

# Junior Girl Scouts make meal – from scratch – for Moms

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STAFF WRITER

The parents of the girls in Junior Girl Scout troop 1575 should take heed: Don't try to pass off any boxed foods or manufactured sauces on these scouts.

They now know what it takes to cook up a home-made meal.

The 24 Scouts chopped, boiled and baked foods in a

six-course dinner from scratch for 23 mothers (one has twins in the troop) May 20, a culmination of three months of planning, shopping, reviewing safety provisions and preparing the food. The Scouts attend Hoover Elementary School in Livonia.

## SOMETHING DIFFERENT

This year's group of fifth-graders, of which most have been in Scouts since kindergarten, wanted to do something different by creating a dinner for their mothers at Emerson Middle School in Livonia, which had an available kitchen area.

Jan Leach, one of the troop's leaders and mother of Tura Leach, said the troop learned teamwork and leadership from creating the meal. "They all worked together," Leach said. "They decided the menu, shopped at Busch's Market (in Livonia) and we went to Emerson Middle School to use the facilities there."

The troop is also led by Joan Saferian, mother of Victoria, and Mary Wolf, the mother of Emily and Samantha Wolf.

The menu consisted of chicken noodle soup, chicken, mashed potatoes, spaghetti, salad and garlic bread. For dessert, the girls created a hot fudge cream puff with what they called "Almost Like Sanders" hot fudge.

The girls donned chef's hats and aprons, or they wore serving outfits of white shirts and black pants and waited on Mom.

The girls wanted to serve their mothers something they'd enjoy. "We had to narrow it down, and serve something that was not really expensive," Paige Currier said. "We figured everyone liked spaghetti and mashed potatoes," Maria DeCapite added.

"We tried to figure what Mom orders in a restaurant," Paige said. "My mom always orders cream of broccoli soup."

While the girls didn't opt for cream of broccoli, they went for chicken noodle soup. And it was homemade, not Campbell's canned stuff.

## COOKING IS 'CHALLENGING'

Getting the girls to discuss the menu, well, it's hard to keep up with them.

Shopping for groceries "was really fun" Maria said. "Cooking was a challenge," Lauren Reschke added. "It was fun to see how long it took to cook," Paige chimed in.

What was the biggest challenge? "Peeling the potatoes," Maria said. Melting the butter for the hot fudge was another, Lauren said.



PHOTOS BY JIM JACOBELI | STAFF PHOTOGRAPHER

Scouts gather at the food assembly area to fill orders.

"The hardest thing was to smell the food (note the men!)," Paige said, describing the temptation to smell and eat the food before serving it.

Janine Davis, Scout Julia Sawicki's mother, said the meal was great. "My favorite was the soup," Davis said. "They cut up the carrots and everything, and made it all from scratch. They even cut up the chicken."

That meant the girls needed to learn about kitchen safety. None of them cut themselves. "You always cut away from yourself," Maria said. Hold the blade down, Lauren added. Pull your hair back. Wash your hands. If you drop food on the floor, throw it away. If you drop silverware, wash it.

The meal itself was fun for everyone.

"The girls were so excited about this, they were pumped," Leach said. "They came away from this with a sense of accomplishment and pride. They really had teamwork to pull off such a wonderful meal." The Scouts completed four of six requirements to earn a cooking badge, which Leach

expects the girls will complete this fall. Davis called it the most exciting event for the Scouts: "I think they appreciate what goes behind each meal."

Kim DeCapite, Maria's mother, said the experience helps the girls develop independence. "That's what the Girl Scouts are all about," DeCapite said.

One worked on salad, another soup and another on spaghetti. "We had a bunch of stations," Maria said. "It was really cool."

They loved their results and the satisfaction of waiting on Mom.

After seeing what you did, you know what you can do," Lauren said. "We made it all from scratch," Paige said.

They even had a little fun in talking about the meal with a polite poke of fun at parents in general and their busy lives. "Parents are always on the run and they get all the boxed stuff," Lauren said. That comment drew a laugh from the three mothers there.

"We made it for 40, so at home for four people, it will

be so much easier," Maria said.

Joan Saferian, another leader, said the girls learned teamwork, and the girls agreed. "You can't do everything yourself," Paige said. The hot fudge was easier to make when others were involved, Lauren said.

The girls presented their mothers with guest checks and performed skits for them after the meal.

Saferian enjoyed the meal. "It was wonderful. It was all very good."

The following Junior Girl Scouts participated in the event: Becky Adamchek, Katie Bridges, Bonnie Brown, Natasha Bruner, Jordan Cumbo, Paige Currier, Maria DeCapite, Chelsea Erickson, Sandy Guthrie, Lauren Kingale, Tura Leach, Kayla McFarlane, Karlie Mitchell, Tessa Parratto, Megan Pietila, Lauren Reschke, Victoria Saferian, Julia Sawicki, Heather Sobock, Amanda Sonkiss, Emily Wolf, Samantha Wolf and Lauren Zuhlik.

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## RECIPES

### HOMEMADE CHICKEN NOODLE SOUP

12 cups cold water  
3 to 4 split chicken breasts (depending on size)  
1 large onion, diced  
5 stalks of celery, cut up  
1 pound carrots, peeled and sliced  
3 leaspoons salt  
1/2 leaspoon pepper  
1 leaspoon ground cloves  
1 leaspoon garlic powder  
1 pound package of extra small/line egg noodles

In large stockpot place chicken pieces, celery, carrot, onion, salt, pepper, clove and garlic. Add the water. Bring to boiling. Reduce heat, cover and simmer for 1 to 2 hours.

Remove chicken and remove the meat from the bones and shred or dice. Be sure and remove any bones from soup that have fallen off. Add meat back to stock and simmer, add more water, vegetables and seasoning to your liking. Simmer for another hour.

You may add chicken bouillon to taste if you like more of a stronger chicken flavor.

When close to serving, boil water for noodles and cook. Drain; then add to chicken soup.

### JUST LIKE SANDERS HOT FUDGE

1 can Eagle brand milk  
1 can Karo syrup (fill the milk can)  
1/2 pound butter (not margarine)  
1 1/2 ounce package milk chocolate chips

Combine milk, syrup and butter over medium heat stirring constantly. Once the butter has melted, add entire package of chocolate chips. Blend or mix until smooth. Makes one quart.

### CREAM PUFFS

1 cup flour  
1 cup water  
1 stick of butter or margarine  
4 eggs

Heat oven to 400° F. Heat water and margarine to rolling boil in saucepan. Stir in flour. Stir vigorously over low heat until mixture forms a ball, about one minute; remove from heat. Beat in eggs, all at once; continue beating until smooth. Drop dough by 1/2 cupfuls, about three inches apart onto ungreased cookie sheet.

Bake until puffed and golden, 35 to 40 minutes. Cool. Cut off tops; pull out any filaments of soft dough. Fill puffs with ice cream and cover with homemade hot fudge.

Makes 9 large cream puffs.

Recipes courtesy of Girl Scout Troop No. 1575.

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