

NGCHA – Ingredients List & Ordering Process – Grand Finals 2026

Ingredients

Ordering Process

Your three-course menu must include the beef flank steak in the main course. The other two courses use ingredients from the list below. The list is final and complete, with no additions. Order only what you need and check your quantities carefully. Once your order is submitted, no changes are allowed. Submit your food order via the official order form by **5.00pm AEST, Monday 17 August**. Incorrect or late orders are penalised 10% of your marks.

On the day before you cook, you receive your beef flank steak and the fruit and vegetables you bought at South Melbourne Market, plus the dairy and other goods exactly as ordered. Only the quantities you order are supplied, so there is no running around for anything forgotten.

Mandatory Nestlé requirement

Use at least four Nestlé products from the communal table in your menu. Dariole moulds do not count towards the four and must not be used to weigh ingredients.

Protein

Ingredient	Maximum quantity	Category
Beef Flank Steak #2210	600g to 1000g	Primary protein

Find out more on Beef Flank Steak from Rare Medium [here](#), [video breakdown here](#) and [recipe inspo here](#).

Dairy and alternatives

Ingredient	Max	Ingredient	Max
Unsalted Butter	250g	Greek Yoghurt	200g
Milk	500ml	Crème Fraîche	200ml
Cream	300ml	Almond Milk	200ml
Eggs	4	Soft Tofu	200g
Grana Padano	200g	Feta	100g

Fruit and vegetables

Produce	Max	Produce	Max
Large Brown Onion	1	English Spinach	1/2 bunch
Leek	1	Celeriac	1
Medium Carrots	2	Silver Beet	1/2 bunch
Green Beans	200g	Swiss Brown Mushrooms	1/2 punnet
Broccolini	1 bunch	Butternut Pumpkin	1/4
Cauliflower	1/4	Lemons	2
Medium Eggplant	1	Small Nashi Pear	2
Medium Zucchini	2	Oranges any variety	2

Raspberries	200g	Rhubarb	3 sticks
Red Capsicum	1	Medium Banana	2
Garlic	4 cloves	Red Chilli	2
Ginger	30g		

Herbs and aromatics

Herb	Max	Herb	Max
Rosemary	1/4 bunch	Flat Leaf Parsley	1/4 bunch
Thyme	1/4 bunch	Lemongrass	1 stick
Sage	1/4 bunch	Coriander	1/4 bunch
Basil	1/4 bunch	Chives	1/4 bunch

Dry goods and baking

Item	Max	Item	Max
Gelatine (bring own)	7 sheets	Pearl Barley	200g
Agar Agar	25g	Couscous	200g
Self-Raising Flour	500g	Basmati Rice	200g
Plain Flour	500g	Panko Crumbs	200g
Cornflour	200g	Macadamia Pieces	100g
Semolina	200g	Pistachios (shelled)	100g
Baking Powder	40g	Dried Dates	100g
Bicarbonate of Soda	40g	Dried Cranberries	50g
Cocoa Powder	50g	Vanilla Essence	50ml

Sugars, oils and condiments

Item	Max	Item	Max
Castor Sugar	300g	Olive Oil	200ml
Brown Sugar	250g	Vegetable Oil	500ml
Icing Sugar	100g	Worcestershire Sauce	50ml
Glucose	100g	Honey	50ml
Soy Sauce	200ml	White Wine Vinegar	50ml
Dijon Mustard	50g	Red Wine Vinegar	50ml
Smokey Paprika	50g		
Maple Syrup	50ml	Cooking Spray	As needed
Fish Sauce	As needed		

Alcohol

Ingredient	Maximum quantity	Category
Red Wine	500ml	Cooking wine
White Wine	500ml	Cooking wine
Brandy	200ml	Spirit
Dark Stout	200ml	Beer

Spices, seasonings and salts

A standard allocation of the following is available: ground chillies, Chinese five spice, cayenne pepper, fine black pepper, poppy seeds, bay leaves, fennel seeds, ground ginger, juniper berries, sumac, Szechuan pepper, pink peppercorns, onion powder, garlic powder, table salt, ground nutmeg, whole nutmeg, ground cardamom, ground allspice, oregano leaves, whole aniseed, cinnamon quills, garam masala, ground cumin, coriander seeds, cardamom pods, cloves, sea salt, smokey paprika and white pepper.

Regional native products

Region	Eligibility	Available
Australian native products	AU chefs only	Warrigal Greens (fresh), Ground Strawberry Gum
New Zealand native products	NZ chefs only	Horopito (dried), Kawakawa (dried)

Nestlé communal table

Available on the communal table on competition day. Use at least four of these in your menu:

Selection A to I	Selection J to Q
BUITONI Sugo Al Pomodoro	UNCLE TOBYS Traditional Oats
MAGGI Natural Mashed Potato	BUONDI Steady State Beans
MAGGI Coconut Milk Powder Mix	MAGGI Seasoning
NESTLÉ Continental Bitter Chocolate Couverture	MAGGI Malaysian Laksa Paste
NESTLÉ DOCELLO Snowcap White Compound Chocolate	MAGGI Thai Tom Yum Paste
NESTLÉ DOCELLO French Vanilla Mousse Mix	MAGGI Korean BBQ Sauce
CARNATION Creamy Evaporated Milk	MAGGI Jus Lié Sauce Mix
KITKAT Spread	MAGGI Demi-Glace Sauce Mix
NESTLÉ Sweetened Condensed Milk	Nestlé dariole moulds (not counted as a Nestlé ingredient)

Practice ingredients and Nestlé contacts

You should have received the remaining ingredients from your regional final to practise with. If not, contact your regional ACF host. For Nestlé products to practise with, contact your Nestlé representative:

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