



## Cooks Badge Requirements.

1. Know what is meant by normal culinary terms, for example :  
roux, to sweat, fold, render.
  2. Prepare successfully two of the following sauces:  
Apple, Mustard, Parsley, Hollandaise, Mint.
  3. Prepare and cook by yourself two of the following:  
Shepherd's Pie  
Yorkshire pudding  
Fruit Cake  
Plain Omelet  
Apple Tart  
Macaroni Cheese
  4. Cook and serve for two to four people two dishes from list (a) and two from list (b):
    - (a) Goulash  
Beef Olives  
Escalope of Veal Holstein  
Steak and Kidney Pudding  
Beef Stroganoff  
Casseroled Chicken
    - (b) Pancakes  
Plum Duff  
Steamed Fruit Pudding  
Buck Rarebit  
Apple Dumplings
  5. Demonstrate four different ways of cooking potatoes (for example baked in jacket, creamed, croquettes and so on).
  6. Know the principal joints and so on of lamb pork beef and how to carve a chicken
- Note: at least one of the dishes selected for requirements 3 and 4 to be cooked under camp conditions.*