

## 34 - Cooking

# COMPETITION SCHEDULE

Updated on March 10, 2025



## Competition Schedule

Day 0 - Wednesday 2025-05-07	Day 1 - Thursday 2025-05-08	Day 2 - Friday 2025-05-09	Day 3 - Saturday 2025-05-10
Opening Ceremony	Day 1 of competition	Day 2 of competition	Medal Ceremony
Reception and support of workstations	Opening of the site to the public	Opening of the site to the public	Canadian Olympiad Meeting (by invitation)

### Virtual meeting March 11 from 4:30 pm to 5:45 pm

- 1- Welcome from Compétences Québec
- 2- Presentation of the candidates, coaches and institutions
- 3- Presentation of the Judges / Solemn Declaration of the Judges to be completed
- 4- Orientation meeting of the event: Competition schedule
- 5- Presentation of the event
- 6- Equipment, materials, tools, clothing
- 7- Health and Safety Requirements (Workshop Leader)
- 8- CIS Assessment
- 9- Strategies to improve performance
- 10-Mental preparation
- 11-Draw for workstations for both days of competition
- 12-Canadian National Competition and WorldSkills Competition, sending candidate tools chests
- 13-Solemn declaration of candidates
- 14-Instructions for the arrival of the candidates, day 0-1-2
- 15-Question Period

### Day 0 - Opening Ceremony Wednesday, May 7, 2025

#### **Pick-up of workstations and organization of equipment at 8:30 p.m.**

*Until 9:30 p.m., competitors can set up their station for the two days of competition, with the coach, equipment only. All tools chests will be removed from the Contest area and will no longer be allowed access. Absolutely no food contact at this point. Meeting with the expert and the workshop manager. Question period.*

Day 1 – AM, Thursday, May 8, 2025

**8:15 Arrival of the candidates**

**8:25** *Unveiling of the mystery elements (3) that will have to be integrated into the various dishes of Day 1 and will have to appear in the composition of the menu and the description of the menu items. Only the expert and the workshop manager have this information.*

**8:30 Menu Composition / Description of Menu Items /  
Costing exercise / Work plan**

*The 4 documents must be completed and submitted to the judges before 9 a.m.*

*2 copies of the day 1 menu (one for the presentation table and one for the use of the tasting judges).*

*1 copy of the description of the menu elements for the tasting judges.*

*2 copies of the work plan (one for the candidate and one for the judges, **prepared in advance**).*

For the calculation exercise, the candidate uses a calculator. He cannot use his cell phone or a digital tablet.

**SEE THE DOCUMENTS IN THE APPENDIX AND YOU MUST USE THESE TEMPLATES.**

*As soon as the exercise is completed, the candidates can finalize the set-up of the workstation by gathering the required ingredients and start to work.*

**9:00 Start of the competition  
General set up**

**11:00 Presentation of the vegetable precision cuts**

The candidate must provide the following three types of vegetable cuts for evaluation: 50 g of small dices of carrot, 50 g of small dices of celery and 50 g of julienned leeks as well as a minimum of 4 units of vegetables turned of their choice. He must reserve them and present his cuts in the appropriate 250 ml reusable deli containers and identify them using the number that corresponds to him. You can refer to the attached document to consult the dimensions of the national standard. Please note that the cuts must be used during the competition but that the quantity varies according to the candidates and must be indicated in the composition of the menu and the menu elements.

**11:30 Cleaning and inspection of the workstation**

**12:00 p.m. Meal lunch-brake (please note that no preparation or cooking-baking is permitted during this time)**

Day 1 – PM, Thursday, May 8, 2025

**13:00 p.m.** Resumption of the competition, general set up.

**14:30 pm Presentation of the starter:**

The candidate will be required to submit an entry inspired dish by Stuffed Perogies in four copies and must include:

- A potato stuffing
- A suitable, modern and complementary garnish
- A sauce/dressing of the competitor's choice (hot or cold)
- One (1) mystery ingredient in his stuffing.

