LA CHAINE DES ROTISSEURS
CONCOURS INTERNATIONAL DES JEUNES COMMIS ROTISSEURS
NEW YORK USA 2009

ENGLISH

Black Box List of Ingredients

Mandatory Items	Non-Mandatory items	
Meat	**Vegetables**	**Herbs**
chicken, 2 whole	artichokes, 2 ea	chives, 1 bunch
foie gras, 1 piece	Belgian endive,2 ea	parsley, 1 bunch
Seafood	carrots, 1 lb	sage, 1 bunch
trout, 2 whole	celery stalk, 1/2 ea	tarragon, 1 bunch
Fruit	lemons, 3 ea	**Dairy**
blueberries, 8oz	limes, 3 ea	butter, unsalted, 1 pound
	potatoes, yellow, 1 lb	dark chocolate, 6oz
Grocery	spinach, 1 basket, 8oz	**Dry Goods**
goat cheese, fresh, 8oz	vanilla bean, 1 ea	
	yellow pepper, 8oz	**Meat**
Vegetables	**Fruit**	duck breast, 1 piece
red pepper, 1 ea, 8oz	apples, 4 whole	**Seafood**
Dry Goods	oranges, 4 whole	sea scallops, 8oz
	strawberries, 8oz	shrimp 21/25. 8oz

2009