



2020  
23<sup>rd</sup> ANNUAL SKILLS MANITOBA COMPETITION  
SECONDARY & POST SECONDARY  
REQUISITION SHEET  
Thursday, April 9<sup>th</sup>, 2020

**REQUISITION SHEET:**

- Competitors must select the ingredients and amounts that they will be using for the preparation, cooking, and serving of their First Course or Appetiser Course, Main Course, and Dessert from the list below.
  - **NOTE: Items not requested WILL NOT be available.**
- Requisitions must be emailed to Chef Brandt no later than **Tuesday, March 12<sup>th</sup>, 2020.**

**Common Table – Par Stock table – See Note on that document.**

- **The Committee will make every attempt to have available all requisitioned food items.**
- **If the Committee is unable to secure a requisitioned item, the Committee will make a substitute available.**
- If you have any questions, contact the committee.

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<b>AMOUNT REQUIRED</b>	<b>PRODUCE – FRUIT</b>
	Apples, Royal Gala
	Blackberries
	Blueberries
	Kiwi
	Lemons
	Limes
	Oranges
	Raspberries
	Strawberries
	<b>PRODUCE – VEGETABLES</b>
	Asparagus, Green
	Avocado
	Arugula, baby
	Beets, Red
	Broccoli
	Cabbage, green
	Cauliflower
	Chiles - Serrano
	Eggplant
	Fennel
	Galangal
	Ginger Root
	Leeks
	Lemon Grass
	Mesclun Mix Greens
	Mushrooms, Crimini
	Mushrooms, White Button
	Onions, Green
	Onions – Red
	Parsnips
	Peppers, Red
	Peppers, Yellow
	Potato, Mini Golden
	Potato, Mini Red
	Potato, Yukon Gold
	Shallots
	Spinach, Baby
	Tomato, Roma
	Tomato, Cherry – multi-coloured
	Turnips
	Yams
	Zucchini, green

	<b>FROZEN ITEMS</b>
	Avocado
	Blackberries, IQF
	Blueberries, IQF
	Pastry, Filo
	Pastry, Puff
	Puree, Mango
	Puree, Passion Fruit
	Puree, Raspberry
	Puree, Strawberry
	Raspberries, IQF
	Rhubarb
	Strawberries, IQF
	<b>DRY GOODS</b>
	Beans, Pinto
	Beans, Romano
	Buckwheat Grain
	Chocolate, Dark - Callebaut
	Chocolate, Milk - Callebaut
	Chocolate, White – Callebaut
	Cocoa Powder
	Coconut grated – Sweetened
	Corn Meal
	Honey
	Lentils, Beluga
	Lentils, Du Puy
	Lentils, Green
	Lentils, Red
	Maple Syrup
	Milk, Coconut
	Mustard – Dijon
	Nam pla (Thai fish sauce)
	Oats, Steel Cut
	Peas, Green
	Peas, Yellow
	Quinoa
	Rice, Brown
	Rice, Wild
	Sesame Seeds, Black
	Sesame Seeds, White
	Soya Sauce

	Spelt Berries
	Tabasco Sauce
	Tomato Paste
	Vanilla, Pure
	Vinegar, Balsamic
	Vinegar, White
	Yeast, Dry