



VENUE 2019

Canberra Institute of Technology
Constitution Ave, Canberra

OCTOBER 8th 9th 10th



Premium Partner



Partners



Supporting Sponsors



Competition Sponsors

Canberra Institute of Technology

Youngs Chickens

Poachers Pantry

COMPETITION OVERVIEW 2019

2019 competition will be held in Canberra, the ACF will provide airfares, accommodation, food & beverage for up to 4 team members to attend the competition.

Apprentices 1st, 2nd, final year & culinary student.

Should chapters be wanting to send an accompanying person it will be at the said chapter expense. Expenses will be air / accom / transfers / F&B TBC

No later than COB Monday 16th September

Submit 1 ONLY email to ACF head office deb@austculinary.com.au with the following documentation

- all finalists' entry forms....see attached document 1
- copy of photo id
- Sponsored Food Order

COMPETITION WEEK

| | |
|-----------------------|--|
| Tuesday October 8th | Teams will travel to Canberra in Morning Shop for Ingredients that are not in Pantry List, Teams will be given \$20 for 1 st year, \$30 for second Year & culinary student, \$50 for Final Year |
| Wednesday October 9th | Culinary Students & 2 nd years will compete in morning 1 st Years & 3/4 th Years will have masterclasses 1 st Years & 3/4 th Years will compete in afternoon Culinary Students & 2 nd years will have masterclasses |
| Thursday October 10th | ½ day Culinary Tour Late Lunch Presentation Teams fly home |

ACCOMMODATION

Teams will be accommodated TBC

Accommodation for all will be share accommodation according to gender

Should any state require additional accommodation please let deb know ASAP

COMPETITION RULES - CONDITIONS OF ENTRY

TO COMPETITORS & SUPERVISORS: READ THESE POINTS VERY CAREFULLY!

1. A submitted entry form shall constitute acceptance by the competitor to agree to abide by the competition rules.
2. The Australian Culinary Federation (ACF) and the Competition Management shall not under any circumstances be responsible for any injuries, nor any loss or damage to any goods, equipment or personal effects.
3. Competitors are advised to consider appropriate insurance protection.
4. All entries must be on an official entry form and signed/verified by your local competition convenor.
5. All competition work, food and dishes, must comply with current health regulations.
6. The judges have the right to inspect, cut, open, test and taste all entries.
7. All judges' decisions will be final and no correspondence will be entered into.
8. ACF and the Chairman of the Organising Committee, reserve the right to rescind, modify or add to any of the rules and conditions, and their interpretation shall be final.
9. All correspondence for the competition must be directed to the responsible Convenor.
10. No additional electrical equipment other than stick blenders will be allowed in to the kitchen. **MUST BE TAGGED BY A CERTIFIED ELECTRICIAN.** Non complying equipment will not be permitted.
11. The competitors will have been selected by the ACF state chapters to represent the state
12. All competitors are required to use the product as stipulated in criteria.
13. Each team must consist of two students comprising of a Team Captain and an Assistant.
14. All ingredients are to be prepared on the day of competition by the competitors. They will be scrutinised on arrival and during the competition. For example:
 - Basic stock will be allowed but no glaze reduction. The reduction would have to be made during the time allowed for the competition;
 - Vegetables can be washed and peeled but not turned or prepared any further.
 - Salads cleaned, washed but not mixed or cut
 - Vegetables, fruits, potatoes, onions cleaned, peeled, washed, raw, not cut (exception for vegetables where seeds have to be removed). For example, squash, but only allowed to be cut in halves, onions can be halved to check quality, vegetables like tomatoes may be blanched and peeled, broad beans may be shelled
 - Vegetable/fruit purées can be brought in, but not reduced, seasoned or thickened. Final sauce or coulis must be prepared on site. Samples for tasting
 - Meat/Poultry not portioned, meat not trimmed, minced or ground, sausages have to be made on site
 - Pastry, sponge, biscuit, meringue can be brought in, but not cut, sliced or chopped
 - Fruit/vegetable pulps and fruit/vegetable purees can be brought in, but not reduced, seasoned or thickened. Final sauce or coulis must be prepared on site. Samples for tasting.
 - Bones for stock, bones (including extra) can be brought in cut into small pieces
 - Eggs can be separated and but not processed in any other way
 - Dry ingredients can be weighed and measured
15. As a guide, it is recommended that total proteins weigh no more than 160 g for each dish and starch represents no more than 60 g of the main course. All submitted recipes will become the property of Australian Culinary Federation and may be used for promotional purposes.
16. Any communication between competitors and their respective coaches / teachers during the competition, as dictated by the Chief Judge will result in disqualification of the competitors
17. Competitors must produce two (2) portions of their team's dish as per supporting documents
18. All entries must be on official entry form & become the property of The Australian Culinary Federation and will be used in but not limited to promotions, media, sponsorship.

