



Black Box List of Ingredients

Mandatory Items		Non-Mandatory items		
Meat		Meat	Dry Goods	Stock
Noix de Veau 800 g		Caul Fat 200 g	Basmati rice, 250 g	fish stock, 1 L
			bay leaf, 4 ea	veal stock, 1 L
Seafood		Seafood	bread flour, 300 g	
Coquilles Saint-Jacques 8 ea		Busumer Crabs 100g	cloves, 10 ea	Dairy
		Pike-Perch 1 whole	Cassis paste, 200 g	crème fraiche, 200 g
Fruit			cinnamon, 15 g	
Pears 4 ea		Fruit	couscous, 250 g	Alcohol
		orange, 1 ea	curry, 15 g	Bacardi rum, 100 ml
Grocery		mango, 1 ea	Dijon mustard, 50 g	Cassis, 100 ml
Dark chocolate 120 g		raspberries, 1 box	filo dough, 500 g	Cognac, 100 ml
			fine salt, 300 g	Grand Marnier, 100 ml
Vegetables		Vegetables	orzo rice, 250 g	Kahlua, 100 ml
**		anabell potatoes, 500 g	pepper, cayenne 10 g	Noilly Prat, 100 ml
		avocado, 1 ea	saffron, 2 g	
		baby asparagus, 200 g	sesame seed oil, 0.25 L	Herbs
		bean sprouts	sesame seeds, white 20 g	chives, 1 bunch
Dry Goods		celery, Staudenselleri, 1 ea	toast bread, 6 ea	coriander, 1 bunch
**		cherry tomatoes, 150 g	vanilla, 1 ea	mint, 1 bunch
		fennel, 1 ea	vinegar, sherry, 0.1 L	parsley, 1 bunch
		ginger, 50 g	vinegard, balsamic 0.1 L	rosemary, 1 bunch
		pumpkin, 400 g	white chocolate, 120 g	
		Savoy cabbage, 1/2 ea		
		yellow boletus, Steinpilze, 300 g		