

CADETTE NEW CUISINES BADGE – MEETING 2

Badge Purpose: When you've earned this badge, you'll be able to make amazing dishes from all over the world and way back in time.

Activity Plan Length: 1.5 hours

| Time | Activity | Materials Needed |
|------------|--|---|
| 5 minutes | Getting Started <ul style="list-style-type: none"> Begin the meeting by reciting the Girl Scout Promise + Law. | <input type="checkbox"/> (Optional) Girl Scout Promise and Law poster |
| 30 minutes | Crazy Cake <ul style="list-style-type: none"> Make a recipe from the Great Depression. | <input type="checkbox"/> (See below for complete ingredient and equipment list) |
| 30 minutes | Food-Allergy Friendly Frosting <ul style="list-style-type: none"> Learn about substituting ingredients to make foods that everyone can enjoy. | <input type="checkbox"/> (See below for complete ingredient and equipment list) |
| 20 minutes | Snack Chat <ul style="list-style-type: none"> Enjoy your food creations! | <input type="checkbox"/> Prepared food (from previous activities) |
| 5 minutes | Wrapping Up | <input type="checkbox"/> (Optional) Make New Friends lyrics poster |

Getting Started

Time: 5 minutes

Materials Needed: (Optional) Girl Scout Promise and Law poster

Welcome everyone to the meeting, recite the Girl Scout Promise and Law.

Activity #1: Crazy Cake

Time: 30 minutes

Badge Connection: Step 3 — Whip up a dish from another time period

Materials Needed: **Food items:** all-purpose flour or gluten-free flour mix; sugar; salt; baking soda; unsweetened cocoa powder; vegetable oil; white vinegar; vanilla extract; water; **Equipment:** measuring cups and spoons; wire whisk or fork; 9x13-inch cake pan or 1 large microwave-safe coffee mug per person; oven or microwave oven; oven mitts or hot pads; toothpicks

Prep Needed:

- Decide which cake recipe below you will use (do you have access to an oven or a microwave oven?). The large cake recipe makes one 9x13-inch cake that serves 10-12 people. The individual cake recipe needs to be multiplied by how many people you are serving.



1. During the Great Depression in the 1930s, many food items became scarce. The stock market crashed, prices went up, people lost their jobs, and food was being rationed to make sure that everyone got at least some food. Creative bakers of the time learned to make do with what they had available to them, and many unique recipes were developed out of necessity.
2. Chocolate cake isn't usually considered a necessity, but it probably helped lift spirits to have a treat during those hard years. Crazy Cake is a classic Depression-era recipe that doesn't require butter, eggs, or milk. (Crazy!)
3. First, gather your ingredients and make sure you're starting off with a clean work space (including your hands!).
4. The ingredients are the same—in different amounts—for making either a full-size cake in a pan or individual cakes in coffee mugs. Choose which recipe you are using and follow the instructions below:

Crazy Cake - Large, makes one 9x13-inch cake *(from allrecipes.com)*

| | |
|---|-----------------------------|
| 3 cups all-purpose flour or gluten-free flour mix | 3/4 cup vegetable oil |
| 2 cups sugar | 2 tablespoons white vinegar |
| 1 teaspoon salt | 2 teaspoons vanilla extract |
| 2 teaspoons baking soda | 2 cups cold water |
| 1/2 cup unsweetened cocoa powder | |

- Preheat the oven to 350 degrees F.
- Sift flour, sugar, salt, soda, and cocoa together in a 9x13-inch ungreased cake pan. (Use a wire whisk or a fork to "sift" the ingredients together in the pan.)
- Make three wells (holes) in the dry ingredients. Pour oil into one well, vinegar into the second, and vanilla into the third. Slowly pour cold water over all, and stir well with a fork.
- Bake at 350 degrees for 30-40 minutes, or until a toothpick inserted into the middle comes out clean.

