

Common Table

Competitors in the Provincial Skills Competition must submit their Common Table requisition by **March 20, 2026**, using the official **Excel form**. Requests may be **no more than the maximum amount** allowed for each item.

Submissions that exceed these limits or are not in the correct file format will be returned for revision. These guidelines reflect our respect for food and the producers who grow and raise it, and help us minimize waste throughout the competition.

Dairy	Maximum Amount	Ordered Amount
Butter, unsalted	0.454 kg	kg
Cream, 35%	0.500 litre	litre
Milk, 3.25%	0.454 kg	kg
Cream Cheese	0.125 kg	kg
Sour Cream, 14%	0.250 kg	kg
Cheese, Brie	0.300 kg	kg
Cheese, Parmesan-Regianno	0.300 kg	kg
Dry Goods	Maximum Amount	Ordered Amount
Agar Agar	0.010 kg	kg
Baking Powder	0.020 kg	kg
Baking Soda	0.020 kg	kg
Breadcrumbs, Panko	0.150 kg	kg
Capers	0.100 kg	kg
Chocolate Dark, Callebaut 54.5%	0.750 kg	kg
Chocolate Milk, Callebaut C383	0.450 kg	kg
Chocolate White, Callebaut 28%	0.300 kg	kg
Coffee, Instant	0.015 kg	kg
Cocoa Powder	0.250 kg	kg
Cornstarch	0.250 kg	kg
Dried Fruit: Cherries	0.200 kg	kg
Flour: All Purpose	1.000 kg	kg
Gelatin: Powder	0.025 kg	kg
Gelatin: Sheets	10 each	each
Glucose	0.050 kg	kg
Honey	0.350 kg	kg
Mushrooms: Dried, Shitake	0.150 kg	kg
Mushrooms: Dried, Morels	0.050 kg	kg
Oil: Canola	1.000 litre	litre
Oil: Extra Virgin Olive	0.250 litre	litre
Poppy Seeds	0.040 kg	kg
Salt: fine	0.250 kg	kg
Salt: kosher	0.250 kg	kg
Salt: Maldon sea salt	0.025 kg	kg
Seasame Seeds, White	0.040 kg	kg
Shortening	0.454 kg	kg
Sugar: white	1.000 kg	kg
Sugar: brown	0.250 kg	kg
Sugar: powdered	0.250 kg	kg

Sugar: Isomalt	0.100	kg		kg
Tabasco Sauce	0.025	litre		litre
Tomato: diced	0.750	litre		litre
Tomato: paste	0.050	kg		kg
Vanilla: bean	1.000	each		each
Vanilla: extract	0.030	litre		litre
Vinegar: Balsamic	0.200	litre		litre
Vinegar: cider	0.200	litre		litre
Vinegar: red	0.500	litre		litre
Vinegar: white	0.500	litre		litre
Frozen	Maximum Amount	Ordered Amount		
Blackberries	0.100	kg		kg
Blueberries	0.100	kg		kg
Raspberries	0.100	kg		kg
Strawberries	0.100	kg		kg
Fruit, fresh	Maximum Amount	Ordered Amount		
Apple: Granny Smith	4.000	each		each
Apple: Royal Gala	4.000	each		each
Citrus: lemon	2.000	each		each
Citrus: lime	2.000	each		each
Citrus: orange	2.000	each		each
Nuts	Maximum Amount	Ordered Amount		
Almonds, whole	0.150	kg		kg
Pistachios, whole	0.150	kg		kg
Herbs and Spices - Dry	Maximum Amount	Ordered Amount		
Bay Leaves	0.010	kg		kg
Cinnamon, sticks	0.020	kg		kg
Cloves, Ground	0.015	kg		kg
Fennel, seed	0.015	kg		kg
Nutmeg, Whole	0.015	kg		kg
Peppercorns: black	0.025	kg		kg
Peppercorns: white	0.025	kg		kg
Pepper: Cayenne	0.005	kg		kg
Star Anise	0.010	kg		kg
Herbs and Spices - Fresh	Maximum Amount	Ordered Amount		
Basil	1.000	bunch		bunch
Chervil	0.500	bunch		bunch
Chives	2.000	bunch		bunch
Dill	1.000	bunch		bunch
Mint	1.000	bunch		bunch
Oregano	0.500	bunch		bunch
Parsley, Italian	1.000	bunch		bunch
Tarragon	0.500	bunch		bunch
Thyme	1.000	bunch		bunch
Miscellaneous	Maximum Amount	Ordered Amount		
Butcher's Twine	2.000	meter		meter
Cheesecloth	0.500	meter		meter
Parchment Paper	10.000	sheets		sheets
Smoking Chips: assorted	0.150	kg		kg

White Bread	8.000	slices		slices
Proteins and Stocks	Maximum Amount	Ordered Amount		
Bacon, sliced	0.454	kg		kg
Bacon: Double Smoked, slab	0.150	kg		kg
Eggs, large	12.000	each		each
Stocks: dark beef	1.000	litre		litre
Stocks: white chicken	1.000	litre		litre
Vegetables	Maximum Amount	Ordered Amount		
Carrots	0.900	kg		kg
Celery	0.500	bunch		bunch
Fennel	0.500	bulb		bulb
Garlic	2.000	bulbs		bulbs
Ginger	0.100	kg		kg
Leeks	1.000	bunch		bunch
Lettuce: Selection of Microgreens	0.100	kg		kg
Mushrooms: Button	0.500	kg		kg
Mushrooms: Cremini	0.500	kg		kg
Mushrooms: Shitake	0.150	kg		kg
Onions: green	1.000	bunch		bunch
Onions: red	0.500	kg		kg
Onions: shallots	0.100	kg		kg
Onions: yellow	1.000	kg		kg
Peppers: jalapeño	1.000	each		each
Peppers: red	0.500	kg		kg
Potato: Russet, Yukon Gold	0.500	kg		kg
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Radish: red	0.500	bunch		bunch
Squash, butternut	0.300	kg		kg
Tomato, Roma	0.400	kg		kg
Zucchini, green	0.300	kg		kg
Secondary	Maximum Amount	Ordered Amount		
Chicken, half, cut into 4 (0.75 kg (1.5 lb) avg.)	1.000	each	1	each
Peppers: green	1.000	each		each
White Wine: Dealcoholized	0.100	litre		litre
Post-Secondary	Maximum Amount	Ordered Amount		
Asparagus	0.300	kg		kg
Beets	0.500	kg		kg
Caul Fat	1.000	each		each
Duck, Whole, King Cole (2.25 kg (5 lb) avg.)	1.000	each	1	each
Endive	1.000	each		each
Fish, Fresh, Salmonoid, skin-on portion (500g avg.)	1.000	each	1	each
Proscuitto, Sliced	0.050	kg		kg
Rhubarb, frozen	0.300	kg		kg
Stocks: fish fumet	1.000	litre		litre
Strawberries, fresh	0.100	kg		kg
Sweet Potato	0.500	kg		kg
Alcohol - Post Secondary Only	Maximum Amount	Ordered Amount		
Beer	0.500	litre		litre
Brandy VSOP	0.100	litre		litre

Grand Marnier	0.100	litre		litre
Maderia	0.100	litre		litre
Sherry, Dry White	0.100	litre		litre
Wine Red	0.375	litre		litre
Wine White	0.375	litre		litre