LA CHAINE DES ROTISSEURS
CONCOURS INTERNATIONAL DES JEUNES COMMIS ROTISSEURS
PARIS FRANCE 2008

Black Box List of Ingredients

Mandatory Items

Meat

*1 X 1.5 kg duckling (cleaned out)

Seafood

*2 x 200g - 250g red mullets, whole

Fruit

**

Grocery

**

Vegetables

**

Dry Goods

**

Non-Mandatory items

Vegetables

arugula, small, 100g
beetroot, cooked, 1 ea
bell pepper, 1 red
black olives, pitted, 100g
celery stalks, 2 ea
eggplant, 1 ea
French fine green beans, 200g
garlic, 1 whole
ginger, fresh, 100g
mushrooms, oyster, 250g
onions, pearl, 150g
potatoes, new, 6 medium
shallots, 150g
spinach leaves, 250g
tomatoes, 2 plum
tomatoes, 4 medium round
lemon grass sticks, 2 ea
vanilla bean, 1 pod

Fruit

grapefruit, pink, 1 ea
lemons, 2 ea
limes, 2 ea
orange, 1 ea
pears, William, 2 ea
pineapple, baby, 1 ea
raspberries, 120g

Herbs

basil, 1/2 bunch
cilantro (coriander), 1 bunch
mint, 2 sprigs
parsley, flat-leaf, 1/2 bunch
rosemary, 2 sprigs

Dairy

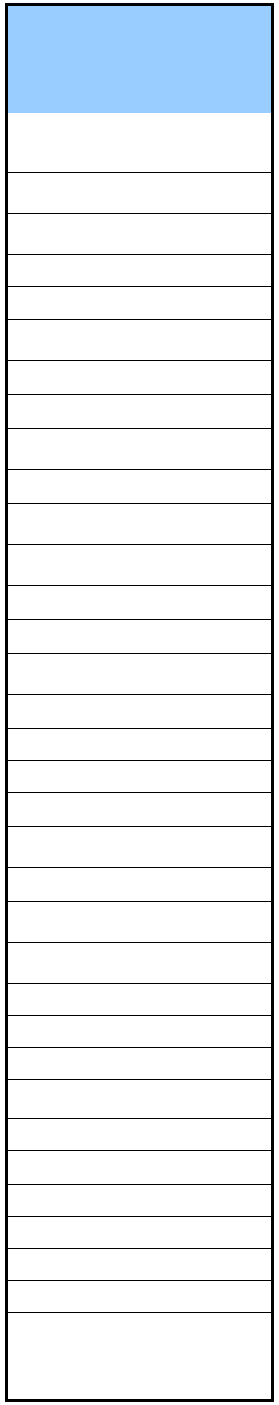
chocolate, couverture, 150g

Dry Goods

almonds, ground, 200g
cardamom, green, 10 g
four-spices, 5 g
cinnamon sticks, 4
honey, 100 g
pistachio, peeled, 100g
star anise, 3

Meat

1 x 150g chicken filet

ENGLISH

2008