



Cadette New Cuisine Badge

Pillar: Life Skills

Outcomes: Develops a strong sense of self. A Cadette will be able to make amazing dishes from all over the world and way back in time.

Cadettes will earn their badge by:

1. Make a dish from another country
 - a. Pick a country that you would like to visit someday.
 - b. Find a recipe from that country and create a dish to share with your family.
 - c. Examples:
 - <https://sprinklesomefun.com/tastes-around-the-world-party/>
 - <https://www.kids-cooking-activities.com/international-gourmet-recipes.html>
 - <https://kidminds.org/seven-day-super-fun-challenge-cooking-around-the-world-with-kids/>
2. Create a dish from another region of the United States. These are examples but you can be creative! Do you know a fish recipe from the Northeast or something fun from California?
 - a. Look up recipes from the South. Examples:
 - <https://www.gritsandpinecones.com/easy-southern-chicken-and-dumplings/>
 - https://feelslikehomeblog.com/recipe/pan-fried-apples/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_smartloop&utm_content=smartloop&utm_term=48477934
 - b. Look up recipes from the Southwest. Examples:
 - <https://easyfamilyrecipes.com/baked-southwest-chicken-casserole/>
 - <https://peasandcrayons.com/2015/08/southwest-veggie-won-ton-cups.html>
3. Whip up a dish from another time period
 - a. This is a good time to learn about a family recipe or food tradition.
 - b. Does your mom or grandmother have an old recipe book? If so, pick a recipe and give it a try!
 - c. Try baking something from scratch. You could try a cake, cookies, muffins, biscuits or bread.
4. Cook a dish that makes a statement
 - a. Here is a great place to have some fun!
 - b. Do you like sweet? Find a new sweet treat to try!
 - c. Do you like savory? Find a recipe with a bold flavor and give it a try!
5. Share your dishes on a culinary "tour"!
 - a. Share the foods you made with family members!
 - b. Plan a meal with your family where each part is from a different place! Example: Breakfast from France, Lunch from Mexico, Dinner from Italy, Dessert from Russia.
 - c. Learn some fun facts about each country you have a recipe from and share it at your meal.
 - d. Make a cookbook (either written and decorated or digital with your own cooking videos embedded) with all the recipes you tried and add some you want to try in the future. Share it with your troop, some friends, or extended family!

When you're finished: Congratulations, you've earned your badge! To purchase this new badge, please email shopdept@gksmo.org or at <https://www.girlscoutshop.com/CADETTE-NEW-CUISINES-BADGE>

No shipping costs at this time.