COMPETITION ENTRIES

1. APPRENTICE COOKS – SECTIONS 1, 2, 3:

Applicants must be -

- a) Employed as Apprentice cooks.
- b) Enrolled at a TAFE Institute or Registered Training Organisation.

2. CULINARY STUDENTS - SECTION 4

Applicants must be –

- a) Studying full time CERTIFICATE III in cookery
- b) Students must be enrolled in a TAFE or PRIVATE R.T.O. course.

4. COMPETITION TIMES:

Tuesday afternoon shopping for ingredients is to be done as a team at Woolworths, teams are to come with a single shopping list for all the ingredients for the all the competitors. You can ONLY Purchase items from Woolworths or use Pantry Supplied

The Competition will be on Wednesday 10th at **Canberra Institute of Technology Reid Campus**. All competitors not competing will be Participating in Masterclasses

5. AWARDS, CRITERIA & JUDGES:

- a) Judging panel: All judges are approved by the Organising Committee. ACF registered judges are preferred.
- b) Assessment: Will be conducted in accordance with guidelines for ACF Culinary Competitions.
- c) Medals Will be awarded to any entry which attains the following points:

| | |
|-------------------------------------|-----------|
| Gold with honours (Super Gold) 100% | |
| Gold | 90% – 99% |
| Silver | 80% – 89% |
| Bronze | 70% – 79% |
- d) Certificates: All Competitors will receive a certificate of participation
- e) Prizes: will be awarded to the winner in each section & the overall best apprentice, prizes can include any of the following...trophies, cash, vouchers, gifts.

6. UNIFORM:

All competitors must comply with the following –

- Cooks uniform. Traditional whites must be worn, including long sleeved cook's jackets.
- Necktie
- Apron
- Hat
- Uniforms must be clean, pressed. **No logos**
- Footwear – clean and safe.
- Hair – covered, in hairnet, if necessary.
- No jewellery

Note: Non conforming competitors will not be allowed to compete.

Judging Criteria

Each entrant starts with 100 points and points are deducted in accordance with the following measurable elements:

| | | |
|--|-----------|---|
| Mis En Place | 10 points | |
| Personal Presentation | 3 | |
| Set up work station | 4 | |
| Correct Mise en place level | 3 | |
| Professional Preparation | 30 Points | |
| Hygiene Practices | 5 | |
| Technical skills displayed | 5 | |
| Correct methods of preparation | 5 | |
| Wastage | 5 | |
| Efficient utilisation of time/organisation skills | 5 | |
| Service | 5 | |
| Presentation | 10 Points | |
| Suitable temperature | 1 | |
| Originality/flair | 2 | |
| Appropriate too class/true to menu description | 2 | |
| Portion size | 1 | |
| Clean arrangement & dish | 2 | |
| Nutritional balance | 2 | |
| Taste | 50 Points | |
| Does the major component taste good | 6 | |
| Balance of textures | 6 | |
| Does the sauce/garnish taste good | 6 | |
| Balance of flavours | 6 | |
| Do the complements add to the taste of the major component | 6 | 6 |
| Seasoning | 8 | |
| Is there harmony of flavour combinations in the menu | 6 | |
| Taste of food preserved | 6 | |

Medals will be awarded to the following levels for each Course

Bronze, 70-79 points

Silver, 80-89 points

Gold, 90-99 points

Gold with distinction, 100 points

SECTION 1

1st Year Apprentice Cooks

Each competitor to:

1. Prepare, cook and display two (2) servings of one hot main dish.
2. Provide 1 copy of Dish description & 1 copy of recipes including food costs using templates provided. To be typed & presented in 1 x A4 clear plastic pocket.
DO NOT PRESENT ANY OTHER WAY.

The time allocation: 30 minutes setting up.

60 Minutes to prepare & cook main Dish

30 minutes cleaning up.....Total: 2 Hours

Each competitor to present two (2) individually plated meals using Pork Cutlet with a jus or a sauce.

