

# Mystery Basket Ingredients

This ingredient selection is crafted to align with our chef competition guidelines, ensuring our chefs create a delicious meal for you and your guests. Follow the guidelines below to select a **total of 10-12 ingredients** for your mystery basket. If you'd like to include an unlisted ingredient, just let us know! While we'll do our best to accommodate, some items may be unavailable or out of season, too labor-intensive, or beyond budget constraints. We're also happy to assist with any allergies or dietary needs.

## PROTEINS (CHOOSE 2 TOTAL)

### MEAT

Andouille Sausage  
Beef Eye Round  
Beef Tri Tip  
Bratwurst  
Canadian Bacon  
Chicken Breasts  
Chicken Thighs  
Chorizo  
Flank Steak  
Ground Beef  
Ground Chicken  
Ground Pork  
Italian Sausage  
Pork Tenderloin  
Flat Iron Steak  
Skirt Steak  
Sliced or Slab Bacon

### SEAFOOD

Arctic Char  
Bronzino  
Cod  
Crabmeat  
Flounder  
Mahi Mahi  
Salmon  
Scallops  
Shrimp  
Smoked Salmon  
Smoked Trout  
Steelhead Trout  
Squid  
Swordfish  
Trout  
Imitation Crab

### VEGETARIAN

Tofu - Firm or Silken  
Canned Jackfruit

## PRODUCE (CHOOSE 4 TOTAL)

Squash	Cucumbers
Baby Spinach	Berries
Kale	Melon
Persimmons	Corn
Pears	Zucchini
Apples	Eggplant
Blood Oranges	Snow Peas
Celery Root	Tomatoes
Fennel	Asparagus
Turnips	Broccoli
Radishes	Cauliflower
Brussel Sprouts	Peppers
Cabbage	Black Garlic
Arugula	Yams
Leeks	Endive
Potatoes	Carrots
Beets	
Mushrooms	

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## GROCERY ITEMS (CHOOSE 4 TOTAL)

Nuts (*Almonds, Peanuts, Hazelnuts, Walnuts*)  
Beer  
Rice (*Jasmine, Basmati, Arborio, Wild*)  
Canned Beans (*Garbanzo, White, Black, Pinto*)  
Canned Pumpkin  
Chipotles in Adobo  
Cocoa Powder  
Cacao Nibs  
Coconut Flakes  
Cornmeal  
Dried Fruit (*Cherries, Apricot, Cranberries, Golden Raisins*)  
Grains (*Farro, Bulgur, Grits, Millet, Couscous, Quinoa*)  
Honey  
Hot Sauce  
Lentils (*Red, Green, Black*)  
Molasses  
Nori  
Phyllo Pastry  
Port  
Puff Pastry  
Refried Beans  
Rum  
Spring Roll Wrappers  
Fish Sauce  
Miso  
Maple Syrup  
Chocolate (*Dark, Milk, White*)  
Gochujang  
Yuzu Kosho  
Curry Paste (*Green, Red, Yellow*)

## DAIRY, ETC. (CHOOSE 1)

Buttermilk  
Mascarpone  
Crème Fraîche  
Labne  
Ricotta  
Bleu Cheese  
American Cheese  
Cheddar  
Sour Cream  
Burrata  
Yogurt  
Pecorino  
Gruyere  
Velveeta  
Feta  
Cottage Cheese  
Manchego  
Goats Cheese

## MAKE IT WEIRD! (CHOOSE 1)

Pork Rinds  
Funyuns  
Beef Jerky  
Hersheys Kisses  
Bugles  
BBQ Potato Chips  
Fritos  
Lorna Doones  
Oreos  
Golden Grahams  
Cold Brew Coffee  
Soda (*Coke, Sprite, Dr. Pepper, Root Beer*)  
Marshmallow Fluff  
Eggo Waffles  
Doritos  
Animal Crackers  
Instant Pudding Mix  
Raisinets  
Pretzels