**15:15 pm Presentation of the main course:**

The candidate will be required to present a main course consisting of a stuffed Cornish hen breast with or without sleeve in four copies and must include:

- A minimum of one (1) starch preparation. A minimum of two (2) vegetable/fruit preparations, **including the turned vegetable (from Module 1b)**.
- The velvety sauce must be modified into a derived sauce of the candidate's choice.
- A minimum of one (1) appropriate, modern, complementary garnish.
- One (1) mystery ingredient included in the stuffing of the breast.
- **A gravy boat with a minimum of 120 ml of seasoned and unmodified basic velvety sauce (from Module 1b)**.

**16:00 pm Presentation of the dessert:**

The candidate must present an inspired dessert based on a sweet cookie mix for tea in four copies and must include:

- A minimum of one (1) fruit-based sauce.
- A minimum of one (1) flavored Chantilly cream.
- One (1) appropriate edible garnish.
- One (1) mystery ingredient to be included in the dish at the discretion of the candidate.

**Time of service:** There is a window of two (2) minutes after the presentation time during the presentation of the modules, after which point deductions will take place. Example: The main course must be served from 3:15 pm to 3:17 pm. After that, the points will be deducted every minute until 3:22 p.m. At 3:23 p.m., submitted dishes will no longer be accepted for judging and scoring. The teacher-trainers and technical judges will be responsible for transporting the candidates' plates to the taste judges.

**16:00** Cleaning and tidying up, inspection of the workstation

**16:30** End of the first day

Leaving the competition site

### Challenge # 1

<b>Module 1</b> <b>Duration: 7h00</b>	<b>Set-up and service</b> <b>Day 1</b>	<b>Profession 34</b>
<b>Description and Service AM and PM</b>	<p>Module 1a Prepare / Carry / Present AM</p> <ul style="list-style-type: none"> <li>• Carry out the design of the menu and the description of the menu elements of the 1st day by including a mystery ingredient in the stuffing of the perogies, in the stuffing of the poultry dish and in the dessert.</li> <li>• Carry out the exercise of calculating the cost of the recipe.</li> </ul> <p>Module 1b Preparing/Making/Presenting AM-PM</p> <ul style="list-style-type: none"> <li>• Vegetable precision cut:</li> <li>• 50 g small dices of Carrot</li> <li>• 50 g small dices of celery</li> <li>• 50 g of Julienne leek</li> <li>• A minimum of 4 turned vegetables to be included in the stuffed poultry main course.</li> <li>• The vegetable precision cuts must be used for the duration of the competition but the quantity is up to the candidate's choice.</li> <li>• Basic chicken Velvety sauce Seasoned.</li> </ul> <p>Module 1c Prepare / Carry / Present PM</p> <ul style="list-style-type: none"> <li>• Make a perogie-inspired entrée and must include a potato-based filling, an appropriate, modern and complementary garnish, a sauce/dressing of the candidate's choice (hot or cold), and the addition of one (1) mystery ingredient to their stuffing.</li> <li>• Make a stuffed Cornish chicken breast dish with or without sleeve and must include a minimum of one (1) starch preparation of the candidate's choice. A minimum of two (2) vegetable/fruit preparations, including the turned vegetables of Module 1b, must make a seasoned basic chicken Velvety sauce seasoned.</li> <li>• Basic chicken Velvety sauce seasoned must be presented in a gravy boat with a minimum of 120 ml when taking out the dishes.</li> <li>• The Basic chicken Velvety sauce seasoned of module 1b must be modified into a derived sauce of the candidate's choice for the preparation of his main dish. Must also include a minimum of one (1) appropriate, modern and complementary garnish and the addition of one (1) mystery ingredient included in the poultry stuffing.</li> </ul>	

