

| Mandatory items       |               | Non mandatory items        |              |                          |             |                  |             |
|-----------------------|---------------|----------------------------|--------------|--------------------------|-------------|------------------|-------------|
| <b>Meat</b>           |               | <b>Meat</b>                |              | <b>Fruits/berries</b>    |             | <b>Alcohol</b>   |             |
| Beef Sirloin          | 1000 g/ 2,2lb | Smoked reindeer            | 150 g/0,33lb | Cloudberries             | 300g/0,66lb | Red wine         | 300g/0,66lb |
| <b>Fish</b>           |               | <b>Fish/Seafood</b>        |              | Lingonberries            | 300g/0,66lb | White wine       | 300g/0,66lb |
| Whole Perch,( gutted) | 2 ea          | Crayfish, vivid            | 8 ea         | Lemon                    | 2ea         | Brandy           | 100g/0,22lb |
| <b>Vegetables</b>     |               | <b>Vegetables</b>          |              | Lime                     | 2ea         | Port wine        | 200g/0,44lb |
| Fresh chanterelles    | 300g/0,66lb   | Carrots                    | 300g/ 0,66lb | Apples,Granny smith      | 2ea         | Cointreau        | 100g/0,22lb |
| <b>Grocery</b>        |               | Root celery                | 200g/0,44lb  | <b>Herbs</b>             |             | <b>Dairy</b>     |             |
| Milk chocolate        | 200g/0,44lb   | Parsnip                    | 200g/0,44lb  | Dill                     | 1 bunch     | Cream 35%        | 500g/1,1lb  |
|                       |               | Leeks                      | 200g/0,44lb  | Parsley, curled          | 1 bunch     | Creme fraiche    | 300g/0,66lb |
|                       |               | Onions, yellow             | 200g/0,44lb  | Rosemary                 | 0,5 bunch   | Butter, unsalted | 200g/0,44lb |
|                       |               | Shallots                   | 100g/0,22lb  | Thyme                    | 0,5 bunch   | Emmental cheese  | 150g/0,33   |
|                       |               | Garlic                     | 50g/0,11 lb  | Chives                   | 1 bunch     | Blue cheese      | 150g/0,33   |
|                       |               | Tomatoes                   | 300g/ 0,66lb | Estragon                 | 1 bunch     | <b>Dry goods</b> |             |
|                       |               | Cauliflower                | 500g/1,1lb   | Lemon balm, (citronelle) | 1 bunch     | Risotto rice     | 300g/0,66lb |
|                       |               | Broccoli                   | 500g/1,1lb   | <b>Stock</b>             |             | Cinammon batons  | 3 ea        |
|                       |               | Cucumber                   | 300g/ 0,66lb | Beef stock               | 500g/1,1lb  | Vanilla batons   | 2 ea        |
|                       |               | Potatoes, floury           | 500g/1,1lb   | Fish Stock               | 500g/1,1lb  | Toast bread      | 8 ea        |
|                       |               | Potatoes, firm             | 500g/1,1lb   | Chicken stock            | 500g/1,1lb  | Rye bread        | 300g/0,66lb |
|                       |               | Salade, Lollo bionda&rosso | 300g/ 0,66lb |                          |             |                  |             |

| Common table             |                       |                 |  |
|--------------------------|-----------------------|-----------------|--|
| <b>Grocery</b>           |                       |                 |  |
| Eggs                     | Dijon mustard         | <b>Dairy</b>    |  |
| Wheat flour, all purpose | Grain mustard         | Milk            |  |
| Rye flour                | Corn starch (maizena) | Fresh cheese    |  |
| Sugar                    | Black pepper          | Parmesan cheese |  |
| Brown sugar              | White pepper          | <b>Alcohol</b>  |  |
| Sugar, powdered          | Bay leaves            | Pernod          |  |
| Gelatin sheets           | Almonds, peeled       | Vermouth        |  |
| Olive oil                | Walnuts, peeled       | Beer            |  |
| Rape seed oil            | Baking powder         |                 |  |
| White wine vinegar       | Yeast                 |                 |  |
| Red wine vinegar         | Tomato paste          |                 |  |
| Balsamic vinegar         | Pan spray             |                 |  |
| Honey                    | Salt                  |                 |  |
|                          | Soy sauce             |                 |  |

Jeunes Chefs Competition  
la Chaîne des Rotisseurs  
Helsinki, Finland

# 2010

**ENGLISH**