

Here is a list of items that may be in the mystery basket for SkillsUSA Culinary Arts Competition March 20th, 2020

Mystery items (not all items will be in the basket. 4-6 max. All "baskets" will be the same) what is in the basket is all you will get, if you drop it, burn it, or lose it, it's gone. Point deductions will be made if you don't use an item. Items in the mystery basket will not be available with the pantry items. The list is to inspire creativity, but also there will be items on there which will take great care and restraint to use successfully.

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|-------------------------|---------------------------|
| 1. Tofu                 | 21. Beets                 |
| 2. Chicken livers       | 22. Goat cheese           |
| 3. Red onion            | 23. Lamb Rack             |
| 4. Duck breast          | 24. Potato                |
| 5. Shallots             | 25. Cheese Curds          |
| 6. Haddock Fillet       | 26. Avocado               |
| 7. Napa cabbage         | 27. Honey                 |
| 8. Pasta                | 28. Tuna                  |
| 9. Arborio rice         | 29. Red Cabbage           |
| 10. Eggs                | 30. Frozen Strawberries   |
| 11. Beef Shoulder Clod  | 31. Pineapple juice       |
| 12. Grape leaves        | 32. Pork Belly            |
| 13. Lobster meat        | 33. Slab Bacon            |
| 14. Sour Cream          | 34. Layflat bacon         |
| 15. Red Snapper (Whole) | 35. Dates                 |
| 16. Pea Shoots          | 36. Popcorn               |
| 17. Crab meat           | 37. Snow Peas             |
| 18. Ground beef         | 38. Apples                |
| 19. Peanut Butter       | 39. ANG MRE (counts as 5) |
| 20. Wild Mushrooms      |                           |

Also a list of pantry items. (subject to change due to availability)

1. AP flour
2. Bread Flour
3. Sugar
4. Brown Sugar
5. Misc Dry herbs and spices
6. Dijon mustard
7. Long grain rice
8. Butter
9. Milk
10. Cream
11. Lard

12. Olive oil
13. Canola oil
14. Fiore olive oils
15. Fiore Vinegars
16. Sweet peppers
17. Hot peppers
18. Onions
19. Celery
20. Carrots
21. Potatoes
22. Fresh herbs
23. Canned Beans
24. Parm Cheese

Again, the new format of this contest is to inspire creativity and to showcase cooking skills. The idea of the items being a mystery is to hopefully instill sound cooking skills and technique. Contestants should have a good understanding of cooking methods, internal cooking temperatures of proteins, sound vegetable and starch cooking methods, knife skills, ingredient identification, and proper food service sanitation.

GOOD LUCK!!! SEE YOU IN MARCH!