LEGACY: COOK

Simple Meals

"When you really want to show some love, keep the flowers and say it with spaghetti."

—Rachael Ray, famous Girl Scout and TV chef

There's steam and bubbles, interesting tools, and amazing smells . . . and lots of room for experiments. And it's not a laboratory—it's your own kitchen! Use these steps to make amazing meals and learn to create a whole meal of your own.

Steps

1. Step up your skills with a pro
2. Whip up a great breakfast
3. Fix a healthy lunch or dinner
4. Create a delicious dessert
5. Make your own meal

Purpose

When I've earned this badge, I'll know how to serve up a meal for my family and friends.

Every step has three choices. Do ONE choice to complete each step. Inspired? Do more!

Tips Before Takeoff

- When you cook, do it with an adult! A family member or Girl Scout volunteer should help you in every step toward earning your Junior Cook badge.
- The kitchen is lots of fun, but there can also be lots of accidents. Stay safe! Never turn on the stove or oven without an adult's permission.

Get to Know Your Kitchen

In the kitchen you'll use in this badge, have an adult help you find common and unusual kitchen items so you know what you have to work with. You could make a game out of it! Perhaps you could work in pairs and see who can find the item first?

Some item ideas:

- 3-quart saucepan
- Casserole dish
- Nonstick frying pan
- Tablespoon
- Baking sheet
- Whisk
- Cheese grater
- Oven mitt
- Melon baller

STEP 1

Step up your skills with a pro

There are lots of important skills to learn before you start cooking up a masterpiece. Ask a great cook to tell you about cooking tools, safety, and cleanliness; what makes a nutritionally balanced meal; and how they present food to look nice on a plate.

CHOICES – DO ONE:

☐ **Visit a restaurant.** Get a tour of a professional kitchen and talk to the chefs there. You might also visit the prepared foods section of a grocery store and talk to the staff who make those foods.

OR

☐ **Invite a great cook to your Girl Scout meeting.** It might be a chef, a cafeteria cook, a parent, or a Girl Scout adult. If you have the space, ask for a demonstration!

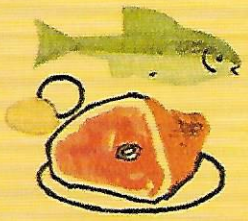
OR

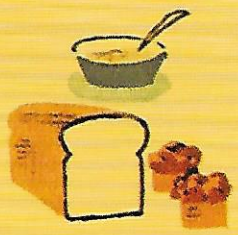
☐ **Tour a kitchen.** With a knowledgeable adult, tour the kitchen of a friend or neighbor, a caterer, your school, or your very own kitchen.

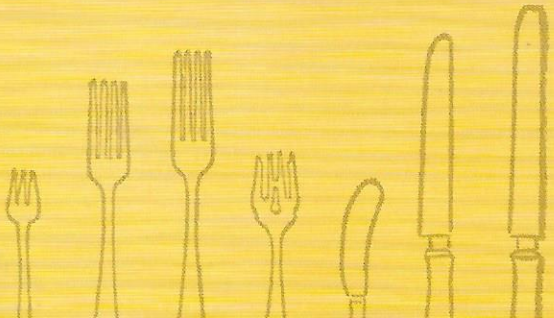
Think Like a Chef

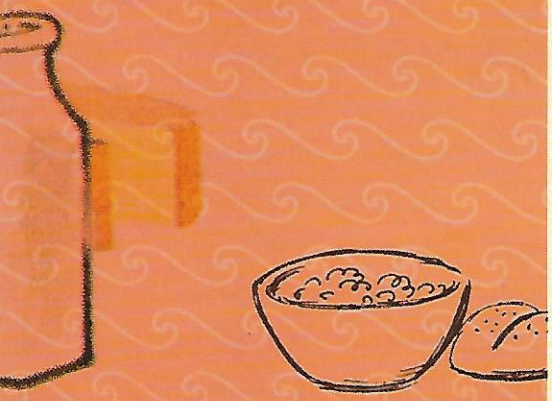
A chef makes a balanced meal with a ***protein*** (meat, eggs, or soy), a ***vegetable*** (or sometimes a fruit), and a ***starch*** (potatoes or a grain such as rice). Make balanced meal ideas by putting together different food from each column. If you don't recognize an ingredient or cooking method, do some chef detective work to find out what it is. That's how good chefs become great!

