

CADETTE BADGES TO DO AT HOME



Culinary possibilities are as diverse as the globe of people who cook them. Wherever you go in the world, a version of pocket bread holds something delicious, and your sweet tooth can be satisfied with everything from date syrup to lingonberry jam. In this badge, cook up four dishes from across time and distance, and find out where your taste buds want to travel!

Steps

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 your dishes on a culinary "tour"!

Purpose

When I've earned this badge, I'll be able to make amazing dishes from all over the world and way back in time.

New Cuisines

To earn this badge, please complete one option per step.

STEPS	BADGE REQUIREMENTS	OPTION 1	OPTION 2	OPTION 3
Step 1	Make a dish from another country	Cook a dish from an area of the world you're curious about. Search on the internet for recipes from that place and pick a dish to make	Do you have a family member who is an immigrant? What about a friend? Ask that person for a recipe that represents where they are from	What about a particular ingredient? Explore the International aisle at a virtual grocery/specialty store and make the dish using that ingredient. If you don't have it on hand, you can order it online.
Step 2	Create a dish from another region of the United States	Find a story online or in a magazine/newspaper you already have at home of another region and use that story to inspire a dish	Research and cook a regional specialty that has become a cultural phenome! For example, the deep dish pizza, where did it start?	How well do you know your region? Google recipes or ask a family member about a dish that represents your region. Is it still a popular dish? If not, this would be a great time to bring it back

Step 3	Whip up a dish from another time period	Find a recipe for a dish from another time period and determine if they are still used today.	Ask within the family for an old family recipe that seems to be a staple at special family get-togethers.	<p>What from the past excites you about a place and time. What about Juliette Low's time?</p> <p>Visit this website: www.realmofhistory.com</p>
Step 4	Cook a dish that makes a statement	Can you make a homemade version of a processed food item? Use ingredients you already have available	Choose a veggie protein and find a recipe that features it. Applesauce or black beans in your brownie mix. Google the recipe and whip it up!	Try a recipe for a special diet. How about a smoothie for someone who might be on a liquid diet. It can have great nutritional value when made with yogurt, fruits and veggies and can also serve as a great dessert!
Step 5	Share your dishes on a culinary "tour"!	Throw a virtual potluck party with your troop. Have each one make their favorite dish and virtually, you all sit down and eat "together"	Host a "new cuisine" party by picking a theme from 1-4 and cook up the dishes for your family.	Hold a progressive dinner with your family. Prepare from an appetizer to dessert and share with them