	<ul style="list-style-type: none"> <li>Make an inspired dessert based on a sweet cookie mix for tea and must include a minimum: one (1) fruit-based sauce, one (1) flavored Chantilly cream, one (1) appropriate edible garnish and the addition of one (1) mystery ingredient.</li> </ul>
<b>Required ingredients</b>	The mystery ingredients will be chosen by the expert and the workshop manager. They will be revealed at 8:25 a.m. on the first day of competition, Thursday 2025-05-08, just before the menu writing is designed.
<b>Plates</b>	<p><b>Presentation of vegetable precision cuts:</b>  <u>Reusable 250 ml deli containers appropriate and numbered by the candidate before the service, as soon as evaluated, you will receive your vegetable cuts.</u></p> <p><b>Perogies Inspiration Entry:</b>  <u>4 x 9" Inch Soup Plates Numbered by the candidate before service</u></p> <p><b>Stuffed Cornish Chicken Breast Dish:</b>  <u>4 x 12" white main plates numbered by the candidate before service</u></p> <p><b>Seasoned basic velvety sauce:</b>  <u>1 aluminum gravy boat containing a minimum of 4 oz of sauce, i.e. 120 ml and numbered by the candidate before serving</u></p> <p><b>Dessert made with sweet tea biscuits</b>  <u>4 x 12" white main plates numbered by the candidate before service</u></p>
<b>Special equipment</b>	No serving dishes are permitted other than those provided by Compétences Québec. Note – Mold or rond and square cutter, etc. are allowed for production, but added serving items: spoons, glasses, ramekins, etc. are not authorized for service. It is therefore forbidden to add crockery or other accessories to the plate.

Day 2 – AM, Friday, May 9, 2025

**8:15**    **Arrival of the candidates**

**8:25**    Unveiling of the mandatory elements (3) that must be integrated into the round white fish dish in the Niçoise style of Day 2 and must appear in the composition of the menu and the description of the menu items. *Only the expert and the workshop manager have this information.*

**8:30**    **Composition of the Menus / Description of the menu items / Work plan**

*The 3 documents must be completed and submitted to the judges before 9 a.m.*

*2 copies of the day 2 menu (one for the presentation table and one for the use of the tasting judges).*

*1 copy of the description of the menu elements for the tasting judges.*

*2 copies of the work plan (one for the candidate and one for the judges, **prepared in advance**).*

*SEE THE DOCUMENTS IN THE APPENDIX AND YOU MUST USE THESE TEMPLATES.*

*As soon as the exercise is completed, the candidates can finalize the set-up of the workstation by gathering the required ingredients and start to work.*

**9:00**    **Start of the competition**

**General set up**

**11:30**    **Cleaning and inspection of the workstation**

**12:00**    **Meal lunch-brake (please note that no preparation or cooking-baking is permitted during this time)**

**Competition Schedule**

Day 2 – PM, Thursday, May 12, 2023

**13:00**    Resumption of the competition, general set up



**14:30 Presentation of the Cornish hen consommé and stuffed pasta:**

The candidate must present his or her consommé in four copies and must include:

- One (1) meat-based stuffing
- Must use at least one cut of vegetables from module 1b as a garnish.
- The pasta and toppings should be served in the hot bowls and the consommé in the pitcher provided for this purpose. The consommé will be poured by the tasting judges.
- The glass pitcher should hold at least 800 ml of the consommé.

**15:15 Presentation of the main courses of round white fish Niçoise style**

The candidate must present his fish dish in four copies and must include:

- Round freshwater white fish (no raw preparation)
- Must use all mandatory ingredients.
- Must use a minimum of three different cooking-baking techniques.
- Must contain at least 1 sauce.

**16:00 Presentation of choux pastry desserts**

The candidate must present his dessert in four copies and must include:

- Made from choux pastry
- Filling cream (e.g. pastry cream, bavarian cream, chiboust cream, etc.).
- Must include a chocolate or sugar décor element.
- Must contain cooked fruit:  
(a separate, separate item that is not considered a sauce)
- Must contain at least 1 sauce.