Crazy Cake - Individual, makes one coffee mug cake *(from geniuskitchen.com)*

| | |
|--|------------------------------|
| 1/4 cup all-purpose flour or gluten-free flour mix | 1/2 Tablespoon vegetable oil |
| 1/4 cup sugar | 3/4 teaspoon white vinegar |
| 1/8 teaspoon salt | 1/4 teaspoon vanilla extract |
| 1/4 teaspoon baking soda | 1/4 cup cold water |
| 1/2 tablespoon unsweetened cocoa powder | |

- Sift flour, sugar, salt, soda, and cocoa together in a large microwave-safe coffee mug.
- Add oil, vinegar, vanilla, and water, and stir well with a fork.
- Microwave ovens vary—the goal is to cook each mug cake individually at about 750 watts for 3 minutes. Many standard microwave ovens are 1500 watts, so you would cook your mug cake at 50% power for 3 minutes in that case. Check your microwave oven wattage before you begin. You'll know your mug cake is done when you insert a toothpick into the middle of the cake and it comes out clean.

Note: Replace the all-purpose flour with gluten-free flour mix to accommodate gluten-free dietary needs in your troop.

Activity #2: Food Allergy-Friendly Frosting

Time: 30 minutes

Badge Connection: Step 4 — Cook a dish that makes a statement.

Materials Needed: **Food items:** powdered sugar; dairy-free margarine; dairy-free milk (soy, rice, almond, oat...); unsweetened cocoa powder; vanilla extract; salt; **Equipment:** measuring cups and spoons; mixing bowls; microwave; microwave-safe bowls; wire whisks; forks; rubber spatulas; (optional) stand-mixer or hand-mixer

Prep Needed:

- Review the frosting recipes below to make sure you have enough supplies to make frosting for everyone.



- For this step, you'll learn how to make an allergy-friendly frosting for your Crazy Cake so everyone can enjoy the treat. Food allergies affect 15 million Americans, including 5.9 million children (*source: F.A.R.E. – Food Allergy Research & Education*). People can be allergic to almost any food, but most food reactions are caused by the top 8 allergens:

- | | |
|--------------|--------------|
| 1) Peanuts | 5) Wheat |
| 2) Tree Nuts | 6) Fish |
| 3) Eggs | 7) Soy |
| 4) Milk | 8) Shellfish |

- Crazy cake makes a statement because it is free from 7 of the top 8 food allergens (to make it free from all 8, replace the all-purpose flour—which is wheat—with gluten-free flour mix).
- Top your cake with another statement: food allergy-friendly frosting made from one of the recipes below (or make both!). Frosting is basically just sugar, fat, and some type of liquid, and can be made in many ways. Get creative with substituting some of the traditional ingredients so everyone can enjoy it, even those with food allergies.
- When choosing dairy-free milk, be aware of what food allergies you are accommodating in your group. Soymilk and almond milk are still allergens for some people. Rice milk and oat milk are options too. Watch for soy ingredients in the dairy-free margarine.
- Note: Some food allergies are very severe. Be sure to check the ingredient list on each individual food package to be aware of any cross-contamination concerns. Cross-contamination with food allergens can occur in many ways, including just by making the food item in a kitchen that has had allergens on the equipment recently. It's important to properly sterilize equipment to truly be safe, but be aware that some people with food allergies may not be able to eat something—even if it does not contain their food allergen—if it was made in a place that also uses or processes food allergens.*

| Traditional Buttercream Frosting | Food Allergy-Friendly Ingredient Substitute |
|--|---|
| 1 cup powdered sugar | |
| 1/2 cup unsalted butter, softened <i>sub</i> → | 1/2 cup dairy-free margarine, softened |
| 1/4 cup milk or heavy cream <i>sub</i> → | 1/4 cup dairy-free milk (soy, rice, almond, oat...) |
| 1-2 teaspoons vanilla extract | |
| Pinch of salt | |

- Beat the dairy-free margarine in a medium-sized mixing bowl until smooth and fluffy.
- Add the powdered sugar, a small amount at a time.
- Gradually stir in the dairy-free milk until you've reached the desired consistency.
- Add the vanilla and a pinch of salt. Mix well.
- If the frosting is too runny, add a little more powdered sugar. If it is too stiff, add a little more dairy-free milk.

