

CADETTE NEW CUISINES BADGE – MEETING 1

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	Tabbouleh (Tabouli) Tasting <ul style="list-style-type: none"> Prepare a traditional Middle Eastern dish. 	<input type="checkbox"/> (See below for complete ingredient and equipment list)
30 minutes	Johnnycake Journey <ul style="list-style-type: none"> Makes Johnnycakes, a staple of the U.S. South. 	<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"/> Foods cooked during the meeting
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: Tabbouleh (Tabouli) Tasting

Time: 30 minutes

Badge Connection: Step 1 — Make a dish from another country

Materials Needed: **Food items:** Uncooked whole wheat couscous; grape or cherry tomatoes; cucumbers; red onion; flat-leaf parsley; fresh mint; lemon juice; olive oil; salt and pepper; water; **Equipment:** large spoon for stirring; fork; sharp knives; cutting boards; vegetable peeler; measuring cups and spoons; saucepan with a lid or glass microwave-safe measuring cup; stove, hot-plate, microwave, or electric tea kettle; oven mitt or hot pad; small serving bowls; small serving spoons

Prep Needed:

- This recipe makes 6 servings. Increase or decrease the amount you will need to serve your whole troop.
- (Optional) You can cook the couscous ahead of time at home if you don’t meet in a setting with a stove or microwave.



1. People around the world eat very different diets depending on the customs, traditions, and local foods of their areas. For this step, you are going to branch out of your usual menu, which may include food items specific to your country or region, and try something new.
2. Tabbouleh (also spelled tabouli) is a traditional Middle Eastern dish made of simple ingredients, yet packed with flavor. It's popular around the world since it's easy to make and delicious to eat. It's traditionally made with bulgar (a grain), but you are going to use couscous since it takes a fraction of the time to cook.
3. First, gather your ingredients and make sure you're starting off with a clean work space (including your hands!).
4. Next, review kitchen safety procedures for using sharp knives and heat.
5. Prepare your ingredients (chop, dice, and measure):
 - 1 cup water
 - 3/4 cup uncooked whole wheat couscous
 - 2 cups halved grape or cherry tomatoes
 - 1 3/4 cups chopped, peeled cucumbers
 - 1 cup diced red onion (*you can also use shallots or scallions in place of onions*)
 - 1/2 cup chopped flat-leaf parsley
 - 1/2 cup chopped fresh mint
 - 1/4 cup fresh lemon juice
 - 2 tablespoons olive oil
 - Salt and pepper, to taste
6. To cook the couscous (*use the oven mitt or hot pad when needed!*):
 - Bring the water to a boil: you can either boil it on the stovetop or hot-plate, heat it in a glass microwave-safe measuring cup (like a Pyrex) in the microwave, or boil water in an electric tea kettle.
 - Remove the water from the heat, and add the uncooked couscous to the boiling water in the saucepan. Cover tightly with a lid.
 - Let stand until the water is absorbed by the couscous, about 5 minutes.
 - Transfer couscous to a mixing bowl and fluff with a fork.
7. Add the tomatoes, cucumber, onion, parsley, mint, lemon juice, and olive oil into the couscous in the bowl. Mix well. Add salt and pepper to taste. Refrigerate or set aside until the end of the meeting to allow flavors to blend.

Note: Recipe from allrecipes.com – Please adjust the recipe for any dietary needs in the troop. Or choose a different recipe from another country entirely!

Activity #2: Johnnycake Journey

Time: 30

minutes

Badge Connection: Step 2 — Discover a dish from another region in the United States

Materials Needed: **Foods items:** stoneground cornmeal; salt; unsalted butter; whole milk; water; (optional for serving: maple syrup, honey, and butter); **Equipment:** large spoon for stirring; glass microwave-safe measuring cup or electric tea kettle; measuring cups and spoons; spatula; frying pan or electric griddle; stove or hot-plate; oven mitt or hot pad; (optional) hand-mixer or stand-mixer

Prep Needed:

- This recipe makes 10 servings. Increase or decrease the amount you will need to serve your whole troop.
1. Casseroles—or hotdishes, as they're known here—are popular in the Midwest, the home of Girl Scouts River Valleys. In other parts of the United States, other regional dishes are popular. Take a second to think of different foods you'd find if you traveled the whole country: seafood on the coasts, burritos and Tex-Mex in the southwest, and fried foods and greens in the south. One staple of the southern states is cornbread and all the related dishes made from cornmeal: hominy, grits, polenta, and skillet cornbread, to name a few.
 2. For this step, you are going to make Johnnycakes, or hoecakes, thought to be the original pancake. What's in a name?