Each plate/serve must include:

- 1 portion appropriate starch/pulse
- A selection of vegetables

Special Points:

- Each dish should not exceed \$10.00 food cost.
- No deep frying allowed.
- Basic stocks & jus supplied...veal stock, chicken stock, jus lie
- Equipment provided is listed at end of document
- White China Plates will be provided

SECTION 2

2nd Year Apprentice Cooks

Each competitor to:

1. Prepare, cook and display two (2) servings of one entree and two (2) servings of one hot main course
2. Provide 1 copy of dish description & 1 copy of recipes including food costs using templates provided. To be typed & presented in 1x A4 clear plastic pocket.
DO NOT PRESENT ANY OTHER WAY.

The time allocation: 30 minutes setting up.

120 Minutes to prepare & cook entrée & main dishes

30 minutes cleaning up..... Total: 3 Hours

Each competitor to present two (2) individually plated portions of entree and two (2) individually plated portions of main course using 1 x no 18 Chicken with a jus or a sauce.

Menu must include:

- appropriate starch/pulses
- A selection of suitable vegetables,

Special Points:

- Total food cost per person \$15.00...total food cost for 1 entrée & 1 main not to exceed \$15.00
- No deep frying allowed.
- Basic stocks & Jus supplied...veal stock, chicken stock, jus lie, seafood stock
Equipment provided is listed at end of document
- White China Plates will be provided

SECTION 3

FINAL YEAR APPRENTICE COOKS

Each competitor to:

1. Prepare, cook & display two (2) servings of one entrée
2. Prepare, cook and display two (2) servings of one hot main dish.
3. prepare, cook & display two (2) servings of one dessert
4. Provide 1 copy of dish description & 1 copy of recipes including food costs using templates provided. To be typed & presented in 1 x A4 clear plastic pocket.

DO NOT PRESENT ANY OTHER WAY.

The time allocation: 30 minutes setting up.

180 Minutes to prepare & cook entrée, main & dessert dishes

30 minutes cleaning up..... Total: 4 Hours

Each competitor to present two (2) individually plated portions of an Ovo - Lacto vegetarian entrée

Each competitor to present two (2) individually plated portions of main course using Pork Scotch Fillet with jus or a sauce.

Each Competitor to present two (2) individually plated desserts using Golden Syrup

Menu must include:

- Total food cost per person \$20.00...total food cost for 1 entrée & 1 main & 1 dessert not to exceed \$20.00
- A selection of suitable vegetables

Special Points:

- No deep frying allowed.
- Basic stocks & Jus supplied...veal stock, chicken stock, jus lie, seafood stock
Equipment provided is listed at end of document
- White China Plates will be provided

SECTION 4

CULINARY STUDENT.

Each competitor to:

1. Prepare, cook and display two (2) servings of one entrée and two (2) servings of one hot main course
2. Provide 1 copy of dish description & recipes including food costs using templates provided. To be typed & each copy in A4 clear plastic pocket.

DO NOT PRESENT ANY OTHER WAY

The time allocation: 30 minutes setting up.

120 Minutes to prepare & cook entrée & main Dishes

30 minutes cleaning up.....Total: 3 Hours

Each competitor to present two (2) individually plated portions of an entrée using two (2) individually plated portions of Main Course using 1 x no 18 Chicken with a jus or a sauce.

Menu must include:

- appropriate starch/pulse
- A selection of suitable vegetables,

Special Points:

- Total food cost per person \$15.00...total food cost for 1 entrée & 1 main not to exceed \$15.00
- No deep frying allowed.
- Basic stocks & Jus supplied...veal stock, chicken stock, jus lie, seafood stock
- Equipment provided is listed at end of document
- White China Plates will be provided

COMPETITION INGREDIENTS

The following Ingredients will be supplied as a Pantry and you will be required to place an order for the items you require, all other ingredients will be purchased by the teams at Woolworths on Tuesday afternoon \$20 for 1st year, \$30 for second Year & culinary student, \$50 for Final Year. You are not allowed to substitute a sponsor supplied product with another brand

PROTIENS Sponsored per entrant

| | |
|--|------------------------|
| 1 st year | 2 Pork Cutlets |
| 2 nd year, Culinary Student | 1 x No 18 chicken |
| Final Year | 1 x Pork Scotch Fillet |