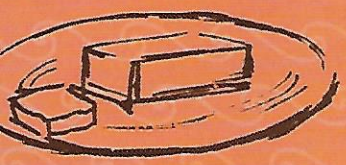
Protein	Vegetable	Starch
Grilled chicken breast	Boiled peas	Olive-oil mashed potatoes
Pan-seared steak	Sautéed Brussels sprouts	Microwaved rice pilaf
Salmon	Braised collard greens	Quinoa
Baked, marinated tofu	Roasted zucchini	Baked beans
Melted cheese	Fruit salsa	Couscous
Broiled pork chop	Steamed broccoli	Elbow macaroni
Canadian bacon	Green beans with herbs	Whole-wheat bread
Scrambled eggs	Avocado salad	Corn tortilla











STEP 2 Whip up a great breakfast

Breakfast is the most important meal of the day—it gets you going! Work on improving your breakfast-making skills with one of these activities. Use what you learned in step 1 here—and in the rest of the badge—to choose dishes that give you the nutrition you need and taste great, too.

CHOICES – DO ONE:

☐ **Make easy weekday breakfasts.** That doesn't mean popping a pastry in the toaster! Figure out five school-day breakfasts that are quick, easy, and good for you. **Hint:** Fruit is a healthy start. You could try a fruit-and-yogurt parfait, or a slice of wheat toast with bananas and peanut butter.

OR

☐ **Create an egg dish.** They seem simple, but eggs can be a tricky food to master. Find out how each family member likes their eggs and make an egg for everyone for breakfast one day.

FOR MORE FUN: Practice cracking an egg into a bowl or pan without breaking the yolk or getting shell in the egg.

OR

☐ **Make a weekend breakfast.** Now that you don't have to rush off to school, try experimenting with a bigger breakfast, like French toast, pancakes, or homemade muffins. Include as many good-for-you foods as you can. How many are in banana walnut pancakes?

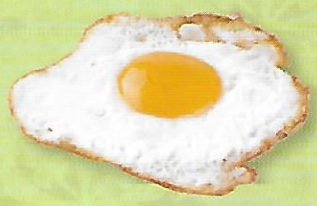
FOR MORE FUN: Add an active entertainment plan! Get outside for a walk or play a pickup sports game with all your energy from a hearty breakfast.

Ways to Cook an Egg

Eggs may be prepared in countless ways, and the ambitious cook will find much amusement in trying some of the suggestions in cookbooks.

—*Girl Scout Handbook,* 1920

Some chefs claim there are more than 100 ways to cook an egg. Girls earning their Cook badge in 1925 had to learn to "properly boil, coddle, and poach eggs." Here are two of the easiest methods:



Scrambled

To make a scrambled egg, first crack the egg into a bowl. A splash of milk or water will make your cooked egg fluffier.

Beat the egg with a fork until the yolk and white are combined.

Heat a little butter, oil, or cooking spray in a pan over medium heat, then pour the egg into the pan.

Once the bottom starts to become solid, gently mix with a spatula until the egg is fully cooked.

Eggs cooked for less time are "scrambled soft." Some people like them drier, or "scrambled hard."

Sunny-side up

For a sunny-side-up egg, heat a little butter, oil, or cooking spray in a pan over medium heat.

Without breaking the yolk, first crack the egg into a bowl so you can pick out any bits of shell.

Pour the egg gently into the pan.

Turn down the heat to low and cook until the white of the egg turns bright white and a film forms over the egg yolk.

If you prefer an "over easy" egg, turn it over in the pan and cook the other side, too. If you want the yolk to be "over hard," break it with your spatula while it cooks.

