

SkillsUSA National Culinary Arts Competition 2017

Sample Common Ingredients Subject to change based on availability

Dry Goods	Produce	Dairy
<ul style="list-style-type: none">• AP Flour• Sugar• Corn Meal• Cous cous• Corn starch• Brown rice• Orzo pasta• Lentils• French bread• Honey• Vegetable oil• Extra virgin olive oil• Soy sauce• Tabasco• Anchovy filets• Sun dried tomatoes• Dijon mustard• Whole grain mustard• Almonds• Walnuts• Tomato puree• Tomato paste• Capers• White wine vinegar• Red wine vinegar• Asst. dry spices• Chicken base• Beef base• Demi glace	<ul style="list-style-type: none">• Apples• Lemons• Garlic• Onions• Scallions• Shallots• Leeks• Carrots• Celery• Red Peppers• White Mushrooms• Green Leaf Lettuce• Spinach• Cabbage• Assorted fresh herbs• Parsley	<ul style="list-style-type: none">• Butter• Cream• Milk• Eggs• Cheddar Cheese• Parmesan Cheese• Blue Cheese