NESTLE PROFESSIONAL sponsored. TBC if not available substitution will be made

Chef Veal Stock
CHEF Vegetable Liquid Concentrate 200ml
CHEF Mushroom Liquid Concentrate 190ml
CHEF Demi-Glace Liquid Concentrate 200mL
MAGGI Coconut Milk Powder
MAGGI Fish sauce
MAGGI Jus Lie
BUTONI Sugo al Pomodoro (Tomato Coulis)
Nestlé Sweetened Condensed Milk
PLAISTOWE 70% Cocoa Dark Chocolate Couverture

Sandhurst Fine Foods Sponsored

| | |
|------------------------|---------------------|
| Arborio Rice | Canola Oil |
| Feta Cheese | Pitted Green Olives |
| Dry Red Cooking Wine | Baby Cucumbers |
| Dry white cooking wine | Salted baby Capers |
| Balsamic Vinegar | |

KRIO KRUSH sponsored.

| | |
|----------------------|---------------------------|
| Ground Cardamom | Juniper Berries |
| Ground Chillies Mild | Smokey Paprika |
| Cinnamon Quills | Sumac |
| Ground Coriander | Sesame Seeds |
| Fennel Seeds | Fine Kibbled Black Pepper |
| Five Spice | Ground White Pepper |
| Ground Ginger | Sea salt Flakes |
| Ground Nutmeg | |

Pantry Items Supplied

| | |
|--------------------|--------------|
| Vegetable Oil | Corn flour |
| Salt | Sugar Caster |
| Plain Flour | Golden Syrup |
| Flour Self Raising | |

EQUIPMENT LIST

Competitors will have access to the following equipment

4 burner stove & oven
Chopping Board
Small Mixing Bowls
Medium Mixing Bowls
Large Mixing Bowls
Assorted Small Saucepans
Assorted Medium Saucepans
Small Frypans
Medium Frypans
Oven Trays
Assorted Ladles
Large Metal Spoons
Large Metal Spoons with Holes
Rolling Pins
Sieves
Wooden Spoons
Graters
Tongs
Roasting Trays
Measuring Jugs
Stainless Steel Work Bench

The Following to share

Mixers
Food Processors
1 X Salamander
Blast chiller
Fridge
Sink
Other items available
 3 Tea Towels
 Cling Wrap, Alfoil, Twine
 Baking Paper

You may bring in the following items:-

| | |
|--------------------------------------|--|
| Moulds | Electronic scales |
| Cream Guns | Pasta machine |
| Tool Kit | Assorted Ramekins/Shot Glasses/Gratins |
| Baking Sheets | Plastic takeaway containers/ spoons |
| Small Glasses/Ramekins | Gloves |
| Small Stick blender with attachment, | Sous vide machine |

You may not bring in: - any other equipment

If any equipment you want to bring is not listed, or you require clarification on any piece/part, contact Deb Foreman prior to getting on the plane to avoid any disappointment or misunderstanding on the day of the competition.

deb@austculinary.com.au

WACS CULINARY COMPETITIONS HYGIENE & FOOD SAFETY GUIDELINES

DRESS STANDARDS

- Chef's jacket – the chef should enter the competition arena wearing a clean white chef's jacket that has been pressed
- Clean pressed necktie
- Chef's hat – normal chef's hat or skull cap is required, baseball cap style will not be accepted
- Apron – apron length can be determined by the team, Butcher stripe aprons can be used
- Shoes – a safety style shoe that is non-slip is to be worn
- No visible jewellery is to be worn except for a wedding band, ear stud or sleeper

PERSONAL HYGIENE

- Male chefs should be clean shaven
- Chefs with beards must wear a beard net
- Sleeves of chef's jackets must not be rolled up past the elbow
- Chefs should be clean and showered with good personal hygiene
- After shave and perfumes must not be overpowering

FOOD & DRINK DURING COMPETITION

- Industrially bottled and packaged beverages can be consumed in the competition kitchen
- Prepared and cooked foods, like sandwiches or salads, can only be consumed during breaks and outside the kitchen

FOOD HANDLING REQUIREMENTS

- Food items to be stored correctly between –18°C to +4°C
- Chefs must wash their hands prior to starting in a competition
- Chefs must wash their hands when they change tasks
- Chefs must wash their hands on return to kitchen if they are required to leave the competition kitchen for any reason
- Food items should be held at 65°C for no longer than 2 hours
- Tasting of food must be carried out with disposable single use utensils or utensils that are washed after each tasting
- Double dipping into sauces or food items with the same spoon is not acceptable
- Gloves can be worn if working with dirty items or items that stain, for example beetroot, etc
- **Ready To Eat** food (RTE) that is not at 65°C should not be handled with bare hands. It should be handled on a plate with tongs, chop sticks, tweezers or with hands covered with gloves
- Gloves do not give an automatic exemption to proper food handling techniques. Once you change the food item, you must change your gloves
- Basic spills should be cleaned up immediately
- Ensure that knives are kept clean at all times

