

Beavers International Badge

Try Different Kinds Of Food From Another Country. Vote For Your Favourite Dish And Explain Why

What's My Favourite Dish[©]

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Overview

For this task I've given you some food to either buy or make yourself that the Beavers can try a spoonful of. When they do they will have a voting sheet to mark down their favourite dish.

Preparation Before The Meeting

1. Buy or make the dishes as outlined on the next page (maybe each leader could make one thing or you could give the recipe to a keen parent and ask them to make a dish for you)
2. Print out the scoring sheet for each Beaver – found in this document – there are two on the page

Materials Needed

- Ingredients for the dishes if you are making them yourself
- Plastic spoons and a fork for each Beaver
- Paper plates
- Scoring sheet for each Beaver

Preparation At The Meeting

1. Layout your dishes in an order that you want the children to try them for example, some maybe be savoury and some sweet so you would want them to try the savoury ones first
2. Give each Beaver their cutlery and score sheet

Directions/Leader Speak

1. **Speak** - The next task you need to do for your 'International Badge' is to try a food from a different country and vote for your favourite dish. So tonight we have 6 delicious dishes for you to try
2. **Speak** - They are all laid out here on this table
3. **Direction** – Give each Beaver their score sheet
4. **Speak** – Here's your score sheet. I want you all to line up here and each take one spoonful of each dish and write why you liked or disliked it on your scoresheet then give it a mark out of 10

International Dish Score Sheet

Name of dish and Country it's from...	What did you like or dislike about the dish...	Rate out of 10
Greece - Greek Salad		
America - Potato Salad With Bacon		
Mexico - Guacamole		
Egypt - Ancient Egyptian "Date Candy"		
France - Chocolate Mousse		
Austria - Poppy Seed Balls		



International Dish Score Sheet

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Greece - Greek Salad		
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France - Chocolate Mousse		
Austria - Poppy Seed Balls		

Greece - Greek Salad

Ingredients...

- Feta cheese
- 2 x large fresh tomatoes
- 3 x inches of a cucumber
- Few black and green olives
- ½ tablespoon olive oil
- 1 tablespoon vinegar
- Little black pepper



Directions...

1. Chop the tomatoes, cucumbers and feta cheese similar to the picture
2. Arrange tomatoes, cucumbers, olives and feta cheese in bowl
3. Toss together gently and pour olive oil and vinegar over top
4. Season with pepper

Makes one medium bowl double the ingredients for a large group



France - Chocolate Mousse

Ingredients...

- 1⅔ cups heavy cream
- 2 tsp. vanilla extract
- 4 egg whites
- ½ cup sugar
- 6 oz. chocolate, melted
 - If you have no cooking facilities boil a kettle and pour the water into a bowl then put the chocolate into another bowl and place on top of the boiling water. If it needs more heat boil the kettle again and replace the water
- Chocolate shavings, to garnish



Machines Needed

- If no cooking facilities use a **kettle**
- Hand whisk or hand held electronic

Directions...

1. In a large bowl beat the cream and vanilla extract with a whisk until stiff peaks form; chill
2. In another large bowl, beat egg whites with a whisk until soft peaks form
3. While whisking, slowly add sugar, and continue beating until stiff peaks form
4. Add melted chocolate to egg whites, and fold until almost incorporated; add whipped cream and fold until completely incorporated
5. Divide among serving cups; chill
6. Sprinkle with chocolate shavings before serving

Double the ingredients for a large group

America - Creamy Potato Salad With Bacon

Ingredients...

- 5 x small red new potatoes
- Salt and black pepper
- 2 x slices of cooked bacon
- ¼ cup mayonnaise
- ¼ cup sour cream
- 1 tablespoons white wine vinegar
- 1 stalk celery
- ¼ cup chopped fresh flat-leaf parsley
- Under a ¼ cup chopped fresh tarragon



Directions...

Leader Directions..

The instruction for the potatoes and bacon is for you to do at home for the children...

1. Place the potatoes in a large pot. Add enough cold water to cover and bring to a boil. Reduce heat, and simmer until tender, 15 to 18 minutes. Drain and run under cold water to cool. Cut into quarters.
2. Cook the bacon over medium heat until crisp, 6 to 8 minutes. Transfer to a paper towel-lined plate. Let cool, then break into pieces

Children Directions

1. In a large bowl, whisk together the mayonnaise, sour cream, vinegar, sprinkle of salt, and pepper
2. Thinly slice the celery, chop parsley and tarragon
3. Add the potatoes and celery and toss to coat. Fold in the parsley, tarragon, and bacon before serving

Double the ingredients for a large group



Egypt - Ancient Egyptian "Date Candy"

Ingredients...

- 1 x Cup of fresh dates
- 1 x Teaspoon cinnamon
- 1/2 Teaspoon cardamom seed
- 1/2 Cup of fresh ground walnuts
- Small amount of warm honey
- Dish full of fine ground almonds



Machines Needed...

- Hand whisk

Directions...

1. Take out the pip of the dates chop them and mix with some water to form a paste
2. Mix in the cinnamon and cardamom seeds
3. Knead in the walnuts
4. Form balls
5. Now spread with honey and roll in the ground almonds

Double the ingredients for a large group

Mexico - Guacamole

Ingredients...

- Less than ¼ cup finely chopped white onion
- 1 tbsp. minced coriander
- 2 serrano chiles, stemmed, seeded, & finely chopped
- 1 clove garlic, minced
- Salt, to taste
- 1½ ripe avocados, halved, pitted, peeled, and cut into 1" chunks
- ½ plum tomato, cored, seeded, and finely chopped
- Juice of ½ lime
- Tortilla chips, for serving



Machines Needed

- Food blender (a small hand one will do)

Directions...

1. Finely chop the onion, coriander and chilies. Then mince the garlic
2. In a large bowl or molcajete (mortar & pestle), combine onion, cilantro, chiles, & garlic
3. Sprinkle with salt, and mash with a fork or pestle into a chunky paste
4. Cut the avocado in half take out the pip peel off the skin and cut into 1" chunks
5. Chop the Tomatoe
6. Add avocados, tomato, and lime juice, and stir to combine, mashing some of the avocado slightly as you stir
7. Season with salt, and serve with fresh tortilla chips



Double the ingredients for a large group

Austria – Poppy Seed Balls

In Austria they have a classic sweet dish which is called “Mohnnudeln”. They are made out of a potato-wheat flour dough with eggs and a mixture of sugar and poppy seeds sprinkled on top. This recipe tastes the same but uses healthier ingredients.

Ingredients...

- ½ cup of dates
- 100g of Poppy Seeds
- Some coconut flakes

Machines Needed...

- Blender

Directions...

1. Take the stone out of the dates and cut them in small pieces to make life easier for the blender
2. Put the dates into the blender with the poppy seeds, mix the ingredients a little bit by hand
3. Start the machine and blend until a dough-like consistency forms. Make breaks in between, so that the blender will not overheat
4. If you need to you can add some water, which will also make it easier to form the dough
5. Next divide the dough with a tablespoon into small portions and form balls with your hands. Roll the balls in the coconut flakes for a decorative effect



Double the ingredients for a large group