

**CONCOURS INTERNATIONAL DES JEUNES CHEFS ROTISSEURS 2019
CALGARY, ALBERTA, CANADA**

Mandatory Items		Non-Mandatory Items		Non-Mandatory Items		Non-Mandatory Items	
	Amount /gr.		Amount /gr.		Amount /gr.		Amount /gr.
<u>Fish</u>		<u>Vegetables / Herbs</u>		<u>Alcohol</u>		<u>Dry Goods</u>	
Pickarel whole Fish	1 kg	Basil	1 bunch	Wine, White	500 ml	Cumin	60 gram
Spot Prawns	12 total	Belgian Endive	4 whole	Wine, Red	750 ml	Caraway Seeds	60 gram
<u>Meat / Poultry</u>		Carrots	500 gram	Big Rock Traditional Ale	355 ml	Cardamom Pods	60 gram
Beef Tri Tip / Coulotte	1.5 kg	Celeriac Root	1 whole	Sherry	250 ml	Star Anise	60 gram
Quail (whole)	4 whole	Chanterelle Mushrooms	500 gram	<u>Dry Goods</u>		Tumeric	60 gram
<u>Vegetables</u>		Chilies, Red	4 whole	Vanilla Bean	2 pc	Paprika	60 gram
Acorn Squash	2 whole	Chives	1 bunch	Wild Rice	500 grams	Mustard Seeds	120 grams
Zucchini	2 whole	Coriander, Fresh	1 bunch	Hazel Nuts	150 grams		
<u>Fruit</u>		Dill	1 bunch	Miso Paste	100 gram		
Saskatoon Berries (frozen)	500 gram	Fingerling Potatoes	1 kg				
Peaches (fresh)	4 whole	Garlic	50 gram	<u>Dairy</u>			
<u>Other</u>		Lemon	2 whole	Crème Fraiche 52%	250 gram		
Honey	120 gram	Mint	1 bunch	Gouda Cheese	250 gram		
<u>Grain</u>		Parsley, Flat	1 bunch	Butter unsalted	450 gram		
Beluga Lentils	300 gram	Parsnip	500 gram	Whipping Cream 36%	1 liter		
		Rosemary	1 bunch				
		Swiss Chard	1 bunch				
		Thyme	1 bunch				
		Tomatoes, on the vine	4 whole				
50% of Each product must be used.							