Breakfast Burrito

Makes 1 Burrito

Ingredients:

- 2 tsps canola oil
- ¼ cup red onion, chopped small
- 1 teaspoon jalapeño pepper,* deseeded and chopped fine (optional)
- ¼ cup red bell pepper, chopped small
- ¼ cup cherry tomatoes, cut in half
- 1 teaspoon cumin
- 1 tablespoon fresh cilantro leaves, chopped
- 2 eggs, beaten
- salt and pepper
- 1 whole-wheat flour tortilla

Directions:

1. In a medium frying pan, heat about 2 teaspoons of canola oil on medium heat.

2. Add the onions and jalapeño, if using. Cook until onions are just soft, about 2 minutes. Add red peppers, and cook another minute. Add the cherry tomatoes, cumin, and cilantro leaves, and cook, stirring about 1-2 minutes. Add the eggs and cook, mixing the eggs up like you are scrambling them. Season to taste with salt and pepper.

3. In the meantime, heat tortilla in a pan on high heat. Flip after 1 minute on each side or until warmed through.

4. Take the egg mixture off the heat, and place in the middle of the tortilla. Roll up and top with your favorite toppings. You could try salsa, cheese, or sour cream.

***Be careful when handling fresh jalapeños!** They can irritate your skin. You might want to wear plastic or latex gloves (like the kind used for washing dishes) when you touch them. If you do touch them with bare hands, wash your hands before touching your eyes.

Mango Coconut Rice Pudding

Serves 4

Ingredients:

- 2 tablespoons butter
- 1 cup fresh mango, peeled and cubed (or use dried mangoes—for best results, pour hot water over them and let sit for 15-30 minutes before using)
- 2 tablespoons fresh ginger, peeled and diced (or ¼ teaspoon ground ginger)
- 2 ½ cups cooked white or brown rice (leftover works great)
- 1 cup canned coconut milk
- 2 cups milk
- ⅔ cup sugar
- 1 teaspoon vanilla extract
- ¼ cup shredded coconut (for garnish)

Cuban Sandwich

Makes 1 sandwich

Ingredients:

- 1 tablespoon yellow or Dijon mustard
- 1 tablespoon mayonnaise
- 1 sandwich roll
- 2 slices Swiss cheese
- 2 slices ham or roasted turkey
- 4 dill pickle slices

butter (for toasting)

Directions:

1. Spread mustard and mayo over both halves of the roll.
2. Place first slice of cheese on the bottom of the roll, add meat and pickles, then the second slice of cheese, and finally add the top of the roll. (This construction will help the cheese melt!) Push down as hard as you can, squashing the sandwich.
3. If you want to toast the sandwich, butter the outside of the roll on both sides.
4. In a frying pan over high heat, toast the sandwich on each side for about 2 minutes, or until slightly browned. (To toast, you can also use a sandwich press or countertop press grill.)
5. Let cool a bit, then enjoy!

Directions:

1. In a medium-sized saucepan over medium heat, melt 2 tablespoons butter and add mango and ginger. Saute for 2-3 minutes or until lightly browned.
2. Add rice, coconut milk, milk, sugar, and vanilla. Cook, stirring constantly, for 1 minute.
3. Turn the heat to high, bring to a boil, then reduce heat to medium-low and simmer until liquid is reduced and the pudding is creamy and thick, about 20 minutes. Stir mixture occasionally to keep from sticking to the pan.
4. Sprinkle shredded coconut over pudding for garnish, if desired. (The shredded coconut is even more delicious if toasted in a dry skillet over medium-low heat until edges just start to turn golden!)

STEP

3 Fix a healthy lunch or dinner

Now it's time to tackle some of the bigger meals of the day. Follow a recipe that you have at home, or ask an adult to help you find one online or in a cookbook. Does a neighbor from another country or one of your relatives have a great recipe they could share?

CHOICES – DO ONE:

☐ **Flatbread.** Lots of cultures have foods that are made with a flattened version of bread, like tortillas, chapati, blini, or lavash. Try a Mexican quesadilla, a French crepe stuffed with peanut butter and fruit, or a Kenyan stew that you dip the chapati in.

