

INGREDIENTS INFORMATION

Your 3 course menu must include the Lamb Rump sponsored in your main course; the other 2 courses can be made up of any of the ingredients listed. There will be NO further additions to the list, it is FINAL & COMPLETE

To improve the sustainability of the competition in 2025 you will be required to submit a food order prior to the competition date.

The food order must be submitted by **5pm AEST Sunday 24th August**. The order sheet attached must be used & the measurements must be followed if you do not follow the instructions your order will not be processed. You will be penalised 10% of your Marks if you do not submit your documentation correctly & on time.

It is your responsibility to only order what you require & to double & triple check your quantities, once your food order is submitted there will be no changes allowed.

On the Competition Day you will receive your Lamb Rump, Fruit & Veg & your Dairy which will be exactly what you have ordered.

You will need to weigh out dry goods / herbs & spices / Alcohol / Nestle products, we will be supplying only the quantities ordered by you. There will be no running around looking for something you have forgotten

Protein

The Cut will be Lamb Rump 300g cap On

You will need to research this cut of meat as it provides many opportunities for multiple techniques on the plate <https://www.raremedium.com.au/cuts/>

The quantities listed below are the **MAXIMUM** you can order, if you do not require the full amount, you order only the quantity you need for your menu

Dairy or other

350g Unsalted Butter	150g Manchego Cheese	200g Greek Yoghurt
500ml Milk	200g Mascarpone	200ml Almond Milk
400ml Cream	200g Ricotta	200g Firm Tofu
6 Eggs		

Dry Goods

200ml Soy Sauce	50ml Vanilla Essence	50ml Red Wine Vinegar
50g Dijon Mustard	250g Castor Sugar	50 ml Black Vinegar
500g SR Flour	250g Brown Sugar	0.5g Saffron threads
500g Plain Flour	250g Pure Icing Sugar	1 Tin Chickpeas
200g Corn Flour	100g Dried Cranberries	10g Pacific Harvest
100g Pistachio Nuts	100g Dried Figs	Wakame Seaweed Wild
100g Plain Cashews	200ml Olive Oil	Leaves
200g Semolina	500ml Vegetable Oil	15g Pacific Harvest Sea
200g Pearl Barley	50ml Worcestershire	Spaghetti Seaweed
200g Israeli Cous Cous	Sauce	Branches
200g Basmati Rice	50ml Honey	
200g Panko Crumbs	50ml White Wine Vinegar	

Fruit & Vegetables

2EA	Med Brown Onion	1 Pun	Oyster Mushrooms	¼ B	Chives
1EA	Leek	1 EA	Red Capsicum	¼ B	Flat Leaf Parsley
2 Sticks	Celery	1 Pun	Button Mushrooms	1 Stick	Lemongrass
100g	Golden Shallots	100g	Yellow Cherry Tomatoes	1	Bulb Garlic
150g	Brussell Sprouts	1 EA	Med Sweet Potato	30g	Ginger
3 EA	Med Carrots	¼ EA	Jap Pumpkin	2 EA	Red Chillli
12 EA	Orange Dutch Carrots	1 EA	Baby Fennel Bulb	2 EA	Lemons
½ B	Silver beet	4 EA	Med Red Potato	4 EA	Mandarins
½ B	Tuscan Kale	½ pun	Snow Pea tendrils	3 Sticks	Rhubarb
100g	Sugar Snap Peas	¼ B	Rosemary	1 EA	Mango
400g	Green Beans	¼ B	Thyme	4 EA	Passionfruit
1b	Broccolini	¼ b	Sage	1 pun	Raspberries
8 Sticks	Asparagus	1/4b	Basil	1 pun	Strawberries
8 EA	Baby Beetroot	¼ B	Coriander	1 pun	Blueberries

Herbs & Spices

Sea Salt Flakes	Garamasala	Cinnamon Quills
Salt	Cayenne pepper	Fennel Seeds
Ground White Pepper	Juniper Berries	Ground Ginger
Ground Black Pepper	Ground Cumin	Ground nutmeg
Whole Black Peppercorns	Coriander Seeds	Chillies Ground Mild
Star Anise	Garlic Powder	Cloves
Sumac	Onion Powder	Ancho Chilli Powder
Pink Peppercorns	Dried Oregano	Coriander seeds
Paprika Golden Red ®	Cardamon Pods	
Hungarian, Sweet	Bay Leaves	

Alcohol

500ml Red Wine
500ml White Wine
200ml Brandy
330ml bottle Sparkling Dry Apple Cider

Native Products

If you choose to select a native product not from your country you are responsible for the purchase of that product to practice, you may use product from either country

For more information on the below products click links

Australia

40g [Muntries](#) Whole Frozen

50g [Old Man Salt bush](#) Fresh

50g [Warrigal Greens](#) Fresh

New Zealand

5g [Kawakawa](#) (dried)

5g [Horopito](#) pure (native bush pepper)

Please note – You may bring any of the following ingredients to the competition

Xanthan gum

Gellan powder

Alginate powder

Calcium Chloride

Gelatine Leaf

Agar Agar

Nestle Professional INGREDIENTS INFORMATION

It is mandatory for all Competitors to use a minimum of 4 Nestlé Professional products from the list below. (not including Dariole Moulds).

The following Nestlé Professional products will be made available to competitors on a communal table:

You should have received the remainder of ingredients from the regional final to practice with if not contact your Region ACF host.

I have linked all ingredients to the Nestle Professional web site

If you require any Nestle product to practice with that you do not have contact your nestle person listed below

For questions re Nestle Products

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**** please notes dariole moulds are not to be used for measuring ingredients**

[BUTONI Sugo al Pomodoro](#) (Tomato Coulis)

[MAGGI Natural Mashed Potato](#)

[MAGGI Jus Lié Sauce Mix](#)

[MAGGI Demi-Glace Sauce Mix](#)

[MAGGI Coconut Milk Powder Mix](#)

[MAGGI Malaysian Laksa Paste](#)

[MAGGI Seasoning](#)

[MAGGI Korean BBQ Sauce](#)

[MAGGI Legendary BBQ Sauce](#)

[NESTLÉ Continental Bitter Kibble Dark Couverture Chocolate](#) (58% cocoa solids) 200g

[NESTLÉ Royal Kibble Dark Couverture Chocolate](#) 200g

[NESTLÉ DOCELLO Snowcap White Compound Chocolate](#) 200g

[NESTLÉ DOCELLO French Vanilla Mousse](#)

[NESTLÉ DOCELLO Crème Pâtisserie Dessert Mix](#)

[NESTLÉ Sweetened Condensed Milk](#)

[NESTLÉ CARNATION Creamy Evaporated Milk](#)

[UNCLE TOBYS Traditional Oats](#)

[BUONDI Steady State Coffee Beans](#)

[NESTLÉ DOCELLO Dariole Moulds](#)