

SASKATCHEWAN SKILLS COMPETITION 2010 PRINCE ALBERT

COMMON FOOD TABLE

MEAT	Fresh vegetables	herbs	Bread crumbs
Chicken(secondary)	Broccoli	Variety of fresh herbs	
Whole duck(post sec)	Carrots	Including parsley	Dried spices
Dairy products	Parsnips		Variety of common
milk	Celery	Dry goods	Including saffron
Fresh cream 35%	Zucchini	Long grain rice	
Butter	Cucumber	Arborio rice	
Parmesan cheese	Tomatoes	Olives- black & green	
Sour cream	Cherry tomatoes	Red lentils	
Large eggs	Potatoes	Vegetable oil	
	Red onion	Olive oil	
Wine	White onion	Dijon mustard	
Red & white(reduced)	Shallots	Gelatine	
stocks	Garlic	Yeast	
Chicken	White mushrooms	Almonds	
Duck(post secondary)		Soya sauce	
	lemons	Tomato paste	
	Oranges	Maple syrup	
	Mangoes	Vinegar-white-wine	
	strawberries	Sugar-brown-white	
		Corn starch	
		Flour- allpurpose-bread	