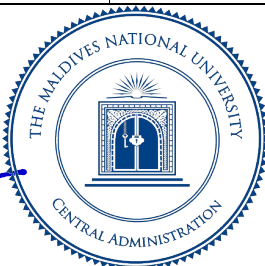


ދިވެހި ރާއްޖޭގެ ސަރުކާރުގެ ފަރާތުން ބޭނުންކުރާ ފެންވަރާ ގުޅޭގޮތުން ބޭނުންކުރާ ފެންވަރާ ގުޅޭގޮތުން
 ދިވެހި ރާއްޖޭގެ ސަރުކާރުގެ ފަރާތުން ބޭނުންކުރާ ފެންވަރާ ގުޅޭގޮތުން ބޭނުންކުރާ ފެންވަރާ ގުޅޭގޮތުން
 (FHAM Competition)

1

FHAM Competition food items needed for practice

#	Ingredients	Remarks	unit	QTY
1	Almond flour		kg	3
2	Basmati rice		kg	2
3	Beef tenderloin	1.5 kg	pcs	4
4	Beetroot		nos	4
5	Black olives	Small	btl	2
6	Blackberry	250g	punet	2
7	Butternut		nos	4
8	Coriander		gm	100
9	Cajun Spice	Small	btl	3
10	Carrot		gm	200
11	Chicken breast		gm	500
12	Chives		gm	200
13	Cocoa Powder	200g	pkt	2
14	Coconut	Medium	nos	6
15	Coconut milk	500g	pkt	2
16	Cooking Cream		ltr	2
17	Corn	Fresh	nos	3
18	Cauliflower		head	4
19	Cumin Powder		gm	200
20	Dill		gm	100
21	Dry hibiscus		gm	200
22	Edible flower	Small	pkt	1
23	Fillo Pastry		pkt	2
24	Flour	1 kg pkt	kg	1
25	Fresh basil		gm	200
26	Fresh Cherry		gm	200
27	Fresh mint leaf		gm	300
28	Fresh Parsley		gm	40



29	Fresh Sage		gm	50
30	Fresh strawberry	250gm pkt	pkt	2
31	Fresh thyme		gm	200
32	Garlic Powder	80gm btl	gm	20
33	Gelatin	200g	pkt	1
34	Ginger		gm	300
35	Green bell pepper		nos	4
36	Haalu folhi		sheet	15
37	Heavy Cream		ltr	2
38	Honey	Small	btl	1
39	Inoki mushroom		gm	250
40	Kaffir lime		gm	40
41	Kanamadhu		gm	50
42	King prawns		kg	2
43	Lecithin		gm	100
44	Leeks		gm	200
45	Lemon grass		gm	200
46	Lime		nos	4
47	Lobster (small)	Small	nos	4
48	Mascarpone		gm	500
49	Micro greens	Purple	pkt	2
50	Olive oil	2 ltr btl	ltr	12
51	Pistachio		gm	300
52	Pandan leaves		gm	100
53	Parmesan cheese		gm	300
54	Pineapple	Ripe	nos	2
55	Pink peppercorn		btl	2
56	Pomegranate	Ripe	nos	2
57	Potato		gm	500
58	Quail Eggs		nos	30
59	Red bell pepper		gm	200
60	Red Grape Juice		btl	1
61	Sunflower oil		ltr	1
62	Salt		pkt	3
63	Screw pine	Kashikeyo (red)	pcs	15
64	Shallots		gm	200
65	Soya Sauce	500ml	btl	1
66	Spring onion		gm	40

(Handwritten signature)



67	Squid ink		gm	200
68	Strawberry puree		kg	2
69	Tomatoes		nos	4
70	vegetable oil	2.5 ltr	btl	10
71	Watercress	Fresh	gm	100
72	White Chocolate		gm	200
73	Yellow bell pepper		gm	200



