



Junior Simple Meals Badge

For Girls in Grades 4-5

INTRO

Today you'll be learning how to make some simple meals. Like any good chef, you are going to experiment with different dishes and discover what flavors you really enjoy. As you experiment, you will learn some important kitchen basics along the way!

To start, you should remember a few safety tips:

- Don't use the stove, oven, knives or other appliances without the supervision of an adult.
- Cooks should always wash their hands before and during the meal-making process.
- If you are working with anyone else in the kitchen, make sure you openly communicate with each other, especially when you have hot pans or are carrying pots or pans that can get heavy.

IMPORTANT: Read the recipe 1-2 times through before cooking. This will not only prepare you on cook times, but also give you a moment to gather all necessary ingredients.



Time to Complete
• 10 minutes

WHIP UP A GREAT BREAKFAST: FRENCH TOAST

Today you will make three different kinds of French toast. One will be made with cinnamon; one will be made with nutmeg and one will be made with vanilla.

1. In a bowl, mix the milk, salt and eggs. Then separate this mixture into 3 separate bowls
2. In one bowl, add a sprinkle of nutmeg [about ¼ tsp].
3. In another bowl, add a sprinkle of cinnamon [about ¼ tsp].
4. In the last bowl, add a few drops of vanilla to your mix [about ¼ tsp].
5. Put a small slice of butter or a little splash of oil on your hot skillet—just enough to coat the pan.
6. Dip slices of bread into your wet mixture.
7. Place the dipped bread onto the skillet and cook evenly on both sides until golden brown.

Set out three platters with the different French Toast flavors. Ask your family or friends to try out the various French Toast recipes and pick out their favorites.

Reflect on Your Cooking Experience:

What was the hardest part about making French toast?

Was there anything you would do differently next time?

Which French toast was the tastiest?

What other things could you add to your French toast? (example: strawberries, blueberries, peaches, whipped cream)



Supplies Needed

- Stove top
- Skillet
- 1 ½ cup milk
- ½ tsp salt
- 6 eggs
- 3 bowls for mix
- Whisk or fork to stir mix
- 24 slices toast
(adjust recipe for family size)
- Oil or butter
- Powdered sugar or syrup
- Cinnamon
- Nutmeg
- Vanilla

Time to Complete

- 30 minutes

FIX A HEALTHY LUNCH: CROQUE MONSIEUR

The next thing that we will prepare is lunch! This sandwich is a staple from France. This sandwich is like a normal grilled ham and cheese sandwich but with one difference. It is also made with a bechamel sauce that goes on top of the sandwich.

Béchamel

Optional to make ahead of time— Béchamel can be made 1 day ahead.

1. Melt butter in a medium saucepan over medium heat until foamy.
2. Add flour and cook, stirring, until mixture is pale and foamy, about 3 minutes.
3. Gradually add milk, stirring until mixture is smooth.
4. Cook, stirring, until sauce is thick and somewhat elastic, about 4 minutes.
5. Remove from heat and whisk in mustard and nutmeg; season with salt.
6. Let cool; press plastic wrap directly onto surface and chill.

Sandwich

1. Preheat oven to 425°.
2. Spread bread slices with Béchamel, dividing evenly and extending all the way to the edges.
3. Place 4 slices of bread, Béchamel side up, on a parchment-lined baking sheet; top with ham and half of cheese.
4. Top with remaining slices of bread, Béchamel side up, then top with remaining cheese and sprinkle with herbes de Provence.
5. Bake until cheese is brown and bubbling, 10–15 minutes.

Feel free to add your favorite sides to your meal! Choose some veggies and fruits to eat alongside your sandwich.

Once you are done making and eating your croque monsieur, think of other sandwiches you could make for lunch and what changes you can make to elevate them into something different. Try out some new recipes from other countries and see what type of sandwiches they have.

Recipe from [bonappetit.com/recipe/croque-monsieur](https://www.bonappetit.com/recipe/croque-monsieur)



Supplies Needed

Béchamel Sauce

- ¼ cup (½ stick) unsalted butter
- ¼ cup all-purpose flour
- 1½ cups whole milk
- 2 Tbsp whole grain mustard
- ½ tsp freshly grated nutmeg or ¼ ground nutmeg
- Kosher salt

Sandwich

- 8 slices ½”-thick country-style bread
- 6 oz. ham, preferably Paris ham (about 8 slices)
- 3 oz. Gruyère, grated (about 1 ½ cups)
- 1 tsp herbes de Provence (Mixture of basil, fennel, marjoram, parsley, rosemary, tarragon, and thyme. Use whatever herbs and spices that you would like that you already have at home)

Time to Complete

- 60 minutes

CREATE A DELICIOUS DESSERT: APPLE BLOSSOMS

Now that we've made and enjoyed a croque monsieur, let's try a dessert! This is a very simple dessert, but one that tastes great! If you like apple pie, you will love these, and it isn't nearly as much work.

1. Preheat oven according to dough container.
2. Spray a baking sheet with cooking spray or put down aluminum foil or parchment paper
3. In a bowl, mix the first four ingredients together: Apples, melted butter, brown sugar, cinnamon.
4. Peel crescent dough apart, tearing them into triangles at the dotted line.
5. Scoop 1 Tbsp of the apple mixture onto the triangle, and then roll from the wide side to the pointed end.
6. Pinch the edges so the apples don't come out when you cook it.
7. Brush the dough with butter, and sprinkle cinnamon and sugar on the outside.
8. Bake according to package instructions, times may vary. Bake until crescent dough is golden brown.
9. Let them cool but enjoy them while they are still warm.



Supplies Needed

- 2 Granny smith apples, peeled and diced
- 4 Tbsp butter, melted plus 2 tablespoons butter for filling
- 4 Tbsp brown sugar
- 1 tsp cinnamon
- 1 container crescent dough
- 2 tsp cinnamon
- 2 Tbsp granulated sugar
- Baking sheet
- Cooking spray
- Mixing spoon
- Pastry brush
- Oven
- Mixing bowl

Time to Complete

- 30 minutes

MAKE YOUR OWN MEAL

Now that you have followed recipes from others, it is your turn to create a menu for dinner. A chef makes a balanced meal with a protein, a vegetable (sometimes a fruit), and a starch. Use the list of items below and circle your favorite food items from each category—making sure to add something if it's not there. Don't worry if you're not sure where it goes. You do not have to use these items on the list, but they are there to help you get started on planning out your meal for dinner.

Plan a balanced meal 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. Try Googling different ingredients to find a recipe you want to try!



Time to Complete
• 60 minutes

Protein

Grilled chicken breast
Pan-seared steak
Salmon
Baked marinated tofu
Melted cheese
Broiled pork chop
Canadian bacon
Scrambled eggs

Fruits & Vegetables

Boiled peas
Sautéed Brussels sprouts
Braised collard greens
Roasted zucchini
Fruit salsa
Steamed broccoli
Green beans with herbs
Avocado salad

Starch

Olive-oil mashed potatoes
Microwaved rice pilaf
Quinoa
Baked beans
Couscous
Elbow macaroni
Whole-wheat bread
Corn tortilla

Once you have figure out your three dishes it's time to cook!



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