



# Cast Iron Cooking

## Take mealtime to the next level!

Cast iron cooking is a long-standing Girl Scout camping tradition, but it's not just for campfires. (Though that's a lot of fun too!)

When you think of cast iron, what comes to mind? Large pots and pans slowly simmering away over a campfire? Those are amazing ways you can use cast iron, and that's just the beginning. There are skillets, pie irons, griddles, Dutch Ovens, aebleskivers, wedge pans, woks, loaf pans, even pizza irons that you can use over the campfire and right in your own kitchen!

Cast iron cookware can be used to grill, bake, fry, stew, or roast, for any meal of the day, any occasion—it's incredibly versatile. It can even make water dance! (Keep reading to find out more!)

With a few recipes, a little practice, and knowing how to take care of cast iron, you'll be ready to make some delicious meals in the kitchen or at the campsite!

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 cast iron basics.
2. **Connect**—Be a cast iron chef.
3. **Take Action**—Share your cast iron discoveries.

### Materials Needed:

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

- blank notebook and pencils/pens or a computer
- recipes (You can either go online with an adult, ask a professional, or visit your public library.)
- ingredients and equipment (cast iron cookware, utensils, oil, campfire or stove, etc.) for a cast iron meal of your choice

## Step 1

### Learn cast iron basics.

**Use your resources wisely to learn about cast iron.** Find books about cast iron cooking at your local library, or with the help of an adult, visit online resources like Pinterest.

**Care:** Do you know how to take care of your cast iron? Properly cooking, cleaning, and seasoning your cast iron will ensure that your pan will last a lifetime. It will also keep your pan in tip-top shape so foods are less likely to stick while cooking!

- What does it mean to “season” your pan and why is it important?
- What utensils do you use to cook in cast iron?
- How do you clean your cast iron?
- How should cast iron be stored?

**Types of cast iron cookware:** While searching your local library or online resources, learn about at least three different types of cast iron vessels. (Hint: Use the list in the introduction to this patch if you need ideas!)

**Recipes:** Take note of things you'd like to try.



## Step 1 - continued

**Start a cast iron cookbook.** You can make this in a notebook or digitally on your computer. What sections will you include in your cookbook? Whatever you choose, feel free to be creative and have fun! Here are some ideas:

- Recipes
- How to care for your cast iron
- Information on different types of cast iron vessels
- Camping stories
- Tips for cooking at home or over a campfire

**Fun fact:** Cast iron can make water dance! While you're discovering all about cast iron, find out about the Leidenfrost Effect. It's a fun experiment to try with your cast iron to see science in action!

## 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. If you don't have one, see who you might be able to connect with. Can you borrow something? Does your town have a lending library for items like tools or kitchen items? Fun fact: If you are staying at one of our council camps, you can borrow some of our cast iron to cook over the fire!
2. If you haven't already, 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, make sure you are with an adult who is certified and trained in outdoor skills. (And don't forget to test out that Leidenfrost Effect for a pre-meal "show!")
5. After your meal: clean, re-season, and store your cast iron. (Or return it if you borrowed it.)

Now you can share your knowledge and some tasty meals with others!

## Step 3

### Share your cast iron discoveries.

You've discovered cast iron recipes, care, and science. You've tried recipes—and maybe even some new foods and flavors!

How will you share what you know with those around you?

- Would you like to cook for someone?
- Do you want to share your cookbook for others to use?
- Does it sound exciting to teach a cast-iron science experiment to someone?

Decide how you would like to share all about how useful (and fun) cast iron can be and share with at least three different people.

## 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.