

Regional Finals' Ordering Process & Ingredient List Australia 2025

Each competitor will need to order their ingredients (to the maximum quantities specified) from the list below.

Order to be emailed no later than 14 days before the competition date.

After the entry has closed, you will be emailed the following information as part of your acceptance letter:

- Your ingredient order date
- The ACF Host contact information (this is the person you need to email order to)
- The order sheet template

Ingredient List

Protein

Rump 300g MSA Graded (Beef)

Dairy or other

250g Unsalted Butter

500ml Milk

300ml Cream

4 Eggs

200g Grana Padano

200g Greek Yoghurt

200ml Crème Fraiche

200ml Almond Milk

200g Soft Tofu

Fruit & Vegetables

1EA Large Brown Onion

1EA Leek

2 EA Med Carrots

200g Green Beans

1B Broccolini

1/4 Cauliflower

1 Med Eggplant

2 med Zucchini

1 Red capsicum

1/2 B English Spinach

1EA Celeriac

1/2 Silver Beet

1/2 pun Swiss Brown

Mushrooms

1/4 Butternut Pumpkin

1/4 B Rosemary

1/4 B Thyme

1/4 b Sage

1/4b Basil

1/4 B Coriander

1/4 B Chives

1/4 B Flat Leaf Parsley

1 Stick Lemongrass

4 clove Garlic

30g Ginger

2 EA Red Chilli

2 EA Lemons

2 EA Small Nashi Pear

2 EA Oranges

3 Sticks Rhubarb

2 med Banana

Dry Goods

7 Gelatine – bring own in

25g Agar Agar

200ml Soy Sauce

50g French Mustard

500g SR Flour

500g Plain Flour

200g Corn Flour

100g Macadamia Pieces

100g Pistachios (shelled)

200g Semolina

200g Pearl Barley

200g Cous Cous

200g Basmati Rice

200g Panko Crumbs

50ml Vanilla Essence

300g Castor Sugar
250g Brown Sugar
100g Sultanas
200ml Olive Oil

500ml Vegetable Oil
Cooking Spray
50ml Worcestershire Sauce
50ml Honey

50ml White Wine Vinegar
50ml Red Wine Vinegar
Fish Sauce

Herbs & Spices

Salt Flakes
Ground Black Pepper
Ground White Pepper
Whole Black Peppercorns
Bay Leaves
Ground Cumin

Cinnamon Quills
Juniper Berries
Ground Nutmeg
Star Anise
Cardamon Pods
Cloves

Paprika Smokey
Chilli Powder
Garamasala
Cayenne Pepper
Fenugreek Leaf
Coriander Seed

Alcohol

500ml Red Wine
500ml White Wine
200ml Brandy
200ml Dark Stout

Australian Native Products

5g Ground Wattle Seed
5g Ground Lemon Myrtle
10g Ground Native Pepper Berries
5g Salt Bush Powder
10g Dried Rosella Flower Pieces

<https://tuckerbush.com.au/meet-the-wattleseed/>
[https://anfab.org.au/main.asp?_Lemon%20Myrtle](https://anfab.org.au/main.asp?_=Lemon%20Myrtle)
<https://wildpepperisle.com.au/product/tasmanian-pepperberry/>
<https://en.wikipedia.org/wiki/Saltbush>
[https://en.wikipedia.org/wiki/Roselle_\(plant\)](https://en.wikipedia.org/wiki/Roselle_(plant))

Nestlé Ingredients

The following products will be available for selection on a communal table on competition day. Please note, it is mandatory for competitors to use a minimum of three (3) Nestlé products, not including Dariole Moulds in the menu.

BUITONI Sugo Al Pomodoro (Tomato Coulis)
MAGGI Natural Mashed Potato
MAGGI Coconut Milk Powder Mix
NESTLÉ Continental Bitter Chocolate Couverture
NESTLÉ DOCELLO Snowcap White Compound Chocolate
NESTLÉ DOCELLO French Vanilla Mousse Mix
NESTLÉ DOCELLO Dariole Moulds
CARNATION Creamy Evaporated Milk
NESTLÉ Sweetened Condensed Milk
UNCLE TOBYS Traditional Oats
BUONDI Steady State Beans
MAGGI Seasoning
MAGGI Malaysian Laksa Paste
MAGGI Thai Tom Yum Paste
MAGGI Korean BBQ Sauce
MAGGI Legendary BBQ Sauce
MAGGI Jus Lié Sauce Mix
MAGGI Demi Glace Sauce Mix