

## **BC Skills Ingredient List 2024**

**Common Tables:** Access to all the products provided

### **General Supplies**

Silicon paper: 40 X 60 cm (16"x 24")  
Cling Film  
Aluminum foil  
Cake boards: 25.5 cm (10") round, 15.24cm (6") round  
Paper towels  
Sanitizing solution  
Dish Soap  
Sanitizing solution in spray bottles

### **Dairy**

Whipping cream  
Whole milk  
Buttermilk Powder

### **Fat**

Butter – unsalted  
Vegetable Shortening  
Hi Ratio Shortening  
Vegetable Oil

### **Eggs**

Eggs, large

### **Leavening Agents**

Baking powder (double acting)  
Baking soda  
Instant Yeast Gold (Osmotolerant)

## **Flour**

All Purpose Flour  
Pastry flour  
Bread Flour  
Cake Flour

## **Starch**

Cornstarch

## **Chocolate Products**

Couverture Dark  
Couverture Milk  
Couverture White  
Cocoa Butter  
Cocoa Powder- Brute – Dutched  
Coating/Compound Chocolate – Dark  
Cocoa Nibs

## **Nut Products**

Almonds Ground Blanched  
Almonds Natural Thin Sliced  
Almonds, Whole  
Hazelnuts Ground  
Hazelnut, Whole  
Hazelnut Paste  
Walnut Pieces

## **Sweetening Agents**

Sugar, Granulated  
Sugar, Icing (powder)  
Sugar, Brown

Maple Sugar  
Maple Syrup  
Light Corn Syrup  
Honey  
Glucose  
Isomalt  
Soft Fondant

### **Sugar Paste**

Rolled Fondant

### **Flavourings**

Instant Coffee  
Vanilla Extract  
Bourbon Vanilla Bean Paste  
Tonka Beans  
Almond Extract  
Bitter Almond  
Fresh Ginger

### **Gelatin**

Gelatin Powder 200-250 Bloom  
Gelatin Sheets 200 Bloom  
Mirror Glaze  
Pectin NH

### **Dried Fruit**

Dried Apricots  
Dried Cranberries  
Dried Lemon and Orange Peel  
Raisins

## **Frozen Fruit Purées**

Raspberry  
Mango  
Cassis  
Strawberry

## **Fresh Fruit**

Oranges  
Lemons  
Strawberries  
Raspberries

## **Fresh Herbs**

Rosemary  
Thyme

## **Spices**

Allspice, ground  
Cinnamon, ground  
Pink Peppercorns  
Salt  
Sea Salt

## **Liquors**

White Wine  
Red Wine  
Guinness Beer  
Maple Whiskey  
Crème de Cassis Liqueur  
Disaronno

## Seeds and Seed Butter

Maple Butter

## Other Ingredients

Feulletine Crunchy Flakes

Rolled Oats

Apricot Glaze

Ice Cubes

**Permitted Additional Ingredients Not Supplied by Skills BC – These do not count in your two (2) extra ingredients:**

- Food colours
- Cocoa butter colours
- Agar
- Tartaric Acid
- Citric Acid
- Vanilla Beans
- Lustre Dust/Metallic Powders
- Modified Starch
- Maltodextrin
- Soy Lecithin
- Ultra Sperse
- Yuzu Juice

**Important:** 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.

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 one of the judges for assistance. Secondary competitors/minors are not to handle any alcohol. A judge will dispense the desired amount within the recipe for the competitor.

**ALL INGREDIENTS ARE SUBJECT TO AVAILABILITY**