



Cast Iron Cooking

Ready to learn all about cast iron cooking?

Cast iron cooking is a wonderful Girl Scout tradition. Imagine sitting around the campfire enjoying a delicious meal that has been prepared using cast iron cookware. What do you want to cook?

There are many different vessels that are made from cast iron including skillets, pie irons, griddles and Dutch ovens. Cast iron cookware can be used to grill, bake, fry, stew, or roast any meal of the day and for any occasion.

Taking care of your cast iron is important. Proper cooking, cleaning, and seasoning techniques will ensure that your cast iron will last a lifetime.

For this patch, we'll explore how to care for and cook with cast iron and how to share your knowledge with others.

How to earn the Cast Iron Cooking patch the Girl Scout way:

Steps:

1. **Discover**—Learn how to care for your cast iron.
2. **Connect**—Make a meal for your troop, friends, or family.
3. **Take Action**—Share your cast iron skills with others.

Materials Needed:

In order to complete this patch, you'll need:

- Blank notebook and pencils or pens
- Recipes: You can either go online (with an adult), ask a professional, or talk to your favorite family chef.
- Ingredients and equipment (cast iron cookware, utensils, oil, campfire or stove, etc.) for a cast iron meal of your choice

STEP

1

Discover the basics of cast iron care.

1. Use your resources wisely to learn about cast iron. You can find books about cast iron cooking at your local library, or with the help of an adult, visit online resources like Pinterest.
2. Start a cast iron cookbook (with a blank notebook) and include an introduction to caring for cast iron. Make sure to include:
 - How do you clean your cast iron?
 - What utensils do you use to cook in cast iron?
 - How can you season and re-season your cast iron?
 - How should you store cast iron?


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STEP

2 Be a cast iron chef!

Now that you've learned how to care for your cast iron, it's time to get cooking!

1. Pick a cast iron cookware style, like a skillet, pie iron, or Dutch oven.
2. Find a recipe by going online (with an adult), visit the library, or look through a cookbook.
3. Gather ingredients.
4. Prepare your meal over a campfire or stove. Ask an adult/guardian for help when using a stove. If cooking on a fire, please make sure to refer to the *Outdoor Cooking Safety Activity Checkpoints*.
5. Share with your troop, family or friends!
6. Clean, re-season, and store your cast iron.

STEP

3 Find ways to share your new knowledge with others.

Share your cast iron skills with others! Finish your cookbook by compiling your favorite recipes and tips. Share your cookbook with others.

All done?

CONGRATULATIONS! You've completed all the necessary steps to earn the Cast Iron Cooking patch.



After completing the activities from each step, visit or call a Girl Scouts Western Pennsylvania retail shop at **800-248-3355** to purchase your patch.* A patch may be worn on the back of a vest, sash, or tunic.

**Patch shown may be substituted with similar patch, based on availability.*