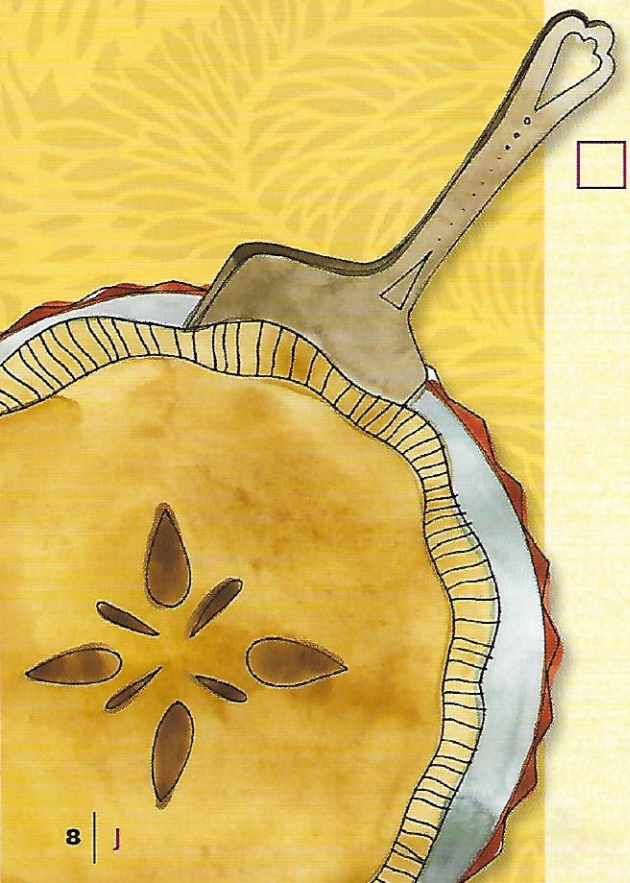
OR

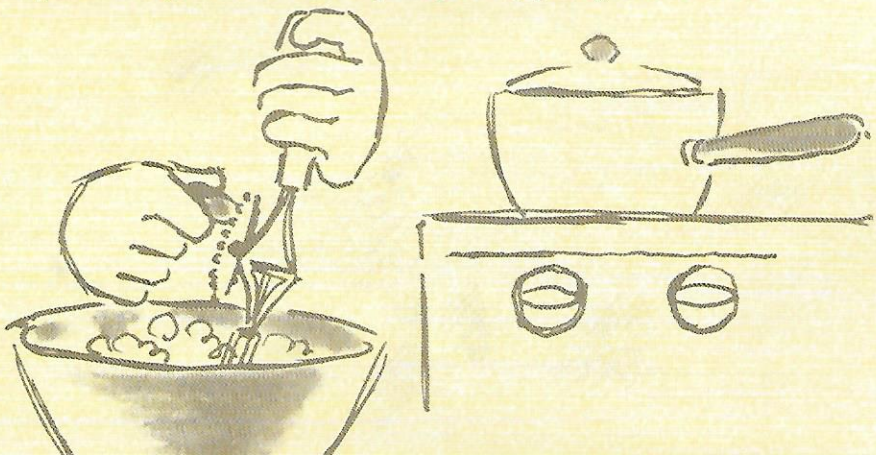
☐ **International sandwich.** Sandwiches aren't just deli meat or peanut butter and jelly—they can include almost anything. Try making a sandwich from another country. What about a croque monsieur from France, a banh mi from Vietnam, or a panini from Italy?

OR

☐ **Pocket food.** Some meals are mysterious because all the ingredients are inside. You might not know what's in there until you take a bite! Make a food full of fun mystery, like a pita stuffed with falafel, a Chinese dumpling, or an Australian meat pie.

Tip: Use a premade dumpling wrapper, pita, or crust.





A Recipe That's Also a Sports Game!

You've heard of an ice-cream cone . . . What about an ice-cream ball? Try "kick the can" ice cream for a treat that you mix with your own two feet. (For more fun, find out why you mix salt with ice when making homemade ice cream.)

