

12TH ANNUAL TERRITORIAL SKILLS COMPETITION

COMMON FOOD TABLE

MEAT	FRESH VEGETABLES	FRESH HERBS & SPICES	
Chicken Breasts (Bone in with wings attached)	Avocado	Basil	
	Spinach	Chives	
	Broccoli	Cilantro / Coriander	
	Carrots	Mint	
	Celery	Oregano	
	Cucumber (English)	Parsley	
	Red pepper	Rosemary	
	Green French beans	Sage	
DAIRY PRODUCTS	Shallots	Tarragon	
Milk 3%	Garlic (fresh)	Thyme	
Fresh Cream 35% (whipping)	White onion	Fresh Ginger	
	White Mushrooms		
Butter	Portobello mushrooms		
Whole Parmesan cheese	Parsnips		
Large eggs (60 G)	Russet Potatoes	DRY FOODS	
		Arborio rice	
		Vegetable oil	
		Olive oil	
		Dijon mustard	
PANTRY		Gelatine powder	DRIED SPICES & HERBS
		Dried yeast	
		Sliced almonds	Black pepper corns
		Hazelnuts	Black sesame seeds
		Pine Nuts	Cinnamon sticks
		Dried Mushrooms	Cloves, whole
WINES & ALCOHOL		Balsamic vinegar	Curry powder
White wine		White Wine Vinegar	Nutmeg whole
		Red wine vinegar	Paprika
		Rice wine vinegar	Salt
		Brown sugar	Sea salt
		Maple Syrup	Star anise
		White Sugar	White pepper
	FRESH FRUITS	Baking powder	Wasabi Powder
	Lemons	Cornstarch	Paprika
	Limes	Whole Wheat Flour	Nutmeg whole
	Orange	Flour, all Purpose	Coriander seed
STOCKS	Mango	Bread Flour	Cumin
White Chicken Stock	Strawberries	Bread Crumbs	Turmeric
	Apples		Mustard
			Bay Leaves
CHOCOLATE			Oregano
White			Thyme
Milk			Basil
Dark			

***** NOTE***** Common table items subject to change based on availability of ingredients. Please let the Technical Chair know if any further items are required.