**Time of service:** There is a window of two (2) minutes after the presentation time during the presentation of the modules, after which point deductions will take place. Example: Dessert must be served from 16:00 p.m. to 16:02 p.m. After that, the points will be deducted every minute until 16:07. At 16:08 p.m., submitted dishes will no longer be accepted for judging and scoring. The teacher-trainers and technical judges will be responsible for transporting the candidates plates to the tasting judges.

**16:00** Cleaning and tidying up and inspection of the workstation

**16:30** End of the second day

Leaving the competition site



Olympiades  
québécoises  
des métiers et des  
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**Paper # 2**

<b>Module 2</b> <b>Duration: 7h00</b>	<b>Implementation</b> <b>Day 2</b>	<b>Profession 34</b>
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<b>Description AM and PM</b>	2a Prepare / Carry Out AM <ul style="list-style-type: none"> <li>• Design menu 2 in duplicate and describe menu items in 1 copy for the 2nd day of competition.</li> <li>• Must use the vegetable cuts skill from Module 1b of the first day.</li> <li>• The vegetable cuts must be used for the duration of the competition but the quantity is up to the candidate's choice.</li> </ul>
<b>Service PM</b>	2b Presentation / PM Prepare four (4) servings of Cornish hen consommé. Visible components on the serving platter should include: <ul style="list-style-type: none"> <li>• Components of pasta stuffed with mousseline.</li> <li>• Must use the vegetable precision cuts as a garnish skill from Module 1b.</li> <li>• Consommé volume, 800ml</li> <li>• Protein foods should be fed at a minimum of 60°C (140°F)</li> <li>• The consommé should be served hot in the pitcher or carafe provided for this purpose.</li> <li>• Topping/mousseline/pasta and vegetable elements to serve in the 9' inch soup plate. The consommé will be served by the tasting judges.</li> </ul> Prepare four (4) plates of Niçoise inspired white fish main courses. Visible components on serving dishes should include: <ul style="list-style-type: none"> <li>• Round freshwater white fish (no raw preparations)</li> <li>• All items used from the mandatory ingredient list.</li> <li>• A minimum of 3 different cooking-baking techniques.</li> <li>• A minimum of 1 sauce</li> </ul>



<b>Service PM</b>	Prepare four (4) dessert plates. The minimum components visible on the dishes must include: <ul style="list-style-type: none"> <li>• Choux pastry</li> <li>• Filling based on filling cream (i.e. custard, bavarois, chiboust, etc.).</li> <li>• Must include either tempered chocolate or sugar decoration.</li> <li>• A minimum of one (1) cooked fruit element (separate element that is not a sauce)</li> <li>• A minimum of one (1) sauce.</li> </ul>
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<b>Required ingredients</b>	<p>The following mandatory ingredients must be included in the main course:</p> <p>The list of the variety of these ingredients available to the candidates will be revealed only at the beginning of the second day.</p> <ul style="list-style-type: none"> <li>• Potatoes</li> <li>• Tomatoes</li> <li>• French bean</li> <li>• Olives</li> <li>• Eggs</li> <li>• Anchovy</li> <li>• Lettuce/lettuce/leaf</li> </ul>
<b>Plates</b>	<p>The following 4 plates will be provided per service:</p> <p>9" soup plates for serving the starter and 1 glass pitcher or carafe containing a liter for the consommé.</p> <p>12" White Round Plates for Main Course</p> <p>12" White Round Plates for Dessert</p> <p>Weight determined for the different dishes:</p> <ul style="list-style-type: none"> <li>• Starter: Minimum 150 g to maximum 210 g</li> <li>• Main course: Minimum 250 g to maximum 300 g</li> <li>• Dessert: Minimum 125 g to maximum 185 g</li> </ul> <p>The cooking temperature must meet food safety standards, no frozen components are allowed.</p>
<b>Special equipment</b>	<p>No serving dishes are allowed other than what is provided. It is not allowed to add crockery, ramekins or other accessories to the plate. Note – Mold or rond and square cutter, etc. are allowed for production, but added serving items: spoons, glasses, ramekins, etc. are not authorized for service. It is therefore forbidden to add crockery or other accessories to the plate.</p>