STORAGE OF FOOD ITEMS

- Food items should be on trays or in containers and covered
- When setting up your chiller/refrigeration, ensure items do not drip onto items stored below
- Food trimmings from your Mise en place should be kept separate and not mixed together if they are to be used later
- Food trimmings should be identified and labelled as well as covered to avoid cross-contamination
- Do not store raw food with cooked food items

Rules for Sanitation, Food Safety and Occupational Safety

When entering the competition area, contestants should look their best, wearing clean and pressed uniform with necktie, toque and wearing clean black shoes. Hands and nails must be scrupulously clean and hair restrained.

- Knives should be sharp and be appropriate for the tasks that are to be undertaken.

Is the correct knife for the job utilised and are proper cutting motions evident? Are knives kept sharp?

- Cutting boards should be scrupulously clean and the appropriate colour coded boards used for the jobs at hand.

Are cutting boards kept scrupulously clean? Are areas kept sanitised, particularly during fish to meat to vegetable or dairy transitions? Are the right colour boards used for the right job?

- Colour coded boards or special indicated boards (Fish boards, Meat boards etc.)

If colour coded boards are not available, then one should see that the boards used for a specific task, where risks of contamination are high, need to be washed and sanitised before moving to the next task. This could prove to be time consuming and then one has to also judge the sanitation process.

- Keep the table clear of unnecessary equipment or debris.

Is the workspace kept clear of nonessentials, for example, a mixer that is not needed for the next 30 minutes? Is the workspace cluttered or organised? Is the setup of the workspace sensible? Is the table free from debris?

- Keep the working floor clean at all times.

Are floor spills attended to quickly? Competitors should see that the working floor area is free from spills. When these occur, paper towels can be used to remove spills

- Keep useable waste separated so that it can be re-used for different theoretical jobs.

Is useable waste stored properly for future use? Example: when boning a chicken and only a part of the product is used, where is the usable waste (example; the carcass) stored?

- Systematic work flow and safe operations must be used at all times.

Does the competitor work systematically, on one job at a time? Are safety procedures being used e.g. walking around with knives pointed downwards, not working too close to others.

- Food must be protected at all times.

Is food being handled properly, following current guidelines as to temperature and safety? Are products stored properly and at the right temperature? Is the refrigerator, knife and equipment storage well organised?

- Sanitation of all the surfaces, tools and equipment should be done properly according to standard sanitation norms. No sanitation trigger bottles are to be left on work tops or anywhere where food might get contaminated.

Is the sanitising solution of the right strength, and is it being used properly? Are towels used correctly? Or, for example, is a towel used to wipe debris off a table and then to wipe a knife or a plate? Are the COSHH (Control of Substances Hazardous to Health) rules being observed? This is done by reading the instructions on the packing of the chemical being used and then taking the basin to the proper rubbish container (organic/inorganic). Keep the rubbish containers closed at all times

These guidelines are prepared as concisely as possible to render judging straight forward

High standards of personal hygiene will reduce the risk of contamination of food and so reduce the risk of food poisoning.

Food handlers should wash their hands regularly throughout the day, particularly;

- When starting work and before handling foodstuff
- After handling raw food i.e. meats, fish, vegetables
- After handling refuse
- After handling cleaning chemicals or equipment
- After coughing, sneezing or blowing their nose
- After using the toilet
- After having a break
- After picking-up food or tools dropped on the floor

Food handlers must also:

- Not smoke, not spit, not eat nor drink in food preparation areas
- Not wear jewellery which could present a risk of contamination or endanger customer's safety
- Not wear strong perfumes or aftershaves which could taint food
- Not present themselves for a competition if they are unwell or have an illness
- Cover any cuts or sores with a clean, waterproof dressing which is distinctively coloured

First aid materials should be supplied by the competition organisers as part of their health and safety programme and all incidents should be logged for possible future reference.

- Wear appropriate safe clothing and have enough hand cloths for the competition

- No wiping cloths are to be left on the working tops and cloths are to be used for specific operations and not for everything.

Is the apron being used as a hand wipe? Is the wiping cloth used to handle hot plates ready for service? Bring ample amount of cloths to the competition.

