
Olivier Roellinger Contest
For the preservation of marine resources
Edition 2021

List of ingredients to chose to make the two recipes
To be sent at the latest on January 10 2021 (midnight)
to concours@ethic-ocean.org

**Main elements : fish and crustacean or shellfish and/or algae will
be brought by the candidate**

Indicate quantities of ingredients to provide.

The number of ingredients is not limited. But you will be able to chose only a limited amount of each of them (see maximum authorised quantity).

Name of the candidate:

Ingredients (EN)	Maximal authorised quantity	Quantity provided to the candidate
Apples	500 g	
Arborio rice	250 g	
Artichokes	500 g	
Bacon sliced	200 g	
Basmati rice	250 g	
Beetroots red	200 g	
Black olives from kalamata	100 g	
Bread crumbs (whole)	300 g	
Bulgur	300 g	
Capers	100 g	
Carrot	1.000 kg	
Celeriac	1.000 kg	
Celery stick	500 g	
Chives	1 bunch	
Dried apricots	80 g	
Dried Corinthian grapes	80 g	
Eggplant	2 pieces	
Filo pastry	4 sheets	
Fresh cucumber (average size)	1 piece	
Fresh ginger	50 g	
Fresh tomatoes	1.000 kg	
Garlic	150 g	
Golden raisins	80 g	
Green olives	100g	
Hazelnuts	100 g	
Kadaïf pastry	4 sheets	
Leeks	500 g	
Lemons	4 pieces	
Lettuce	3 pieces	
Limes	2 pieces	
Mushrooms of Paris	500 g	
Maize flour	250 g	
Onions	1.000 kg	
Oranges	1.000 kg	
Parmesan block	200 g	
Parsley	0.5 bunch	
Parsnip	200 g	
Pistachios	100 g	
Polenta flour	250 g	
Potatoes	2.000 kg	
Puff pastry	300 g	
Red onion	200 g	

Red/green peppers	1 piece of each	
Shallots	300 g	
Sour cream	300 g	
Spelt	100 g	
Spinach (big leaves)	1.000 kg	
Sweet potatoes	1.000 kg	
Tarragon	0.5 bunch	
Whole almonds	100 g	
Zucchini	400 g	

List of ingredients available in the kitchen :

The candidate will find in the kitchen :

- 1 litre of extra virgin oil from kalamata
- 1 litre of sunflower oil
- 250 g unsalted butter
- 1 litre of whipped cream
- 1 litre of semi-skimmed milk
- 8 eggs
- cumin powder
- white pepper
- fine salt
- coarse salt
- fleur de sel
- rosemary
- thyme
- oregano
- sage
- bay leaves
- flour
- Sugar
- balsamic vinegar from kalamata
- white vinegar
- xérès vinegar
- greek thyme honey
- Dijon Mustard (hot)
- 1 litre of white wine Assyrtiko
- 1 litre of red wine Mavrodafne
- 1 g Safron of Kozani
- soya sauce
- curry
- allspice
- red pepper powder
- basil
- coriander leaves
- dill
- saffron
- chili
- tomato paste/purée
- wheat starch
- buckwheat flour
- agar agar
- mixed sprouts
- seasam seeds (white and black)

List (not compulsory) of two added ingredients (maximum) brought by the candidate :

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