

ANNEX 2.2 - ICC 2025 NATIONAL SELECTING EVENT

TEAMS' INGREDIENTS LIST - Excl. France

Only two dishes:

Starters (eggs in aspic and Bao buns) & Stuffed pork loin and feet

DRY GROCERY	Quantity	FRUITS & VEGETABLES	Quantity	MEAT	Quantity
Coarse salt	1 kg	Carrots	2 kg	Trimmed pork belly	4 kg
Table salt	1 kg	Tomatoes (57/67)	2 kg	5-rib pork loins	2
White ground pepper	200 g	Courgettes	5	Front pork feet	12
White pepper	200 g	Red peppers	5	Skinned pork throat	2 kg
Mignonette pepper	100 g	Green pepper	5	Crépine	4
4 épices spice mix (LA BOVIDA)	100 g	Spinach leaves	1 kg	Bard	2
Espelette pepper	50 g	Leeks	5	Frozen sweetbreads - SYSCO	1 kg
Traditional mustard	200 g	Bulb fennel	1	Deboned, shredded free range chicken, 2 to 2.2 kg	1
Star anise	50 g	Celeriac	1	Chicken breast	1 kg
Nutmeg	50 g	Celery	1	FISH - SEAFOOD	Quantity
Coriander seed	100 g	Green cabbage	2	Red label certified frozen shrimp	4 kg
Fennel seed	100 g	Potatoes (Charlotte variety)	2 kg	DAIRY PRODUCTS	Quantity
Mustard seed	60 g	Parsnip	1 kg	Fluid cream 35%	2 litres
Red wine vinegar	1 litre	Champignon de Paris	2 kg	Crème fraîche 40%	2 litres
White wine vinegar	1 litre	Dehydrated morels	200 g	Whole milk	2 litres
Sherry vinegar	0,5 litre	Onions	1 kg	Fresh eggs	24
Tabasco	small bottle	Red onions	500 g	Pastry butter 82%	1 kg
Soy sauce	100 g	Shallots	1 kg	Cooking butter	1 kg
Dijon mustard	200 g	Garlic	2 cloves	Baker's yeast	100 g
Olive oil	1 litre	Fresh ginger	100 g	Sandwich bread sheets	4 sheets
Sunflower oil	1 litre	Tarragon	2 bunches	ALCOHOLIC BEV.	Quantity
Sesame oil	200 g	Flat parsley	2 bunches	White wine	1 litre
T 55 flour	1 kg	Coriander	1 bunch	Red wine	2 litres
T 45 flour	1 kg	Chives	2 bunches	Non-modified Port	200 g
Potato starch	200 g	Chervil	2 bunches	Non-modified Cognac	200 g
Corn starch	100 g	Basil	1 bunch		
Breadcrumbs	500 g	Dill	1 bunch		
Polenta	200 g	Thyme	Available		
Gelatin (sheet OR 200 Bloom)	200 g	Laurel	Available		
Fish stock	Available				
Veal stock	Available				
Duck stock	Available				
Filo pastry sheets	20 sheets				
Green lentils	250 g				
Round rice	250 g				
Clear jelly (Gelée Claire)	500 g				
Icing sugar	1 kg				
Honey	200 g	grease bomb	1		