Ingredients:

1 large coffee can with lid

1 small coffee can with lid

1 cup heavy cream

½ teaspoon vanilla extract

1 egg

½ cup sugar

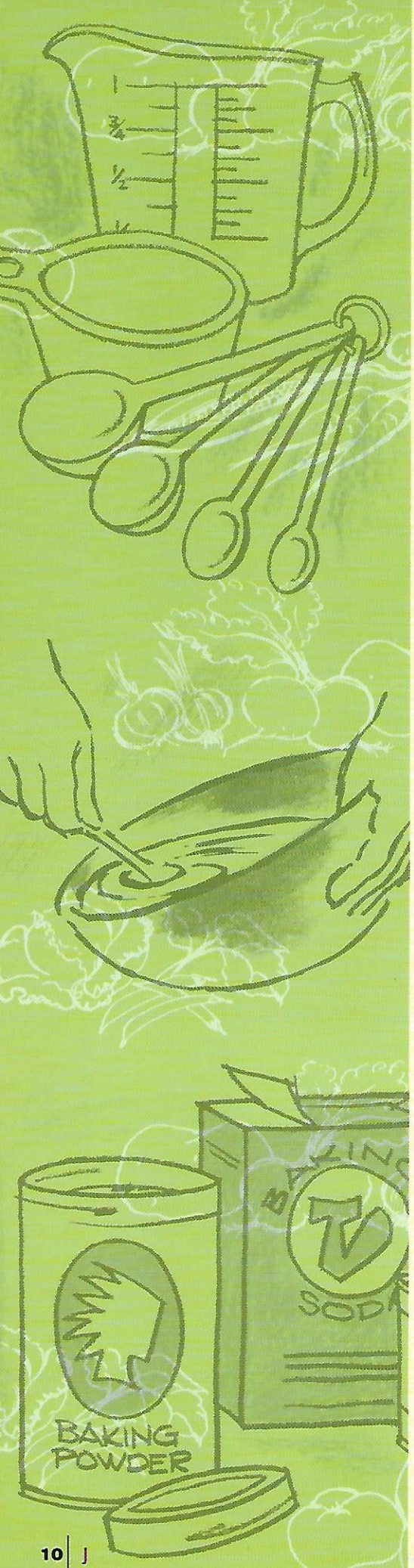
1 cup milk

ice

salt (about 1 cup)

Directions:

1. Place all the ingredients except the ice and salt in the small coffee can and mix.
2. Seal the small can with duct tape and put it inside the large can.
3. Fill the space around the small can with layers of ice and salt. Seal tightly with duct tape.
4. Roll or toss the can for 20–30 minutes. Get a group to help! Check inside the large can about halfway through. If a lot of the ice has melted, add more.
5. Repack the large can with ice and place in the freezer for about 20 minutes. The ice cream will not be solid like the kind in a carton from the store. It should be more like soft-serve.



STEP

4 Create a delicious dessert

Dessert is a fun treat for ending special meals. Try making one of these sweet treats to share with friends and family on a special occasion.

CHOICES – DO ONE:

☐ **Make a dessert you've never tried before.** Have you always wanted to make your own ice-cream cake, or to try a recipe for a French éclair full of pudding and covered in chocolate?

FOR MORE FUN: Make it from another country. What about Thai sticky-rice pudding with sweet coconut milk and mango?

OR

☐ **Make a favorite dessert healthier.** For instance, alter a favorite cookie recipe by using whole-wheat flour instead of white, or boost nutrition by adding dried fruit or raisins. In some packaged muffins or cake mix you can use applesauce in place of oil.

FOR MORE FUN: Make the original version, then have a taste test. If your new version doesn't measure up, try it again with different substitutions.

OR

☐ **Make a holiday dessert.** Desserts really take center stage around holiday times. Try a recipe for a family holiday, or for a holiday from another culture. For example, during Mardi Gras in the American South, they make a cake and bake a tiny doll inside! The person who finds the doll is said to have good luck—and gets to make the next year's cake.

