

Culinary Decathlon Ingredient Requisition

Student Name: _____

From the list below of CIV provided ingredients, please check ALL ingredients you plan to use during the competition. This list should be returned to your Admissions Advisor by Friday, March 13th with the amount (**in weight**) noted to the side of each item.

Bases

- Beef ____ cups
- Chicken ____ cups
- Demi ____ cups

Dairy

- Cheddar Cheese ____ oz
- Heavy Cream ____ oz
- Large Eggs ____ oz
- Parmesan Cheese ____ oz
- Plain Yogurt ____ oz
- Sour Cream ____ oz
- Swiss Cheese ____ oz
- Unsalted Butter ____ oz
- Whole Milk ____ oz

Fresh Herbs

- Chive ____ TBS
- Cilantro ____ TBS
- Dill ____ TBS
- Mint ____ TBS
- Oregano ____ TBS
- Parsley ____ TBS
- Rosemary ____ TBS
- Sage ____ TBS
- Sweet Basil ____ TBS
- Thyme ____ TBS

Dry Goods

- All Purpose Flour ____ oz
- Arborio ____ oz
- Baguette ____ each
- Barley ____ oz
- Converted rice ____ oz
- Cornmeal ____ oz
- Cornstarch ____ oz
- Couscous ____ oz
- Dijon Mustard ____ oz
- Extra Virgin Olive Oil ____ oz
- Granulated Sugar ____ oz
- Light Brown Sugar ____ oz
- Panko ____ oz
- Plain Breadcrumbs ____ oz
- Rice Vinegar ____ oz
- Soy Oil ____ oz
- Tomato Paste ____ oz
- Vinegar: cider ____ oz
- Vinegar: red ____ oz
- Vinegar: white ____ oz
- Worcestershire Sauce ____ oz

Fruit

- Blueberries ____ cups
- Granny Smith Apples ____ each
- Lemons ____ each
- Limes ____ each
- Oranges ____ each
- Strawberries ____ cups

Produce

- Baking Potatoes ____ each
- Button Mushrooms ____ oz
- Carrots ____ oz
- Celery ____ oz
- Fresh Ginger ____ oz
- Globe Tomato ____ each
- Green Pepper ____ each
- Leaf Spinach ____ oz
- Parsnips ____ each
- Plum Tomatoes ____ each
- Portabella Mushrooms ____ each
- Red Bliss Potatoes ____ oz
- Red Peppers ____ each
- Romaine Lettuce ____ each
- Shallots ____ oz
- Shiitake Mushrooms ____ oz
- Spanish Onions ____ each
- White Turnips ____ oz
- Whole Garlic ____ oz
- Yellow Squash ____ each
- Zucchini Squash ____ each

Culinary Decathlon Equipment Requisition

Student Name: _____

The following equipment will be available by request and is to be shared amongst all competitors.
Please check all equipment you plan to use during the completion.

- 4.5 qt. Mixer
- Cast Iron Griddle
- Chinois
- Fluted Ring Cutters
- Food Mill
- Food Processor
- Jaccard Tenderizer
- Meat Mallet
- Pasta Machine
- Pepper Mill
- Portion Scoops
- Ricer
- Ring Cutter
- Spice Grinder
- Spiral Cutter
- Stick Blender
- Toaster
- Waffle Iron