

## **CADETTE: NEW CUISINES**

Hey Girl Scout! Food helps make us who we are as people and helps you understand a person's culture or background. It's time to cook up 4 exciting dishes from different times and places. It is time to learn the places your tastebuds want to travel. When you have earned this badge, you'll be able to make amazing dishes from way back in time and from other parts of the world.

### **Step 1: Make a dish from another country.**

1. The food we eat in America can be very different from the foods other countries prepare and enjoy. Think about the foods that you enjoy that you know originated from other countries. What are those foods and what countries did they originate from?
2. Now is time to pick a country or two and research some different foods and recipes that you have never had that you would be willing to try. Once you have picked the recipe, get to cooking. Remember to take a picture or video of the dish for the final step.
3. Some country suggestions include: China, Poland, Greece, Mexico, ect. Feel free to do a country not on this list.

Supplies:

1. Computer
2. Camera

### **Step 2: Create a dish from another region of the United States.**

1. We now know there are different types of food and food cultures that we researched in step 1. In this step we are going to focus on our own country. We are in the South East and we enjoy foods like sweet tea, fried chicken, and gravy and biscuits. However, other parts of America have never had some of the staples of our diets.
2. Take this time to research the other parts of America and some of the food favorites in those regions. Look for food you haven't heard of or things you have never tried.
3. Pick one of those special recipes and get to cooking. When eating the dish you create think of the reasons why they have had food and we don't. Think about ways you could incorporate this dish into something you already enjoy. Remember to take a picture or video of the dish for the final step.
4. Some other regions include: South West, North West, North East, Midwest, etc. Feel free to do a region of the United States that is not on this list.

Supplies:

1. Computer
2. Camera

### **Step 3: Whip up a dish from another time period.**

1. In the 21st century we are used to our food fast and delicious. We are used to a different way of eating and preparing food. However, foods from the 1700s, 1800s and even 1900s were prepared and eaten a bit differently.

2. Think about your favorite time period and research the foods they ate and how things were grown and cared for. Use this research to make connections to how things are done now. Think about the foods they ate that are different from the foods we eat now.
3. During your research pick a recipe from that time period that you would like to try yourself. Then get to the kitchen and get started. Remember to take a picture or video of your dish for the final step.
4. Some time periods could be the 1700s, 1800s, 1900s, ect. Feel free to do a dish from a time not on this list or a more specific time.

Supplies:

1. Computer
2. Camera

#### **Step 4: Cook a dish that makes a statement.**

1. All the recipes so far have had something about them that caught your eye or made you think, "I must try this." Now is the time to think about all of the foods and dishes you love and think about what makes them pop. think about things you could add to your favorite dishes to make a statement.
2. Research different ingredients and items that can go into dishes to really bring on a wow factor. Look for ingredients that can be cooked in new ways or used in an exciting way.
3. Take your favorite dish and try your hand at adding new items to make your dish shine. Remember to take a picture or video of your dish for the final step.

Supplies:

1. Computer
2. Camera

#### **Step 5: Share your dishes on a culinary tour.**

1. Now that you have made all these foods from around the world and different times it is time to present your amazing food. Use your videos and/or pictures to give your friends and families a tour of your tasty creations.