**Annexes**  
**Templates Menu Composition**  
**and description of menu items**



**Module 1a**  
**Writing the menu 1**  
**Starter**

**Main Coarse**

**Dessert**



**Module 1a**  
**Description of Menu Elements 1**

Service	Note all the items on the plate
<b>Starter</b>	
<b>Main Coarse</b>	

<b>Dessert</b>	
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**Module 2a**  
**Drafting the menu 2**  
**Starter**

<p style="text-align: center;"><b>Main Coarse</b></p>

Dessert




Module 2a  
Description of Menu Elements 2

Service	Note all the items on the plate
Starter	
Main Coarse	







Chicken Consommé (broth only)							No. of Portions:	22		
Ingredient	As Purchased (AP)			Edible Portion (EP)				Recipe - Units Needed		Recipe Ingredient Cost
	Purchase Amount	Unit.	Purchase Cost	Edible Portion Yield %	Yielded amount		Unit Cost (Cost per gram)			
Chicken Stock - Fresh	1,000	ml	\$ 3.89	100%	1,000	ml	\$ 0.004	5000	ml	\$ 20.00
Chicken Breast, skin on	1,000	g	\$ 11.20	94%	940	g	\$ 0.012	500	g	\$ 6.00
Chicken Wings and Tips	1,000	g	\$ 7.50	95%	950	g	\$ 0.008	250	g	\$ 2.00
Onion, Spanish	20	kg	\$ 19.57	90%	18	kg	\$ 0.001	250	g	\$ 0.25
Carrot	20	kg	\$ 16.85	93%	19	kg	\$ 0.001	125	g	\$ 0.13
Celery	525	g	\$ 1.91	82%	431	g	\$ 0.004	125	g	\$ 0.50
Eggs, whites	684	g	\$ 3.48	40%	274	g	\$ 0.013	250	g	\$ 3.25
Lemons	576	g	\$ 7.80	50%	288	g	\$ 0.027	30	g	\$ 0.81
Parsley - for Stems	175	g	\$ 1.50	75%	131	g	\$ 0.011	6	g	\$ 0.07
Dried Thyme	500	g	\$ 7.79	100%	500	g	\$ 0.016	1	g	\$ 0.02
Bay Leaf	40	g	\$ 4.99	100%	40	g	\$ 0.125	1	g	\$ 0.13
Whole Cloves	500	g	\$ 18.99	100%	500	g	\$ 0.038	0.5	g	\$ 0.02
Black Peppercorns	500	g	\$ 18.49	100%	500	g	\$ 0.037	2	g	\$ 0.07
							Total Recipe Cost (\$)		\$ 33.24	
							Yielded Cost Per Portion (\$)		\$ 1.51	
							Suggested Selling Price (\$)		\$ 6.43	
							Food Cost %		23.5%	
							Gross Profit per portion (\$)		\$ 4.92	

Chicken Consommé (broth only)							No. of Portions :	22		
Ingredient	As Purchased (AP)			Edible Portion (EP)				Recipe - Units Needed		Recipe Ingredient Cost
	Purchase Amount	Unit	Purchase Cost	Edible Portion Yield %	Yielded amount		Unit Cost (Cost per gram)			
Chicken Stock - Fresh	1 000	ml	\$ 3,89	100%		ml		5000	ml	\$ -
Chicken Breast, skin on	1 000	g	\$ 11,20	94%		g		500	g	\$ -
Chicken Wings and Tips	1 000	g	\$ 7,50	95%		g		250	g	\$ -
Onion, Spanish	20	kg	\$ 19,57	90%		kg		250	g	\$ -
Carrot	20	kg	\$ 16,85	93%		kg		125	g	\$ -
Celery	525	g	\$ 1,91	82%		g		125	g	\$ -
Eggs, whites	684	g	\$ 3,48	40%		g		250	g	\$ -
Lemons	576	g	\$ 7,80	50%		g		30	g	\$ -

