	
Hazelnuts Whole	
Hazelnut Paste	
Pecans	
Nutella	
Walnuts	

Spices	Order Quantity in Grams
Nutmeg	
Star Anise	
Cardamon, Ground	
Cinnamon Ground	
Salt	
Maldon Salt	

Starch	Order Quantity in Grams
Cornstarch	

Sugar Paste	Order Quantity in Grams
Soft Fondant	
Gum Paste	
Rolled Fondant	

Sweetening Agents	Order Quantity in Grams
Glucose	
Honey	
Isomalt	



# Provincial Skills Canada Competition

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

Fresh Fruit	Order Quantity
Strawberries	
Oranges	
Raspberries	
Lemons	

Fresh Herbs	Order Quantity in Grams
Basil	
Tarragon	
Mint	

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

Frozen Fruit	Order Quantity in Grams
Frozen Rhubarb	
Frozen Peaches	

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

Light Corn Syrup	
Condensed Milk	
Maple Syrup	
Sugar, Granulated	
Sugar, Icing	
Sugar, Brown	

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

Permitted Additional Ingredients Not Supplied by Skills Canada Alberta	
These Ingredients do not count in your two extra ingredients.	
Food Colors	
Cocoa Butter Colors	
Agar	
Tartaric Acid	
Citric Acid	
Vanilla Beans	
Modified Starch	
Maltodextrin	
Yuzu Juice	
Soy Lecithin	
Ultra Sperse	
Fish Gelatin	
Gum Tragacanth	
Gluten Free Flour mix	

## 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