A logo for a company

AI-generated content may be incorrect.

**2026 CENTRAL LOWER MAINLAND AND LOWER FRASER VALLEY BAKING SECONDARY**

Appendix A: Regional BC Skills Ingredient List 2026

Please order the following ingredients that you are using for your products and email it to [shoshawna@skillscanada.bc.ca](mailto:shoshawna@skillscanada.bc.ca) by **Monday, February 16, 2026.**

|  |  |
| --- | --- |
| **INGREDIENTS** | **QUANTITY REQUIRED IN GRAMS /mL or L** |
| **DAIRY** |  |
| Whipping Cream 35% |  |
| Whole Milk 3.25% |  |
| Skim Milk Powder |  |
| Sour Cream |  |
| Condensed Milk |  |
| **FAT** |  |
| Butter- -unsalted |  |
| Vegetable shortening |  |
| Vegetable Oil |  |
| **FRESH EGGS** |  |
| Eggs, large |  |
| **LEAVENING AGENTS** |  |
| Baking Powder (double acting) |  |
| Baking Soda |  |
| Instant Yeast |  |
| **FLOUR** |  |
| All Purpose Flour |  |
| Bread Flour |  |
| Cake Flour |  |
| Pastry Flour |  |
| **STARCH** | . |
| Cornstarch |  |
| **CHOCOLATE PRODUCTS** |  |
| Cocoa Powder |  |
| Compound White Chocolate |  |
| Compound Dark Chocolate |  |
| Couverture Dark Chocolate 54.5% |  |
| Couverture Milk Chocolate C823 |  |
| Couverture White Chocolate W2 |  |
| Coating Compound Chocolate – dark |  |
| **GELATIN** |  |
| Gelatin Powder |  |
| Gelatin Sheets |  |
| **NUTS & NUT PRODUCTS** | **QUANTITY REQUIRED IN GRAMS /mL or L** |
| Almonds - Ground Blanched |  |
| Almonds – Natural Thin Sliced |  |
| Pecans -whole |  |
| Walnuts halves |  |
| Marzipan |  |
| Nutella |  |
| **SWEETENING AGENTS** |  |
| Sugar - Brown |  |
| Sugar - granulated |  |
| Sugar – Icing (powdered) |  |
| Maple Syrup |  |
| Light Corn Syrup |  |
| Honey |  |
| **SUGAR PASTE/FONDANT** |  |
| Rolled Fondant |  |
| *Soft Fondant* |  |
| **FLAVORING** |  |
| Instant Coffee |  |
| Vanilla Extract |  |
| Earl Grey Tea |  |
| Apple Cider Vinegar |  |
| Lemon Juice |  |
| **DRIED FRUITS** |  |
| Dried Cherries |  |
| Dried Blueberries |  |
| Dried Cranberries |  |
| **FROZEN FRUIT PUREES** |  |
| Raspberry Puree |  |
| Passionfruit Puree |  |
| White Peach Puree |  |
| **FRESH FRUITS** |  |
| Lemons |  |
| Oranges |  |
| Raspberries |  |
| Strawberries |  |
| **FROZEN FRUITS** |  |
| Frozen rhubarb |  |
| Frozen peaches |  |
| **FRESH HERBS** |  |
| Basil |  |
| Mint |  |
| Tarragon |  |
| **SPICES** |  |
| Cardamon, ground |  |
| Cinnamon -ground |  |
| Nutmeg |  |
| Star Anise |  |
| Salt |  |
| **OTHER INGREDIENTS** | **QUANTITY REQUIRED IN GRAMS /mL or L** |
| Apricot Glaze |  |
| Ice cubes |  |
| Rice paper |  |

**PERMITTED ADDITIONAL INGREDIENTS NOT SUPPLIED BY SKILLS BC – These do not count in your TWO (2) extra ingredients.**

|  |  |
| --- | --- |
| **Food colors** | **Modified Starch** |
| **Cocoa butter colors** | **Maltodextrin** |
| **Agar** | **Soy Lecithin** |
| **Tartaric acid** | **Fish Gelatin** |
| **Citrus Acid** | **Ultra Sperse** |
| **Vanilla Beans** | **Yuzu Juice** |
| **Lustre Dust/Metallic Powders** |  |

**IMPORTANT** Competitors are permitted to bring in TWO ingredients of their choice. These two ingredients will be presented to the judges during the 30 minutes of set up, while the judges are inspecting the workstations, tools, and permitted additional ingredients. The two additional ingredients cannot be premade or fabricated ingredients or products.

Beyond the 2 additional ingredients, no other ingredients are allowed to be brought to the competition site. **NO GOLD LEAF, NO SILVER LEAF.**

**\*\*\*ALL INGREDIENTS ARE SUBJECT TO AVAILABILITY. \*\*\***

**Appendix B: Regional BC Skills Equipment List 2026**

* 1 Stainless table with shelf on locking wheels & counters
* 1 Standard domestic stove & oven combination
* 1 Microwave
* 1 sink for dish washing

**SHARED EQUIPMENT**

* Shared fridge and freezer
* Rack ‘n Roll

**PLEASE TAKE NOTE OF THE FOLLOWING:**

* No other equipment, tools, or smallware will be provided by Skills BC. Secondary competitors must bring their own small tools & other equipment needed to produce their required products.
* Competitors are free to bring in any appliances and small tools they require, providing they fit into the 0.8 cubic meter required dimension of the tool chests or half rack.