| Traditional Chocolate Frosting | Food Allergy-Friendly Ingredient Substitute |
|--|---|
| 1/4 cup unsalted butter <i>sub</i> → | 1/4 cup dairy-free margarine |
| 3 Tablespoons unsweetened cocoa powder | |
| 1/4 cup milk <i>sub</i> → | 1/4 cup dairy-free milk (soy, rice, almond, oat...) |
| 2 cups powdered sugar | |
| 1 teaspoon vanilla extract | |

- Melt the butter in microwave using a microwave-safe bowl. Add the cocoa powder and stir to dissolve.
- Add the dairy-free milk and vanilla extract. Mix well.
- Gradually add the powdered sugar while mixing until you've reached your desired consistency.
- If the frosting is too runny, add a little more powdered sugar. If it is too stiff, add a little more dairy-free milk.

Note: Frosting recipes were adapted from [wikihow.com](http://www.wikihow.com)



Activity #3: Snack Chat

Time: 20 minutes

Badge Connection: Step 5 – Share your dishes on a culinary “tour”!

Materials Needed: Crazy Cake; Food Allergy-Friendly Frosting; forks; napkins; plates and serving utensils if you made a large Crazy Cake; sink, soap, and sponges or rags to clean up; (optional) computer or phone with internet access

1. Now it's time to sample your creations! While enjoying your Crazy Cake with Food Allergy-Friendly Frosting, chat about these questions:
 - Take a look at this website to review other “make do” recipes and things people ate in the Great Depression era: <http://thesurvivalmom.com/could-you-stomach-these-great-depression-meals/> What do you think of these meals? Would you eat a peanut butter, lettuce and mayo sandwich? Why do you think so many of the meals centered around sandwiches?
 - How did the Crazy Cake rise without eggs? Do you know the chemistry of baking? What else on the ingredient list may been the leavening (rising) agents for the cake? (Hint: think of what happens when you mix baking soda and vinegar for science experiments.)
 - Do you have a food allergy? Share what that's like with the troop.
 - Do you know someone with a food allergy? What have you done to help that person feel more included in snacks and meals? Do you know how to help keep that person safe?
 - Did you know that food allergies are the result of an over-reactive immune system that is trying to prevent the body from allowing certain proteins or particles inside? Dig into the science of food allergies to see what else you can learn.
 - If you purchased many different types of dairy-free milk for your frosting recipe (soy, rice, almond, oat, or others), now would be a great time for a taste test!
2. Don't forget to clean up your cooking and eating space, washing all the dishes and surfaces.

Wrapping Up

Time: 5 minutes

Materials Needed: (Optional) Make New Friends song lyrics poster

Close the meeting by singing Make New Friends and doing a friendship circle.

More to Explore

- Field Trip Ideas:
 - Visit the Minnesota History Center to learn more about the Great Depression and the history of cooking in this era.
 - Visit a specialty bakery or restaurant (like a gluten-free bakery or special diet restaurant) and have a meal or a snack. Ask a lot of questions while you're there!
- Speaker Ideas:
 - Invite a health professional who specializes in allergies to come to visit your group.
 - Invite someone with a food allergy, or the parent of someone with a food allergy to speak to your group.



Complete List of Materials Needed

| Food items | Equipment |
|--|--|
| All-purpose flour (or gluten-free flour mix) | Measuring cups and spoons |
| Sugar | Wire whisks or forks |
| Salt | 9x13-inch cake pan or 1 large microwave-safe coffee mug per person |
| Baking soda | Oven or microwave oven |
| Unsweetened cocoa powder | Oven mitts or hot pads |
| Vegetable oil | toothpicks |
| White vinegar | Medium-sized mixing bowls |
| Vanilla extract | Microwave-safe bowls |
| Water | Rubber spatulas |
| Powdered sugar | (Optional: stand-mixer or hand-mixer) |
| Dairy-free margarine | |
| Dairy-free milk (soy, rice, almond, oat...) | |