Parsley - for Stems	175	g	\$ 1,50	75%	131	g		6	g	\$ -
Dried Thyme	500	g	\$ 7,79	100%	500	g		1	g	\$ -
Bay Leaf	40	g	\$ 4,99	100%	40	g		1	g	\$ -
Whole Cloves	500	g	\$ 18,99	100%	500	g		0,5	g	\$ -
Black Peppercorns	500	g	\$ 18,49	100%	500	g		2	g	
Total Recipe Cost (\$)									\$	-
Yielded Cost Per Portion (\$)									\$	-
Suggested Selling Price (\$)									\$	-
Food Cost %									23,5%	
Gross Profit per portion (\$)									\$	-

For this exercise, you are required to portion cost the provided Chicken Consommé recipe. To complete the knowledge test, you must complete the table where indicated and calculate the following:

**Note that the total recipe yields 4 litres.**

Calculate the number of complete portions the recipe will yield , given a 175 ml portion size

Calculate the cost per ingredient, and Total Recipe cost.

Calculate the yielded cost per portion

Calculate the Suggested Selling Price, given a 23.5% Food Cost.

Calculate the Gross Profit per portion in dollars/cents.

## Annex

### Table of National Standards for Vegetable Cuts



(a) Tourné: 2 in. long  $\times$   $\frac{3}{4}$  in. diameter, with 7 sides, and flat-ended (5 cm  $\times$  2 cm).



(b) Large dice:  $\frac{3}{4}$  in.  $\times$   $\frac{3}{4}$  in.  $\times$   $\frac{3}{4}$  in. (2 cm  $\times$  2 cm  $\times$  2 cm).



(c) Medium dice:  $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in. (12 mm  $\times$  12 mm  $\times$  12 mm).



(d) Small dice:  $\frac{1}{4}$  in.  $\times$   $\frac{1}{4}$  in.  $\times$   $\frac{1}{4}$  in. (6 mm  $\times$  6 mm  $\times$  6 mm).



(e) Brunoise (broon-wahz):  $\frac{1}{8}$  in.  $\times$   $\frac{1}{8}$  in.  $\times$   $\frac{1}{8}$  in. (3 mm  $\times$  3 mm  $\times$  3 mm).



(f) Fine brunoise:  $\frac{1}{16}$  in.  $\times$   $\frac{1}{16}$  in.  $\times$   $\frac{1}{16}$  in. (1.5 mm  $\times$  1.5 mm  $\times$  1.5 mm).



(g) Rondelle: round or bias-rond cuts, varied diameter or thickness.



(h) Paysanne:  $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in.  $\times$   $\frac{1}{8}$  in. (12 mm  $\times$  12 mm  $\times$  3 mm; round, square, or rectangular).



(i) Lozenge:  $\frac{1}{2}$  in.  $\times$   $\frac{1}{2}$  in.  $\times$   $\frac{1}{8}$  in. (12 mm  $\times$  12 mm  $\times$  3 mm; diamond-shape).



(j) Fermière: irregular shape, varied diameter or thickness.



(k) Batonnet:  $\frac{1}{4}$  in.  $\times$   $\frac{1}{4}$  in.  $\times$  2  $\frac{1}{2}$ -3 in. (6 mm  $\times$  6 mm  $\times$  6-7.5 cm).



(l) Julienne (or allumette potatoes):  $\frac{1}{8}$  in.  $\times$   $\frac{1}{8}$  in.  $\times$  2  $\frac{1}{2}$  in. (3 mm  $\times$  3 mm  $\times$  6 cm).