- Cloths should not be tucked into belts for use as a general wiping tool as this could cause cross contamination.

Are the cloths tucked in an appropriate place or are they flanked over their shoulders, tucked into their underwear or tucked at their rear?

- Tasting is to be carried out correctly using a 'use once only utensil' and protecting the remaining food from any dripping or putting the utensil back into the food.

Are they putting their hands or fingers in their mouth, nose, hair, eyes, ears or other parts of their body while preparing food? Do they taste by licking their fingers? No one should be allowed to put his/her finger into food to taste. Tasting should be done in the correct way only.

- Do not make unnecessary contact with food.

They should handle food only when absolutely necessary; using tongs, ladles and spoons where possible. Disposable plastic gloves are the next safest method however these should be changed between handling different foods and surfaces and as often as one would wash one's hands if one was not wearing gloves. Bare hands may be used to handle foods as long as they are thoroughly cleaned regularly according to hygiene regulations. (After touching parts of the face, hair, body or any other activity that may cause contamination of food or food contact surfaces.).

Note: The wearing of gloves does not negate the requirement that food handlers wash their hands after doing any of the above. Gloves should be changed as often as one would wash one's hands if one were not wearing gloves

Are they washing their hands frequently enough and then wiping them in correct, non-contaminated drying material? Hand drying is best accomplished with disposable paper towels.

- No eating, no drinking, no chewing gum and obviously, no smoking is allowed in food preparation areas.

Are they drinking in the kitchens or nibbling from the pots or plates or chew gum during food preparation?

Note: This is only allowed in designated areas, away from preparation areas, where food contamination is not likely to happen.

- Not wear jewellery which could present a risk of contamination. It is acceptable to wear plain wedding bands.

Are they wearing watches or rings or any other item that could prevent effective washing of hands and collects food particles that allow harbourage and growth of bacteria? Necklaces and earrings should also be avoided as physical contamination might occur.

- No breathing into any package which is to be used for food and no mouth contact to any food equipment and utensils.

Are they blowing disposable piping bags by their mouth or blowing over food to clear unwanted debris?

- Rubbish and rubbish containers should be at a safe distance away from the food preparation area.

Are they bringing the rubbish containers to close to the working area or are they preparing their food over open rubbish containers? One should separate the waste into small basins

Sponsored Ingredient Order Form

Only one order per team to be sent

| Item | Unit | Quantity |
|---|------------|----------|
| Nestle Professional | | |
| Chef Veal Stock | Millilitre | |
| CHEF Vegetable Liquid Concentrate 200ml | Millilitre | |
| CHEF Mushroom Liquid Concentrate 190ml | Millilitre | |
| CHEF Demi-Glace Liquid Concentrate 200mL | Millilitre | |
| MAGGI Coconut Milk Powder | Grams | |
| MAGGI Fish sauce | Millilitre | |
| MAGGI Jus Lie | Grams | |
| BUITONI Sugo al Pomodoro (Tomato Coulis) | Millilitre | |
| Nestlé Sweetened Condensed Milk | Millilitre | |
| PLAISTOWE 70% Cocoa Dark Chocolate Couverture | Grams | |
| Sandhurst Fine Foods | | |
| Arborio Rice | Grams | |
| Feta Cheese | Grams | |
| Dry Red Cooking Wine | Millilitre | |
| Dry white cooking wine | Millilitre | |
| Balsamic Vinegar | Millilitre | |
| Canola Oil | Millilitre | |
| Pitted Green Olives | Grams | |
| Baby Cucumbers | Grams | |
| Salted baby Capers | Grams | |
| Krio Krush | | |
| Ground Cardamom | Grams | |
| Ground Chillies Mild | Grams | |
| Cinnamon Quills | Grams | |
| Ground Coriander | Grams | |
| Fennel Seeds | Grams | |
| Five Spice | Grams | |
| Ground Ginger | Grams | |
| Ground Nutmeg | Grams | |
| Juniper Berries | Grams | |
| Smokey Paprika | Grams | |
| Sumac | Grams | |
| Sesame Seeds | Grams | |
| Fine Kibbled Black Pepper | Grams | |
| Ground White Pepper | Grams | |
| Sea salt Flakes | Grams | |
| Other | | |
| Vegetable Oil | Millilitre | |
| Salt | Grams | |
| Plain Flour | Grams | |
| Flour Self Raising | Grams | |
| Corn flour | Grams | |
| Sugar Caster | Grams | |
| Golden Syrup | Millilitre | |
| | | |