

## GRAND FINALS INGREDIENTS INFORMATION

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Your 3 course menu must include the Rost Biff from the Rump 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 2024 you will be required to submit a food order prior to the competition date.

The food order must be submitted by **5pm AEST Sunday 18<sup>th</sup> 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 Rost Biff, 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 an Australian Beef MSA graded Rost Biff from the Rump Hindquarter Handbook Of Australian Meats Number: 2110

You will need to research this cut of meat as it provides many opportunities for multiple techniques on the plate

<https://www.youtube.com/watch?v=KW3MYghzy3A>

<https://www.raremedium.com.au/cuts/>

[https://www.aussiebeefandlamb.me/downloads/Handbook\\_of\\_Australian\\_Meat\\_7th\\_Edition-English.pdf](https://www.aussiebeefandlamb.me/downloads/Handbook_of_Australian_Meat_7th_Edition-English.pdf)

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  
500ml Milk  
400ml Cream 6  
Eggs

150g Manchego Cheese 200g  
Mascarpone  
200g Ricotta

200g Greek Yoghurt  
200ml Almond Milk  
200g Soft Tofu

## Fruit & Vegetables

2EA	Med Brown Onion	100g	Yellow Cherry Tomatoes	1 Stick	Lemongrass
1EA	Leek	1 EA	Sweet Potato	1	Bulb Garlic
3 EA	Med Carrots	½ EA	Butternut Pumpkin	30g	Ginger
12 EA	Orange Dutch Carrots	4 EA	Med Red Potato	2 EA	Red Chilli
1 B	Silver beet	¼ B	Rosemary	2 EA	Lemons
1 B	Tuscan Kale	¼ B	Thyme	4 EA	Mandarins
500g	Whole Green Peas	¼ b	Sage	3 Sticks	Rhubarb
400g	Green Beans	1/4b	Basil	1 pun	Raspberries
8 EA	Baby Beetroot	¼ B	Coriander	1 pun	Strawberries
1 Pun	Oyster Mushrooms	¼ B	Chives	1 pun	Blueberries
1 Pun	Button Mushrooms	¼ B	Flat Leaf Parsley		

## **Dry Goods**

Fish Sauce	200g Basmati Rice	200g	50ml Worcestershire Sauce	
200ml Soy Sauce	50g Panko Crumbs	50ml	50ml Honey	
French Mustard	500g SR	Vanilla Essence	300g	
Flour	Castor Sugar	250g	50ml White Wine Vinegar	50ml
500g Plain Flour	Brown Sugar	100g	Red Wine Vinegar	50 ml
200g Corn Flour	Sultanas	200ml Olive Oil	50ml Black Vinegar	
100g Macadamia Pieces	200g	Vegetable Oil	Cooking Spray	
Semolina				
200g Pearl Barley	200g			
Cous Cous				

## Herbs & Spices

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

## Alcohol

500ml Red Wine	500ml
White Wine	200ml
Brandy	200ml
Cream Sherry	

## 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  
For more information click on the links below:

### Australia

[10g Native Pepper Berries](#)

[5g Salt Bush Powder](#)

### New Zealand

[10g Pacific Harvest Kelp Seasoning](#)

[5g Pure Horopito](#) (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

### Nestlé Professional Ingredients

- 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.

For questions re Nestle Products

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**\*\* please note Dariole moulds are not to be used for measuring ingredients**

- BUITONI Sugo al Pomodoro (Tomato Coulis)
- MAGGI Jus Lié Sauce Mix
- MAGGI Demi Glace Sauce Mix
- MAGGI Coconut Milk Powder Mix
- NESTLÉ Continental Bitter Dark Couverture Chocolate  
200g
- NESTLÉ Royal Kibble Dark Couverture Chocolate 200g
- NESTLÉ DOCELLO Snowcap White Compound Chocolate
- NESTLÉ DOCELLO French Vanilla Mousse Mix
- NESTLÉ Sweetened Condensed Milk
- NESTLÉ CARNATION Creamy Evaporated Milk
- UNCLE TOBYS Traditional Oats
- BUONDI Steady State Coffee Beans
- NESTLÉ DOCELLO Dariole Moulds