



The Great Cascadia Zombie Survival Challenge

COVID-19 Edition: Cooking

COVID-19 and Cooking

Among the heroes of the COVID-19 pandemic are grocery store employees who work tirelessly to keep the shelves stocked. While we are all sheltering-in-place, thankfully we are still allowed to go to the grocery store and the food bank when needed.

How can we get creative with our cooking while we are sheltering-in-place? Think about your last campout with your troop or family. What did you make? Did you know? Most recipes we use at camp can be made at home!

Create a list of ways you can cook at home and then add some recipes. Think about some of the following categories and add your own.

- No cook cooking.
- One pot meals.
- Foil packets.
- BBQ or grilling.
- Roasting.
- Baking.
- Steaming.

Ingredient Substitutions

While our grocery stores are open and stocked, in honoring the Stay Home, Stay Healthy orders, we should not be running to the store like we did before COVID-19. What to do when you decide to make a recipe only to find that you don't have a key ingredient?

All may not be lost. There are lots of resources on the internet to help with ingredient substitutions.

With your parent or guardian's permission, look for substitutions for the following:

- Baking Powder.
- Baking Soda.
- Butter.
- Buttermilk.
- Eggs.
- Sour Cream.
- Vegetable Oil.

Try this two ingredient cake recipe. You don't need eggs, oil, or even water. All you need is a cake mix and a 12 oz can of soda pop or bubbly water. Mix and bake per the box instructions!



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One Pot Meals

Crockpots. Instant Pots. Stockpots. What do these all have in common? They all allow us to make a one pot meal.

One pot meals are easy and delicious. You can start a crockpot recipe in the morning and walk away knowing that it will be done in time for dinner. Instant Pots are great for fast meals. Throw all your ingredients in, set the timer, and usually in a few minutes your dinner is ready. Stockpots take a little more monitoring by the chef, but also use low temperatures over time to allow flavors to meld.

- **Make a list of what kinds of meals you make in one of these pots.**
- **Share your list with your family and decide which pot you will use and what meal you will make.**
- **Check your pantry and refrigerator for ingredients.**
- **Make a list for your next shopping trip or find substitutes.**
- **Make your dinner and enjoy!**

Chopped Challenge

Chopped is a favorite Food Network television show. Contestants are given a few (often strange) ingredients and need to make an appetizer, main course, and dessert. These strange ingredients should be the “star” of each part of the meal.

With your household, go through your refrigerator and pantry. Have each person secretly choose one ingredient (or, if your household is small, choose two). Gather at the table together and reveal your choices.

On *Chopped*, contestants have access to

the show’s refrigerator and pantry to add to their *Chopped* ingredients. Decide which person will be responsible for each part of the meal. You can break into teams, or do the challenge all together!

Determine if you want to have a time limit. It is okay to not have a time limit.

Enjoy your time together! Have fun! Be creative!

With your parent or guardian’s permission, post your final meal on the Girl Scouts of Western Washington Facebook page or Instagram.