More to Explore

Pretend you're a Junior in 1963. Bake a cake and frost it—that's what girls did to earn their Cook badge back then. Try your best to make the frosting smooth. Then use a piping bag to make decorations. To make your own piping bag, fill a plastic bag with frosting, cut off one of the corners, then twist the top and hold on tight!

STEP

5 Make your own meal

Now that you've followed other people's recipes, come up with your own healthful meal. Create a meal (it's okay to get help from an adult for this step). Then share your meal with friends and family.

CHOICES – DO ONE:

☐ **Make a salad meal using a protein, a vegetable, and a starch.** Try adding meat to a salad, and then adding crunchy noodles or potatoes. Or serve bread as a side—and bake it yourself!

OR

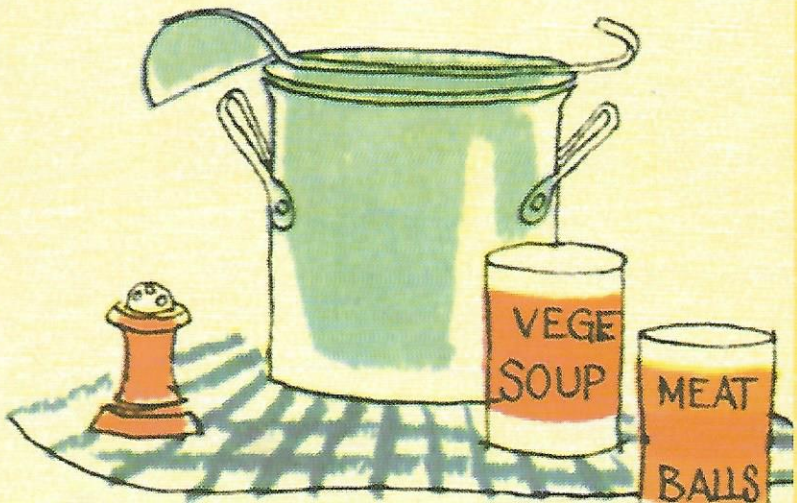
☐ **Make a soup, stew, or other one-pot meal.** You might want to make this with a slow cooker—a big electric pot that can be set to cook things for a long time at a low temperature. **Hint:** Add flavored broth to some meat, veggies, and noodles.

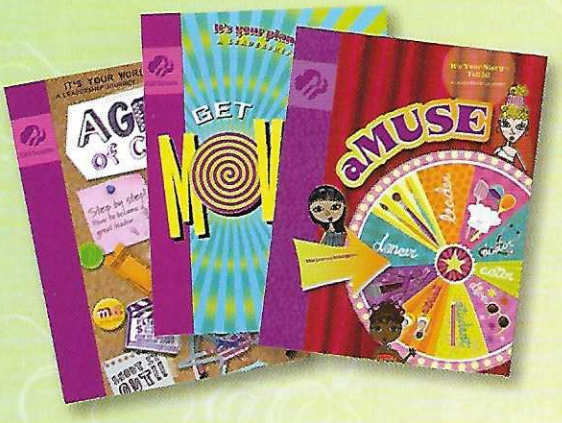
OR

☐ **Make three dishes for one meal.** Make a separate protein, vegetable, and starch. **Hint:** Pay special attention here to how long things take to cook. To get everything out at the same time, you'll have to be good at using a timer.

More to Explore

Pretend to open your own restaurant! Name your restaurant and make menus to hand out before the meal. You could even ask a friend or sibling to be on the waitstaff.





Add the Badge to Your Journeys

Your Leadership Journeys invite you to get really good at teamwork. Try teaming up with your Junior friends to make a meal you can enjoy as a celebration on your Journey.

Hints: What fun meal can you dream up to go with the theme of your Journey awards? Do you want to invite some of the community members who helped with your Take Action project to share it with you?

Now that I've earned this badge, I can give service by:

- Making my family breakfast in bed
- Cooking a delicious dish for a holiday or celebration
- Baking a cake for a friend's birthday

I'm inspired to: