



LA CHAINE DES ROTISSEURS
 CONCOURS INTERNATIONAL DES JEUNES COMMIS ROTISSEURS
 ADELAIDE AUSTRALIA 2006

Black Box List of Ingredients

Mandatory Items	Non-Mandatory items		
Meat	Meat	Dry Goods	Stock
1 whole Lamb Saddle on the Bone	100 grams Veal Sweetbread	1 tin 400 millilitres Coconut Cream	500 millilitres Veal Stock
	4 Slices Smoky Bacon	150 grams Arborio Rice	500 millilitres Fish Stock
Seafood	Seafood	200 grams Flour	
4 live fresh Marrons 250 to 350 grams each	4 x whole Whiting Fish 250 gm each	100 grams Macadamia Nuts	
		100 grams Palm Sugar	Dairy
Fruit	Fruit	500 grams Castor Sugar	600 millilitres Milk
1 whole Queensland Mango	200 grams Blueberries	6 pieces Alba Gelatine Sheets	600 millilitres Cream
	6 stalks Rhubarb (1 bunch)	100 grams Tomato Paste	12 whole Eggs
	1 whole Lemon	100 grams brown Lentils	500 grams Butter unsalted
	1 whole Lime	5 pieces Star Anise	100 grams Cottage Cheese
		50 millilitres Sesame oil	
Vegetables	Vegetables	500 millilitres Vegetable Oil	
100 grams Enoki Mushrooms	1 whole large White Onion	100 millilitres Olive Oil	
	1 whole Red Onion	50 millilitres Sherry Vinegar	
	2 pieces medium Carrots (100 grams)	50 millilitres Balsamic Vinegar	
	1 piece Bulb Garlic	50 grams Salt	Alcohol
	4 pieces Eschalot	25 grams brown Pepper	30 millilitres Cointreau
Dry Goods	2 pieces Spring Onions	3 pieces Bay Leaves	60 millilitres Bundaberg Rum
200 grams Callebaut 811 Couverture	1 whole Leek	6 pieces Juniper Berries	250 millilitres White Wine Chardonnay
	100 grams Button Mushrooms	2 pieces Cinnamon sticks	250 millilitres Red Wine Shiraz
	1 whole stalk Celery	100 grams Almond Meal	Herbs
	1 piece Knob Ginger		1 bunch Dill
	8 whole Kipfler Potatoes		1 bunch Rosemary
	1 punnet 250 grams Yellow Tomatoes		1 bunch Green Basil
	100 grams Baby Spinach		1 bunch Mint
	100 grams Brocolini (1 bunch)		1 piece whole Lemongrass
	1 whole Red Capsicum (Bell Pepper)		1 whole Chilli Large Red
	1 whole Green Capsicum (Bell Pepper)		1 bunch Coriander
			2 whole Lime Leaves