

Girl Scouting at Home

PREPARE IT!

Junior Girl Scout Simple Meals Badge or Cooking for Fun Patch for all Levels



Instructions: Complete all four steps to earn your Junior Simple Meals badge or complete steps one and your choice of steps 2, 3 or 4 to earn a cooking fun patch.

1. Kitchen Rules:

Seek permission and the supervision of an adult before you start making a recipe. **Wash your hands with warm water and soap.** Roll up long sleeves or wear a short sleeve shirt. Tie back long hair to keep it away from food. Before beginning to cook, read the recipe by clicking on “SHOW MORE” under the YouTube demonstration. Make sure you have all of the ingredients and tools needed. Measure carefully. Be sure to set a timer. Clean as you go so that the kitchen remains tidy and organized. Clean the kitchen when you are finished. There are no silly questions, ask an adult for help, or cook together!

2. Learn how to make a poached egg by watching In the Cooking Lab’s demonstration, then give it a try!

How to Poach an Egg - <https://youtu.be/X-xyipCz0Hs>

3. Make a cake from a boxed mix. Enhance the flavor or make it taste homemade by trying one or more of the following tips.

- **Milk.** Use whole milk instead of water. It gives it a denser texture like homemade.
- **Eggs.** Use 3 or 4 eggs instead of 2 for a richer taste.
- **Sugar and Flour.** Add 1/4 to 1 cup sugar and flour to your cake mix.
- **Coffee.** For chocolate cakes, use strong brewed coffee instead of water to deepen the flavor.
- **Sour Cream.** Add in 1/2 cup sour cream to add a more dense, rich flavor.
- **Pudding.** Add a small instant pudding box to the mix to add moisture and flavor.
- **Vanilla and Salt.** Add in a teaspoon of vanilla and 1/4 teaspoon of salt to the mix.
- **Butter.** Use melted butter in the place of vegetable oil for a richer taste.
- **Mix-Ins.** Add a handful of chocolate chips, fruit, or nuts to personalize your cake.

4. Learn how to make homemade pasta by watching this In the Cooking Lab demonstration, then make it yourself, and serve your family a hearty dinner!

Fresh Pasta 101 - <https://youtu.be/kLKitsfpiz0>

Congratulations!

Badges and patches are available for sale at the GSNC Shop when we reopen.