

# Cadette New Cuisines Badge

## 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”!

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



## STEP 1: MAKE A DISH FROM ANOTHER COUNTRY

***Expand your palate and your culinary repertoire by going international in this step—no passport needed.***

Is there a place you would really love to travel to or have visited before and would like to go back? If so, research some recipes and cook something from that location. You can use a cookbook or the Internet to help you come up with the dish. You might be surprised at what you find.

## STEP 2: CREATE A DISH FROM ANOTHER REGION OF THE UNITED STATES

***This step will take you on a stateside road trip without leaving your kitchen.***

Research and try your hand at a cooking a regional specialty. In the Midwest, things like macaroni and cheese and cheese curds are a specialty. In St. Louis, toasted ravioli is a favorite. In the Southwest, cornbread and Tex-Mex nachos are popular. Have fun and don't be afraid to try multiple specialties from various areas.

## STEP 3: WHIP UP A DISH FROM ANOTHER TIME PERIOD

***Scour the past for a tasty dish and cook up a piece of history.***

Ask a grandparent or family member if they have an old family recipe they would be willing to share so you can try it out. Is this dish a popular one at family gatherings? Where did the dish come from and how long has it been in your family? How easy was it to make and how did it taste? Did you make any modifications to it, and, if so, how was it?

## STEP 4: COOK A DISH THAT MAKES A STATEMENT

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

Take a processed food you love and make your very own homemade version of it. Use a cookbook, ask an adult and or use sites like Pinterest and the Food Network to help you if you need assistance with finding a recipe. When you pick your recipe, compare your ingredients with what's listed on the package of the processed version. We don't always know what's in some of our favorites, so making things from scratch helps us have a better understanding and more control of what we are eating.

## STEP 5: SHARE YOUR DISHES ON A CULINARY "TOUR"!

***What's the point of having newfound knowledge, especially in the cooking arena, if you're going to keep it to yourself? Time to share! Get feedback too—that's how you keep on cooking.***

Host a "new cuisine" party. Cook up the entire meal for your family. Create a menu based on one—or all—of the dishes you made in steps 1 to 4.

**When you find a recipe, ask yourself these questions:**

Can I find the ingredients?

Is there a good substitute for anything that's hard to find?

Will I need special equipment?

How will I learn any specific cooking techniques?

Do I want to adjust any ingredients to better fit my approach to healthy living?