



## New Cuisine Badge

For Girls in Grades 6-8

### INTRO

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Have a discussion with your family using the questions below:

- What is everyone's favorite cuisine from another culture??
- How many of you like to cook or bake?
- What cuisine do you and/or your family enjoy cooking?
- Do you prefer baking or cooking? If so why? And what are the main differences between the two?

Baking is more like a science and requires precise measurement and cooking times, while cooking is more like an art and allows for improvisation.

- What are some things you would bake?
- What are some things you would cook?

To earn this badge, you're going to explore cuisines from around the world and throughout history!



#### Time to Complete

• 10 minutes

## MAKE A DISH FROM ANOTHER COUNTRY: FONDUE FROM SWITZERLAND

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The history of Cheese Fondue is centuries old! Fondue began as a way to use aged cheeses and bread to feed people that had limited access to fresh food during the winter months. In 1930 Cheese Fondue also became the national dish of Switzerland as part of a cheese company's campaign to get Swiss citizens to eat more cheese!

*Note: Its best to shred your own cheese if possible, instead of using pre-shredded cheese*

1. Place both the shredded Gruyere and Swiss cheeses in a gallon-size resealable bag with the cornstarch and shake until evenly coated.
2. In a stovetop-safe fondue pot (or in a regular saucepan or electric fondue pot), add the chicken broth, lemon juice, and garlic and bring to a simmer.
3. Reduce the heat to medium-low. Add the cheese, a small handful at a time, stirring constantly, but not briskly. It works best to use a wooden spoon and stir in an S-shaped motion, making sure to scrape the bottom of the pot so it doesn't burn.
4. Once the cheese is melted and begins to just barely simmer, add the remaining spices and move it immediately to the table on the fondue stand with the sterno flame below. It should be the consistency of warm honey. Add more or less cheese for perfect consistency and additional salt and pepper to taste if needed.
5. Serve with your favorite fondue dippers: steamed broccoli and/or cauliflower, carrots, apples, chicken sausages, bread (and more bread!), lightly sautéed mushrooms, tender potatoes - the options are endless!

Recipe from [melskitchencafe.com/classic-fondue-recipe](https://melskitchencafe.com/classic-fondue-recipe)



### Supplies Needed

- 2 cups lightly packed shredded Gruyere cheese (about 8 ounces)
- 1 ½ cups lightly packed shredded Swiss cheese (about 6 ounces)
- 2 Tbsp cornstarch
- 1 cup low-sodium, good-quality chicken broth
- ⅛ tsp lemon juice (don't leave this out! I just gave a quick squeeze of a lemon without properly measuring)
- 1 Tbsp finely minced or pressed garlic
- ¼ tsp ground black or white pepper
- ¼ tsp nutmeg
- Dash of paprika
- Various foods to dip into cheese

### Time to Complete

- 30 minutes

## CREATE A DISH FROM ANOTHER REGION OF THE UNITED STATES: CORNBREAD

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European settlers who lived in the Southern Colonies, learned the original recipes and processes for corn dishes from the Cherokee, Chickasaw, Choctaw, and Creek Native American Nations, and soon they devised recipes for using cornmeal in breads similar to those made of grains available in Europe. It can be made in loaves or as muffins and can be baked, fried, or steamed. It can even be used as stuffing for Thanksgiving.

1. Preheat oven to 400 degrees F (200 degrees C). Spray or lightly grease a 9 inch round cake pan.
2. In a large bowl, combine flour, cornmeal, sugar, salt and baking powder.
3. Stir in egg, milk and vegetable oil until well combined.
4. Pour batter into prepared pan.
5. Bake in preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

Recipe from [allrecipes.com/recipe/17891/golden-sweet-cornbread](https://www.allrecipes.com/recipe/17891/golden-sweet-cornbread)



### Supplies Needed

- 1 cup all-purpose flour
- 1 cup yellow cornmeal
- $\frac{2}{3}$  cup white sugar
- 1 tsp salt
- 3  $\frac{1}{2}$  tsp baking powder
- 1 egg
- 1 cup milk
- $\frac{1}{3}$  cup vegetable oil
- Cake pan, bread pan, or muffin tin
- Aluminum foil or paper muffin cups if needed

### Time to Complete

- 30 minutes

## WHIP UP A DISH FROM ANOTHER TIME PERIOD: NATIVE AMERICAN FRY BREAD

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Fry bread is a Native American bread, and there are many versions, depending on the region and the tribe. There are versions made with yeast and cornmeal, and some are made with the addition of shortening, lard, or another fat, and might include an egg.

This version, made with all-purpose flour and baking powder, is a very simple fry bread with no extra fat or eggs. It's an excellent choice to go with a hearty stew or chili, or make Indian fry bread tacos with seasoned ground beef and your favorite toppings (see below). You can also serve the fry bread with honey, maple syrup, or fruit jam or preserves.

This recipe makes four small fry bread loaves; the recipe is easily scaled up for a larger family.

1. Gather the ingredients.
2. In a deep cast iron skillet or heavy saucepan, heat about 1 inch of oil to 350 F. If you don't have a deep-fry thermometer to attach to the pan, dip the handle end of a wooden spoon in the oil. The oil should bubble around it steadily when it's ready. Another way is the popcorn method: put a kernel of popcorn in the oil. It will pop when the oil reaches 350 F to 360 F.
3. Meanwhile, combine the flour, baking powder, and salt in a bowl; mix well to blend.
4. Add the milk and stir until the dough holds together. Knead 3 or 4 times on a floured surface.
5. Divide the dough into four uniform pieces and shape each into a ball.
6. Roll each ball of dough into a circle with a lightly floured rolling pin. Make a depression in the center of each round of dough.
7. Carefully slide one or two into the hot oil and fry for about 1 to 2 minutes on each side, or until lightly browned.
8. Remove the fried dough to paper towels to drain.



### Supplies Needed

- 1 cup all-purpose flour
- 1 ½ tsp baking powder
- ¼ tsp salt
- ½ cup milk
- Vegetable oil (or shortening for deep frying; enough to reach 1-inch depth)

### Time to Complete

- 20 minutes

## COOK A DISH THAT MAKES A STATEMENT

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The food that is on your plate sends a message about your choices about health, convenience, the environment and religion all show up in what you choose to eat.

One thing you can do to make a statement about the food you eat is to turn your favorite processed food into a homemade treat. This could be your favorite packaged cookie, potato chips or even a TV dinner. Compare your ingredients with the list on the package. Knowing where your food comes from can be a challenge, especially if the package has a list of chemical ingredients that seems 10 miles long.



### Supplies Needed

- 1 cup all-purpose flour
- 1 ½ tsp baking powder
- ¼ tsp salt
- ½ cup milk
- Vegetable oil (or shortening for deep frying; enough to reach 1-inch depth)

### Time to Complete

- 10 minutes



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