



SkillsCompétences  
Canada  
2023

Skills Canada Ingredient List

Competitor Category and Province Ex. Secondary, Manitoba

Chocolate Products	Order Quantity in Grams	Leavening Agents	Order Quantity in Grams
Cocoa Butter		Baking Powder (Double Acting)	
Cocoa Powder		Baking Soda	
Compound White Chocolate		Instant Yeast (Osmotolerant)	
Compound Dark Chocolate			
Couverture Dark Chocolate 54.5%			
Couverture Milk Chocolate C823			
Couverture Ruby Chocolate			
Couverture White Chocolate W2			
Cocoa Nibs			

Dairy	Order Quantity in Grams	Nut Products	Order Quantity in Grams
Milk Powder		Almonds Ground, Blanched	
Whipping Cream 35%		Almonds Natural Thin Sliced	
Whole Milk 3.25%		Hazelnuts Ground	
Sour Cream		Hazelnuts Whole	
Cream Cheese		Hazelnut Paste	
		Pistachios Whole	
		Pistachio Paste	

Dried Fruit	Order Quantity in Grams	Seeds and Seed Butter	Order Quantity in Grams
Dried Cherries		Sunflower Seeds	
Dried Blueberries			
Dried Cranberries			

Fresh Eggs	Order Quantity in Grams	Spices	Order Quantity in Grams
Eggs Large		Nutmeg	
		Allspice	
		Pumpkin Pie Spice	
		Cinnamon Ground	
		Salt	
		Sea Salt	

Fats	Order Quantity in Grams	Starch	Order Quantity in Grams
Butter Unsalted		Cornstarch	
Vegetable Oil			
Vegetable Shortening			
Coconut Oil			

Flavorings	Order Quantity in Grams	Sugar Paste	Order Quantity in Grams
Fresh Ginger		Rolled Fondant	
Vanilla Extract			
Bourbon Vanilla Bean Paste			
Instant Coffee			
Chamomile Tea			
Lemon Oil			

Flour	Order Quantity in Grams	Sweetening Agents	Order Quantity in Grams
All Purpose Flour		Glucose	
Bread Flour		Honey	
Cake Flour		Isomalt	
Pastry Flour		Light Corn Syrup	
		Condensed Milk	
		Maple Syrup	
		Soft Fondant	
		Sugar, Granulated	
		Sugar, Icing	
		Sugar, Brown	

Fresh Fruit	Order Quantity	Fresh Produce	Order Quantity
Kiwi		Carrots	
Pineapple		Beets	
Mango		Parsnip	
Blackberry			
Lemon			
Strawberries			
Oranges			
Raspberries			

Fresh Herbs	Order Quantity in Grams	Misc.	Order Quantity in Grams
Rosemary		Feulitine	
Thyme		Ice Cubes	
		Rolled Oats	
		Apricot Glaze	

Frozen Fruit Puree	Order Quantity in Grams	Permitted Additional Ingredients Not Supplied by Skills/Compétences Canada
Raspberry		These Ingredients do not count in your two extra ingredient
Passionfruit		Food Colors
White Peach		Cocoa Butter Colors
Strawberry		Agar
		Tartaric Acid
		Citric Acid
		Vanilla Beans
		Luster Dust/Metallic Powders
		Modified Starch
		Maltodextrin
		Yuzu Juice
		Soy Lecithin
		Ultra Spense
		Fish Gelatin

Frozen Fruit	Order Quantity in Grams	Gluten Free Flour mix
Frozen Rhubarb		
Frozen Saskatoon Berries		

**Staples - Not required to Order**  
 Silicon paper – 40 X 60 cm (16" x 24")  
 Cling Film  
 Aluminum foil  
 Cardboard underlines for cakes – 25 1/2 cm (10") – 15.24 cm (6")  
 Paper Towels  
 Sanitizing solution in spray bottles  
 Dish Soap  
 Pan Spray

**Additional Important Notes:**

Competitors are permitted to bring in two ingredients of their choice. 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. The two additional ingredients cannot be premade or fabricated ingredients or products. Beyond the two additional ingredients no other ingredients are allowed to be brought to the competition site. NO GOLD LEAF, NO SILVER LEAF  
 Minors: If competitors are wanting to use the listed Liquor/Alcohol within their recipe, competitors must consult with a National Technical Committee (NTC) member for assistance. Secondary competitors/minors are not to handle any alcohol. A NTC member will dispense the desired amount within the recipe for the competitor.  
 ALL INGREDIENTS ARE SUBJECT TO AVAILABILITY