(m) Fine julienne: 2 in. long  $\times$   $\frac{1}{16}$  in.  $\times$   $\frac{1}{16}$  in. (1.5 mm  $\times$  1.5 mm  $\times$  5 cm).



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## Annex

### Common Food Table

<b>Alcohol - Post-secondary only</b>	<b>Max/Candidate</b>	<b>total</b>
Beer: IPA, lager	1a/candidate/kind	12 of each kind
Brandy VSOP	125 ml/candidate	2 bottles 750 ml
Grand Marnier	125 ml/candidate	2 bottles 750 ml
Madeira	125 ml/candidate	2 bottles 750 ml
Dry white sherry	125 ml/candidate	2 bottles 750 ml
Red Wine: Cab Sauvignon, Pinot Noir	375 ml/candidate/kind	6 bottles of each
White Wine: Chardonnay, Riesling	375 ml/candidate/kind	6 bottles of each
<b>Dairy products</b>		
Butter, unsalted	2 lbs/candidate	24 pounds
Cream, 35%	2L/Candidate	24 liters
Milk, 3.25%	2L/Candidate	12 x 2L
Sour cream, 14%	250ml/candidate	12 a
Cheese: Aged Cheddar Cheese, Parmegiano-Reggiano, Brie, Emmenthal	166g/candidate/kind	2kg of each
<b>Dry products, groceries</b>		
Agar	42g/candidate	500g
Baking powder	42g/candidate	500g
Baking soda	21g/candidate	250g
Pearl barley	166g/candidate	2 kg
Breadcrumbs, Panko	166g/candidate	2 kg
Capers	100ml/candidate	12 a
Dark Chocolate, Callebaut 54.5%	417g/candidate	5 kg
Chocolate Milk, Callebaut C383	417g/candidate	5 kg
White Chocolate, Callebaut 28%	417g/candidate	5 kg
Coffee, Instant	8g/candidate	400g
Cocoa powder	166g/candidate	2 kg
Cornstarch	166g/candidate	2 kg
Dried fruits: Apricots, cherries	83g/candidate	1 kg
Flour: All Purpose, Bread, Cake/Pastry Mix, Cornmeal	1kg/416g/416g/166g of each kind	12kg/5kg/5kg/2kg
Gelatin: powder, leaves	42g/12sheets/candidate	500g/144 sheets
Glucose	83g/candidate	1kg
Honey	166g/candidate	2 kg
Green lentils	166g/candidate	2 kg
Mushrooms: dried, shitake, morels	166g/candidate of each kind	2 kg of each
Oil: Canola, Olive	1L/333ml/candidate	12L/4L
Rice, long grain	166g/candidate	2kg
Salt: fine, kosher, Maldon Sea Flower	166g/166g/21g/candidate	2kg/2kg/200g
Sesame seeds, white	83g/candidate	1 kg
Vegetable fat	83g/candidate	1 kg
Soy sauce	83ml	1L

