

## Cadette New Cuisines Badge – Earn From Home Guide

Girls will cook up four dishes from across time and distance and find out where their taste buds want to travel.



1. Make a dish from another country
2. Create a dish from another region of the United States
3. Whip up a dish from another time period
4. Cook a dish that makes a statement
5. Share our dishes on a culinary “tour”!

Once you have earned this badge, you will be able to make amazing dishes from all over the world and way back in time. For your culinary tour, you can choose to present each dish individually to family, or host one large meal, with the appetizer, dinner and dessert from the different requirements!

1. Make a dish from another country
  - First, you will need to have a pencil or pen and paper, as well as a computer or tablet.
  - Using a computer or tablet, begin to think of a country (other than the United States) that interests you. Once you have chosen your country, you will begin to research their cuisine. Be sure to write down interesting facts about their cuisine, as well as major differences in what is eaten in that country day to day verses what you eat on a daily basis.
  - After researching their cuisine and how it differs from ours, you will want to think ahead about how you want to present your culinary “tour” later. You can choose to make a main dish for each requirement and present each dish at separate meals, or all together for one meal. If you choose to present in one big meal, you can determine which requirement will fulfill which part of the meal (appetizer, main dish, dessert, side).
  - Once you have decided on how you will present your culinary “tour”, decide on a recipe from the country you have chosen. Make sure you do not miss any ingredients or steps! Set the recipe aside for later.
2. Create a dish from another region of the USA
  - We live in the Northeast region of the United States. For this step, you will want to begin by choosing a different region of the U.S., and researching what cuisine is popular there. Be sure to note what affects the cuisine of the region you chose, such as the culture, resources, weather, and so on.
    - [This video](#) is a great overview of each of the regions of the United States if you can’t decide which region to choose!
  - Once you have researched the region you chose, choose a recipe that is unique to the region’s cuisine. Don’t forget to record all ingredients you will need, as well as every step!
3. Whip up a dish from another time period
  - For this step, you can choose any time period that most interests you. Options could even include a recipe from a historical book or movie, such as something from Little

House on the Prairie, or The Sound of Music. You could choose a medieval dish or a recipe that would have been made during the Great Depression, or even something a Pirate would have eaten!

- This is a great step to dive into your family history as well. If you are able, ask a parent, grandparent, or other relative about a family recipe that has been passed down from older generations!
  - When choosing your recipe, be sure to make notes on why you choose your specific time period, and what differences there are between how we eat today and how people ate in that time. Don't forget to write down all ingredients and steps!
4. Cook a dish that makes a statement
- For this step, there are endless possibilities. Some examples could be making a homemade version of your favorite processed food (such as a homemade Twinkie, or homemade peanut butter), or choosing your favorite vegetable and creating a dish around that vegetable for a vegetarian or vegan dish. You could even explore recipes for certain diets, such as an allergy, health reason or religious reasons.
  - Once you have determined what recipe you will create, write down all ingredients and steps, as well as why you chose that recipe in particular, and what makes the recipe a statement dish.
5. Host a culinary "tour"
- It is finally time to whip up your delicious creations! Using the recipes you wrote down earlier, you will want to begin gathering the ingredients and supplies needed. Follow all instructions, and remember to have adult supervision.
  - If you are creating one dish at a time, to serve at separate meals, you do not need to cook or bake all recipes at once.
  - Whether you present the dishes all together or separately, think of how you can present each recipe. You could create a menu for your family, or decorate the room you will be eating in based on the place or time that the dish comes from; let your creativity shine in this step!
  - As you serve each dish, be sure to share with your family the research you completed for each dish. Inform them about why you chose the recipe, where it is from, how it differs from the food we typically eat, and anything else you included in your research.

Congratulations, you have completed the steps needed to earn your New Cuisines badge! You now know how different food from other places and periods of time can be from what we typically eat. You have also learned the importance of trying new things, and your taste buds got a delicious treat!

The New Cuisines badge can be purchased online at the [Girl Scout store](#).