

# **Skills Ontario Ingredient List 2019**

**Common Tables:** access to all the products provided

## **Staples**

Silicon paper – 40 X 60 cm  
(16"x 24")  
Cling Film  
Aluminum foil  
Round Cake Underlines – 25.5  
cm (10") 20.3 cm (8")  
Bar Cake Boards 7" x 3"  
Paper towels  
Sanitizing solution  
Dish Soap  
Sanitizing solution in spray  
bottles

## **Dairy**

Whipping cream  
Butter – unsalted  
Whole milk 3.25%  
Condensed Milk  
Buttermilk Powder  
Mascarpone Cheese

## **Eggs/Fat**

Vegetable oil  
Olive Oil  
Whole Eggs, Large

## **Leavening Agents**

Instant dry yeast  
Fresh Yeast  
Baking powder (double  
acting)  
Baking soda

## **Flour/Starch**

All Purpose Flour  
Pastry flour  
Bread Flour  
Cake Flour  
Cornstarch

## **Chocolate Products**

Couverture – dark chocolate  
Couverture - white chocolate  
Couverture - milk Chocolate  
Cocoa Butter Callets  
Coating Chocolate dark  
Cocoa Powder- Brute - dutched

## **Nut Products**

Coconut - sweetened, fine  
Hazelnut, whole  
Almonds - blanched, ground  
Almonds - thin sliced  
Pistachios – shelled, no salt  
Hazelnut paste  
Pistachio paste  
Pecans  
Pumpkin seeds

## **Sweetening Agents**

Sugar, granulated  
Sugar, icing (powder)  
Sugar, brown  
Maple syrup  
Honey  
Glucose  
Isomalt

### **Glazes**

Nappage Apricot glaze

Mirroir Neutral Glaze

Soft Fondant

### **Flavourings**

Instant coffee

Vanilla extract

Bourbon Vanilla Bean paste

### **Decorating Ingredients**

Rolled fondant (sugar paste)

Marzipan

Tea – Earl Grey

Tea – Jasmine

### **Gelatin**

Gelatin leaves

Gelatin Powder

### **Dried Fruit**

Dried cranberries

Dried Apricots

Dried Raisins

Dried Cherries

### **Frozen Fruit Purées**

Mango

Passion fruit

Griotte (sour cherry)

### **Frozen Fruit (IQF)**

Cranberries

Wild Blueberries

### **Fresh Fruit**

Oranges

Lemons

Limes

Pineapple

Strawberries

Raspberries

Blueberries

### **Fresh Herbs**

Thyme

Rosemary

Mint

### **Spices**

Cinnamon, ground

Cinnamon Sticks

Salt

Sesame seeds

Poppy seeds

Chili Flakes

Lavendar

Star Anise

Whole Black Pepper

Cardamom

### **Liquors**

Baileys

Frangelico

Port

Presecco

### **Nutritional Ingredients**

Pumpkin Seeds

Sunflower Seeds

Flax

Coconut Flour

Crunchy flakes

Ice cubes

## **Important \***

Competitors are permitted to bring in two ingredients of their choice from the 14 items listed below (Permitted additional Ingredients List). 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 LUSTER DUST, GOLD LEAF or SILVER LEAF

### **Permitted Additional Ingredients Not Supplied by Skills/Compétences**

- |                                                                  |                       |
|------------------------------------------------------------------|-----------------------|
| 1) Chocolate and sponge transfer sheets (ONLY Secondary allowed) | 7) Vanilla Beans      |
| 2) Sea salt                                                      | 8) Tapioca            |
| 3) Pectin                                                        | 9) Maltodextrin       |
| 4) Agar                                                          | 10) Xanthum Gum       |
| 5) Tartaric Acid                                                 | 11) Soy Lecithin      |
| 6) Citric Acid                                                   | 12) Calcium Carbonate |
|                                                                  | 13) Tonka Bean        |
|                                                                  | 14) Yuzu Juice        |

**Minors:** If competitors are wanting to use the listed Liquor/Alcohol within their recipe, competitors must consult with a Skills Ontario Technical Chair member for assistance. Secondary competitors/minors are not to handle any alcohol. A member will dispense the desired amount within the recipe for the competitor.

**ALL INGREDIENTS ARE SUBJECT TO AVAILABILITY**