

MANDATORY ITEMS		NON-MANDATORY ITEMS					
Meat		Fish		Herbs	Dry Goods		
Rack of lamb, 12 bones (bones not cleaned)	1 ea	Bonito, whole (2 x 350g)	700 g	Dill	0.5 bunch	Bulgur (Cracked wheat)	300 g
		Poultry		Parsley, flat	0.5 bunch	Red lentil	200 g
		Chicken, whole	1 ea	Rosemary	1 bunch	Walnuts, shelled	100 g
Seafood		Sea Food		Thyme	1 bunch	Hazelnuts, shelled	100 g
Lobster, whole 1 ea	700 g	Prawn, 16/20	6 ea	Coriander	1 bunch	Apricots, dry	100 g
		Vegetables		Basil	1 bunch	Sultanas	50 g
Vegetable		Cabbage, white	500 g	Tarragon	1 bunch	Pine kernels	50 g
Eggplant (Berry/Caviar)	4 ea	Squash	500 g	Alcohol		Almonds	100 g
Leek	2 ea	Garlic	50 g	White Wine	500 g	Rice, Carlose	300 g
Fruit		Avocado	3 ea	Red wine	500 g	Fruits	
Fresh figs	12 ea	Tomatoes, salad	500 g	Brandy	100 g	Apple, starking	2 ea
		Chanterelle mushrooms	100 g	Raki (anise-flavored spirit)	100 g	Pear	2 ea
		Cucumber	300 g	Dairy		Pineapple	1 ea
		Bell pepper, red	2 ea	Cream 35%	1 lt	Melon, Honeydew	1 ea
		Bell pepper, yellow	2 ea	White cheese (Feta type)	200 g	Lemon	2 ea
		Scallion (Spring onion)	1 bunch			Grapes, black	300 g
		Sorrel	1 bunch			Plums	8 ea
		Lettuce, Lollo bionda & rosso	400 g				
COMMON TABLE							
Grocery		Grocery		Grocery			
Sugar, castor		Celery stick		Honey			
Sugar, brown		Vinegar, apple		Oyster sauce			
Salt		Vinegar, grape		Wild rice			
Pepper, white		Vinegar, Balsamic		Soy sauce			
Pepper, black		Vinegar, rice		Baking powder			
Flour, 12%		Mustard, Dijon					
Flour, 7%		Wasabi		Dairy			
Flour, bran		Nori sheets		Butter, unsalted			
Olive oil		Mirin		Milk, UHT whole milk			
Sunflower oil		Vanilla bean					
Hazelnut oil		Toast bread		Stocks			
Cinnamon		Ginger pickles		Brown stock			
Carrots		Gelatin leaves		Fish stock			
Potatoes		Chocolate, bitter & semi-sweet		Chicken stock			
Onions		Eggs					



LA CHAÎNE DES ROTISSEURS
CONCOURS INTERNATIONAL DES JEUNES CHEFS RO
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