- The name hoecake either comes from tales of slaves cooking the cakes on their hoes in the fields (quite a feat! and probably not true...) or from the use of the term “hoe” to refer to a griddle, dating back to the 1600s in England—colonists may have brought the term over the ocean with them.
 - The name Johnnycake most likely has nothing to do with a man named John, either. They were also called journey cakes (Johnnycake and journey cake sound alike), since the cakes were sturdy and good to take on long journeys.
3. To make Johnnycakes, first prepare your work area again (and wash your hands again!).
 4. Assemble your ingredients:
 - 2 cups stoneground cornmeal
 - 1 teaspoon salt
 - 4 tablespoons unsalted butter, softened
 - 1 cup whole milk
 - 2 tablespoons boiling water (boil this in a microwave or use an electric tea kettle)
 5. To make the batter, start by mixing (“creaming”) the cornmeal, salt, and butter together. Be sure the butter is at room temperature or pop it in a microwave for a few seconds—you don’t want it melted, but it should be soft. Creaming is easier with a hand-mixer or stand-mixer, but if you don’t have a mixer, it can be done by hand (elbow grease!).
 6. Next, add the milk and enough boiling water to make a moist but firm batter. You may or may not use all the 2 tablespoons of boiling water, just add a little bit at a time.
 7. Preheat your griddle or skillet. You can use a frying pan on a stove, a griddle on a stove, or an electric griddle on a table or countertop. Drop a little bit of butter on your griddle or skillet to grease the surface.
 8. Drop the batter by large spoonfuls onto the hot, greased griddle. Flatten slightly with the back of a spatula. When the Johnnycake is brown around the edges, flip it with a spatula and cook the other side. Transfer to a plate. Repeat until all the batter has been used.

Note: Recipe from allrecipes.com – Please adjust the recipe for any dietary needs in the troop. Or choose a different recipe from another region of the United States entirely!

Activity #3: Snack Chat

Time: 20 minutes

Badge Connection: Questions link to multiple badge steps

Materials Needed: Prepared foods (from previous activities); small serving bowls; small serving plates; spoons; forks; butter knives; napkins; sink, soap, and sponges or rags to clean up

1. Now it’s time to sample your creations! While enjoying your tabbouleh (tabouli) and Johnnycakes (hoecakes, journey cakes), chat about these questions:
 - Do you help with cooking at home? Was this your first time cooking? What was easy? What was challenging?
 - Have you ever tried the foods you cooked today before? How does this make you think about foods that are eaten around the world? Do you think you will be excited to try new things again?
 - What are the foods from your culture, nationality, or region? Even girls in the same troop may eat different things at home based on their family’s origins or traditions. What are similarities and differences in the foods everyone eats at home?
 - Have you visited different regions of the U.S.? What was your favorite food that you tried there?
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:
 - Book a River Valleys Troop House for an overnight or an extended day program to make use of the kitchen and eating areas for a communal meal.
 - Check with your local community center or library to see if they have a space available with a kitchen you could use.
- Speaker Ideas:
 - Invite someone from another country or another part of the United States to visit your troop and talk about the foods common to their region or culture.
 - Invite a professional chef or cooking teacher to your meeting to give a presentation on kitchen skills.



Complete List of Materials Needed

Food items	Equipment
Uncooked whole wheat couscous	Large spoons for stirring
Grape or cherry tomatoes	Forks, spoons, butter knives
Cucumbers	Sharp knives
Red onion (or shallots or scallions)	Cutting boards
Flat-leaf parsley	Vegetable peeler
Fresh mint	Measuring cups and spoons
Lemon juice	Spatula
Olive oil	Saucepan with a lid or glass microwave-safe measuring cup (like a Pyrex)
Salt and pepper	Stove, hot-plate, microwave, or electric tea kettle
Stoneground cornmeal	Frying pan or electric griddle
Salt	Oven mitt or hot pad
Unsalted butter	Small serving bowls
Whole milk	Small serving plates
Water	Napkins
(Optional: maple syrup, honey, extra butter for serving)	Sink, soap, and sponges or rags
	(Optional: hand-mixer or stand-mixer)

