**2021年全区职业院校**

**技能大赛(高职组)烹饪赛项原料清单**

2021年4月17日

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 调味料 | | | | |
| 调料、香料 | | 价格（元） | 单位 | |  |
| 细盐 | | 3 | 袋 | |
| 花生酱 | | 8 | 瓶 | |
| 白糖 | | 9 | ㎏ | |
| 金龙鱼色拉油 | | 58 | 桶（5㎏） | |
| 生抽 | | 8 | 瓶 | |
| 老抽 | | 8 | 瓶 | |
| 料酒 | | 6 | 瓶 | |
| 白醋 | | 5 | 瓶 | |
| 味精 | | 25 | ㎏（2㎏） | |
| 淀粉 | | 10 | ㎏ | |
| 吉士粉 | | 9 | 桶 | |
| 面粉 | | 120 | ㎏袋 | |
| 食材 | | | | |
| 蔬菜类 | 价格（元） | | | 单位 |  |
| 菠菜 | 7 | | | kg |  |
| 白洋葱 | 3.2 | | | kg |  |
| 芹菜 | 5 | | | kg |  |
| 胡萝卜 | 2.8 | | | kg |  |
| 芦笋 | 36 | | | kg |  |
| 苦菊 | 21 | | | kg |  |
| 罗马生菜 | 20 | | | kg |  |
| 西生菜 | 12 | | | kg |  |
| 香菜 | 8 | | | kg |  |
| 大白菜 | 3 | | | kg |  |
| 大葱 | 9 | | | kg |  |
| 尖椒 | 5.2 | | | kg |  |
| 彩椒 | 16 | | | kg |  |
| 蟹味菇 | 22 | | | kg |  |
| 香菇 | 12 | | | kg |  |
| 牛心菜 | 3 | | | kg |
| 莴笋 | 10 | | | kg |
| 广东菜心 | 32 | | | kg |
| 韭菜 | 10 | | | kg |
| 小葱 | 8 | | | kg |
| 山药 | 7 | | | kg |
| 黄瓜 | 4 | | | kg |
| 豆角 | 8 | | | kg |
| 紫甘蓝 | 11 | | | kg |
| 白萝卜 | 4 | | | kg |
| 大蒜 | 6 | | | kg |
| 西红柿 | 7 | | | kg |
| 土豆 | 3 | | | kg |
| 红薯 | 7 | | | kg |
| 南瓜 | 4 | | | kg |
| 西葫芦 | 5 | | | kg |
| 金针菇 | 4 | | | 代 |
| 芥兰笋 | 10 | | | Kg |
| 紫薯 | 14 | | | Kg |
| 法香 | 24 | | | Kg |
| 菊苣 | 70 | | | kg |
| 花菇 | 24 | | | kg |
| 鲜青豆 | 10 | | | kg |
| 青萝卜 | 6 | | | kg |

|  |  |  |  |
| --- | --- | --- | --- |
| 水果 | 价格 | 单位 |  |
| 苹果 | 6 | kg |  |
| 柠檬 | 22 | kg |  |
| 西瓜 | 12 | kg |  |
| 牛油果 | 36 | kg |  |
| 菠萝 | 5.5 | kg |  |
| 橙子 | 12 | kg |  |
| 香蕉 | 8 | kg |  |
| 草莓 | 20 | kg |  |
| 青提 | 16 | kg |  |
| 猕猴桃 | 16 | kg |  |
| 哈密瓜 | 12 | kg |  |
| 其他制品 | 价格 | 单位公斤 |  |
| 安佳无盐黄油 | 28 | 块 |  |
| 牛奶 | 2.5 | 袋 |  |
| 雀巢淡奶油 | 38 | 盒 |  |
| 酸奶 | 8 | 桶 |  |
| 马苏里拉奶酪 | 500 | 箱 |  |
| 皮蛋 | 6 | KG |  |
| 鸡蛋 | 9 | kg |  |
| 新的浓缩橙汁 | 40 | 瓶 |  |
| 干货类 | 价格 | 单位 |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 白芝麻 | 30 | | kg | |  | | |
| 大米 | 120 | | 代 | |  | | |
| 中筋粉 | 150 | | Kg 袋 | |  | | |
| 低筋粉 | 168 | | Kg袋 | |  | | |
| 高筋粉 | 190 | | Kg袋 | |  | | |
| 玉米淀粉 | 10 | | kg | |  | | |
| 面包屑 | 28 | | 代 | |  | | |
| 抹茶粉 | 30 | | 代 | |  | | |
| 可可粉 | 28 | | 代 | |  | | |
| 烘焙粉 | 190 | | Kg袋 | |  | | |
| 干杏仁片 | 104 | | Kg | |  | | |
| 莲子 | 60 | | Kg | |  | | |
| 大西米 | 24 | | Kg | |  | | |
| 玉米片 | 10 | | Kg | |  | | |
| 炒米 | 20 | | 袋 | |  | | |
| 大麦 | 8 | | Kg | |  | | |
| 速溶酵母 | 15 | | 袋 | |  | | |
| 湿杏仁 | 4 | | 袋 | |  | | |
| 葡萄干 | 30 | | Kg | |  | | |
| 明胶 | 42 | | 盒 | |  | | |
| 葡萄糖浆 | 80 | | 瓶 | |  | | |
| 巧克力 | 120 | | 块 | |  | | |
| 日式天妇罗粉 | 30 | | Kg | |  | | |
| 日式荞面 | 25 | | 代 | |  | | |
| 挂面 | 7 | | 包 | |  | | |
| 意大利直条面 | 10 | | Kg | |  | | |
| 澄面 | 12 | | 包 | |  | | |
| 正新猪油 | 260 | | 桶 | |  | | |
| 豆沙馅 | 18 | | 包 | |  | | |
| 生粉 | 230 | | 代（50Kg） | |  | | |
| 肉类 | | 价格 | | 单位公斤 | |  | |
| 牛骨 | | 12 | | kg | |  | |
| 整鸡 | | 24 | | kg | |  | |
| 鸡腿 | | 14 | | kg | |  | |
| 鸡胸 | | 14 | | kg | |  | |
| 牛柳 | | 120 | | kg | |  | |
| 牛腩 | | 60 | | kg | |  | |
| 羊腿 | | 60 | | kg | |  | |
| 羊肉 | | 60 | | kg | |  | |
| 五花肉 | | 58 | | kg | |  | |
| 猪肘 | | 40 | | kg | |  | |
| 猪里脊 | | 44 | | kg | |  | |
| 鲤鱼 | | 14 | | kg | |  | |
| 草鱼 | | 18 | | kg | | |  |
| 鲈鱼 | | 48 | | kg | | |  |
| 鱿鱼 | | 52 | | kg | | |  |
| 泰国红虾 | | 480 | | 件 | | |  |
| 26-30虾肉 | | 210 | | 袋 | | |  |
| 带鱼 | | 40 | | kg | | |  |
| 文蛤 | | 14 | | kg | | |  |
| 羊排 | | 90 | | kg | | |  |
| 方火腿 | | 5 | | 块 | | |  |
| 哈尔滨红肠 | | 10 | | 袋 | | |  |
| 广式腊肠 | | 20 | | 袋 | | |  |