



**2021**  
**23<sup>rd</sup> ANNUAL SKILLS MANITOBA COMPETITION**  
**SECONDARY & POST-SECONDARY**  
**INGREDIENT LIST – PAR STOCK LIST**

	<b>ALCOHOL</b>
	Brandy – VSOP
	Grand Marnier
	Wine – Red – Merlot
	Wine – White – Chardonnay
	Wine – White – Riesling
	<b>PROTEINS</b>
	Chicken – whole - fresh
	Shrimp – Black Tiger – 16-20 count size
	Salmonid such as Atlantic, Spring, Steelhead, Trout, Arctic Char, etc.
	<b>DAIRY/EGGS</b>
	Brie Cheese
	Butter – salted
	Butter – unsalted
	Cream – 35%
	Cream Cheese
	Eggs – Large
	Lard
	Milk – 2%
	Milk – Almond
	Shortening
	Sour Cream – 14%
	<b>HERBS/SPICE – FRESH</b>
	Basil

	Chives
	Cilantro
	Galangal
	Mint
	Parsley
	Rosemary
	Tarragon
	Thyme
	<b>HERBS/SPICES - DRY</b>
	Allspice
	Bay Leaves
	Cinnamon – Ground
	Cinnamon - Stick
	Curry Powder
	Ginger – Ground
	Mustard – Dry
	Nutmeg – Whole
	Onion Powder
	Oregano
	Paprika – Hungarian
	Pepper – Cayenne
	Peppercorns – Black
	Peppercorns – White
	Pepper, White – Ground
	Salt – Kosher
	Salt – Sea – Maldon
	Salt – Table
	Star Anise
	Thyme
	Turmeric
	Additional assorted dry herbs and spices – as per competitors’ menu requirements
	<b>STOCKS – PREPARED</b>
	Chicken Stock
	Fish Stock
	<b>PRODUCE – FRUITS &amp; VEGETABLES</b>
	Avocadoes
	Berries – fresh – as per competitors’ menu requirements
	Carrots
	Celery
	Chiles - Serrano
	Eggplant – Japanese

	Fruits – fresh – as per competitors’ menu requirements
	Garlic Bulb
	Lemongrass
	Lemons
	Limes
	Mushrooms – Assorted – as per competitors’ menu requirements
	Mushrooms – Cremini
	Onions, Spanish
	Peppers – fresh – as per competitors’ menu requirements
	Rhubarb – frozen 5
	Shallots
	Vegetables – fresh – as per competitors’ menu requirements
	Zucchini
	<b>DRY GOODS</b>
	Baking Powder
	Baking Soda
	Chocolate – various – as per competitors’ menu requirements
	Corn Starch
	Coconut Milk – canned – unsweetened
	Flour – All Purpose/Bread
	Flour – Cake
	Flour – Pastry
	Flour – Various – Gluten Free – as per competitors’ menu requirements
	Gelatin – Leaves
	Gelatine – Powder
	Glucose
	Grains – Whole – Various – as per competitors’ menu requirements
	Green Curry
	Lecithin
	Nam pla (Thai Fish Sauce)
	Oil – Canola
	Oil – Olive – Extra Virgin
	Pulses – Dry – as per competitors’ menu requirements
	Rice – Brown
	Sugar - Brown

	Sugar – Granulated White
	Sugar – Icing
	Sugar – Isomalt
	Vanilla – Extract – Pure
	Vinegar, Cider
	Vinegar – Red Wine
	Vinegar – White Wine
	Worcestershire Sauce
	Xanthum Gum
	<b>NON-FOOD ITEMS</b>
	Aluminum foil
	Butcher's twine
	Cheesecloth
	Disposable gloves
	Paper towels
	Parchment paper
	Plastic wrap
	Wood chips for smoking

**NOTE: All the items listed on the Ingredient List – Par Stock List should be available to the competitors. The Host school/collegiate will endeavour to have all items available as per competitors' menu.**