Sugar: white, icing, brown	1kg/250g/250g	12kg/3kg/3kg
Tomato: paste, diced	156ml/473ml	12 Piece x 156ml 2 a x 2.84L
Vanilla: bean, extract	1 one/83 mL/candidate	12 un/1L
Vinegar: balsamic, cider, red, white	83ml of each kind	1L of each
<b>Frozen</b>		
Blackberries	333g/candidate	2 x 2kg = 4kg
Blueberries	333g/candidate	2 x 2kg = 4kg
Raspberries	333g/candidate	2 x 2kg = 4kg
Strawberries	333g/candidate	2 x 2kg = 4kg
<b>Fruit, Fresh</b>		
Apple: Royal Gala, Granny Smith	1 apple of each kind/candidate	1 dozen of each
Blueberries	1 box/candidate	12 Boxes
Citrus: lemon, lime, orange	2 a lemon/ candidate 1 lime and 1 orange/candidate	2 dz lemon 1 dz lime 1 dz orange
Mango: Alphonso	1 one/candidate	1 dz
Pears: Anjou	1 one/ candidate	1 dz
Strawberries	1 box	12 Boxes
<b>Herbs &amp; Spices - Dried</b>		
Bay Leaves	In common	1L Pot
Cardamom: green	In common	Jar 250ml
Cinnamon sticks	In common	1L Pot
Cloves	In common	Jar 250ml
Nutmeg	In common	Jar 250ml
Peppercorns: black, white	In common	1L jar
Rosemary	In common	Jar 250ml
Star anise	In common	Jar 250ml
Thyme	In common	Jar 250ml
<b>Fresh herbs</b>		
Basil	1/2 Boot per Candidate	6 Bundles
Chervil	1/2 Boot per Candidate	6 Bundles
Chives	1/2 Boot per Candidate	6 Bundles
Cilantro	1/2 Boot per Candidate	6 Bundles
Dill	1/2 Boot per Candidate	6 Bundles
Mint	1/2 Boot per Candidate	6 Bundles
Italian parsley	1/2 Boot per Candidate	6 Bundles
Rosemary	1/2 Boot per Candidate	6 Bundles
Sage	1/2 Boot per Candidate	6 Bundles
Tarragon	1/2 Boot per Candidate	6 Bundles
Thyme	1/2 Boot per Candidate	6 Bundles

Diverse		
Butcher's twine	In common	1 roll
Cheese Cotton	In common	1 pack
Parchment paper	In common	1/2 can
Smoking chips: assortment	In common	1 bag
Coffee filter	In common	1 pack
Sliced white bread	In common	2 un
Nut		
Almonds, whole	83g/candidate	2 kg
Hazelnut, whole	83g/candidate	2 kg
Pistachios, whole	83g/candidate	2 kg
Protein & Stock		
Sliced smoked bacon	166g/candidate	2 kg
Smoked Flank Double Smoked, Unsliced	166g/candidate	2 kg
Dried chorizo	166g/candidate	2 kg
Eggs, large	30un/candidate	2 cs
Bases: beef brown, chicken white, fish stock	1L/3L/1L	12L/36L/12L
Vegetables		
Carrots	1135 g/candidate 1/2 bag of 2.27kg/candidate	6 bags of 2.27kg
Celery	1 one/candidate	12 a
Celeriac	1 one/candidate	12 a
Fennel	1 one/candidate	12 a
Garlic	2 bulb/candidate	24 a
Ginger	83g/candidate	1 kg
Leek	1 one/candidate	12 a
Lettuce: spinach, arugula	95 g/of each kind/candidate	2.5 lbs/each
Mushrooms: shitake, shimeji	166g of each kind/candidate	2 kg/each
Onions: green, red, French shallots, Spanish	1/2 Bunch 1 a 4 a 2 a	6 Bundles 12 units 48 units 24 units
Chili and pepper: jalapeño, red	In common 1 one/candidate	1 kg 12 a
Potato: Russet, Yukon Gold, Sweet	500g/of each kind/candidate	6 kg of each kind
Radish: red, daikon	In common	2 bags, 2 one



Butternut squash	500 g/candidate	6 kg
Tomato: Italian	500 g/candidate	6 kg
Green zucchini	1 one/candidate	12 un
<b>Secondary</b>		
Chicken supreme (4 each)	-	-
Chicken supreme, boneless without skin	-	-
<b>Postsecondary</b>		
Cornish hen (3 each)	3 one/candidate	36 units
Chicken supreme, boneless without skin	-	-
Fish: Freshwater Round Fillets <b>Whole Fish for (QC)</b>	2 one/candidate	24 units
Module 3B - Mandatory ingredients (choice of the expert and revealed at the 8:25 am meeting of Day 2)		
Potatoes		
Tomatoes		
Eggs		
French bean		
Lettuce/lettuce/sprouts		
Olives		
Anchovy		