

# **Beavers Cook Badge**

Choose Three Dishes To Prepare And Cook. At Least One Dish Should Be Savoury And One Should Be Sweet

## **My Recipes<sup>©</sup>**

---

**By Samantha Eagle**

© All Rights Reserved 2025

# Copyright Notices

© Copyright Samantha Eagle

All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means mechanical or electronic, including photocopying and recording, or by any information and retrieval system, without permission in writing from the publisher.

The purchaser is authorised to use any of the information in this publication for his or her **own** use ONLY.

For example, if you are a leader trainer you are within your rights to show any or all of the material to other leaders within your possession. However, it is strictly prohibited to copy and share any of the materials with other leaders or anyone.

Requests for permission or further information should be addressed to Samantha Eagle,  
[sameagle@easierscouting.com](mailto:sameagle@easierscouting.com)

Published by Samantha Eagle  
Email: [sameagle@easierscouting.com](mailto:sameagle@easierscouting.com)

## Legal Notices

While all attempts have been made to verify information provided in this publication, neither Author nor the Publisher assumes any responsibility for errors, omissions, or contrary interpretation of the subject matter given in this product.

# Beavers Cook Badge

Choose Three Dishes To Prepare And Cook. At Least One Dish Should Be Savoury And One Should Be Sweet

## My Recipes<sup>©</sup>

### Overview

For this task your group will make 3 different dishes.

### Preparation Before The Meeting

1. Print out the recipes found in this document

### Materials Needed

- See the recipes for the ingredients you need for each dish. If your budget is tight you might want to ask some of the parents to bring in some food for you.

### Preparation At The Meeting

1. Layout the ingredients

### Directions/Leader Speak

1. **Speak** - The last task you need to complete for your 'Cook' badge is to make 3 dishes one should be savoury and one should be sweet. Today you are going to make a dish that's eaten in Mexico called Guacamole. You're going to do this in teams of two with our help. Then next week you are going to make a sandwich and a yummy Chocolate mousse which is a popular dish made in France.
2. **Directions** - Use the instructions for the recipe to guide you.

# Basic Guacamole

## Ingredients & Equipment

The amount of ingredients will depend on the size of your group. They will do this in teams of two. You will need 1 avocado and 1 large tomato for each team.



- Ripe avocados
- Plum tomatoes finely chopped
- Juice of lime
- Salt and pepper to taste
- Tortilla chips, for serving
- 1 big bag of tortilla chips should be okay for the group. Unless it's really large.
- 1 bowl per team
- 1 knife per team

*(Be aware of food intolerances. You may need gluten free tortilla chips)*

## Directions...

I suggest the group make this by following you step by step with the help of other leaders

1. Demonstrate to the entire group how to cut an avocado in half (sear the avocado and pull it apart so you see the pip on one side. Take out the pip)
2. Scoop out the avocado and put it in a bowl
3. Give each team a bowl, an avocado and a knife - depending on the age of your group will depend on whether they cut the avocado. I would suggest that the leader hold their hand while they do it
4. They can both scoop out each half of their avocado with a spoon and put it in their bowl
5. Now show them how to chop the tomato and get them to do it with your help
6. Mash the avocado with a fork then add the tomatoes (if the avocado is too hard you may want to use the knife to chop it a little first)
7. Squeeze a touch of lime to the guacamole
8. Sprinkle with salt and pepper
9. Stir to combine
10. Serve with fresh tortilla chips

# Sandwich

## Ingredients

The amount of ingredients will depend on the size of your group.

- Cream cheese
- Cucumber
- 2 slices of bread per person
- 1 x knife per person

*(Be aware of food intolerances. You may need gluten free bread and vegan cream cheese)*



## Directions...

I suggest the group make this by following you step by step with the help of other leaders

1. Hand them each two slices of bread
2. Get them to dip their knife into the cream cheese and spread it onto one of their slices of bread
3. Depending on their age you can decide if you give them slices of cucumber or get them to slice their own
4. Ask them to place the cucumber on top of their cheese then top it with the other slice of bread
5. Then using the knife cut their sandwich in half or quarters

# Chocolate Mousse

## Ingredients...

- 1 can full fat coconut milk or cream (refridrated beforehand)

*Very rarely, you may get a can of coconut milk that is chalky and hard or won't firm up, so it's a good idea to try a brand before you carry out this session. You can also use 'Whipping Cream' but as this recipe is Vegan you don't need to worry about diary intolerances.*

- 1/4 cup cocoa powder
- 3-4 tbsp powdered sugar
- 1/2 tsp pure vanilla extract
- 2 tbsp peanut butter

*The above should make about 1 1/4 cups of mousse,*

*(Be aware of food intolerances. You may need plant based sugar)*



## Machines Needed

- Hand whisk or handheld electronic

## Directions...

1. Do not to shake the can, because you want the cream separate from the water underneath
2. Open the can and transfer only the thick part to a bowl. Discard the watery part, or save for another recipe.
3. Using either a stand mixer or hand beaters (or a fork and a ton of strength and patience), whip the cream until smooth. Add remaining ingredients and whip until it forms a mousse-like texture.