

Junior Noodlehead Program

Simple Meals Badge

Upon signing up for the program, girls will be emailed the steps to complete on their own at home. All recipes MUST include Ramen Noodles!

Then, on XXX, we will log in to Zoom to share our best recipes and how we made them.

After the zoom, girls will be mailed their badge AND the custom GSJS Noodle Head fun patch!

Shopping List:

Eggs

3 packages of ramen, any flavor

Cling wrap

Your favorite sandwich ingredients

Dessert ingredients for the recipe you choose

Butter

Almonds

Sesame Seeds

Napa (or green) cabbage

Green onions

Olive Oil

White vinegar

Sugar

Soy sauce

Step One: Build Your Skills with a Pro

Time: 15 minutes

Kitchen safety is a top priority so before you start prepping your meals, watch these videos and practice with an adult!

Cooking Skills Every Kid Should Know: <https://www.youtube.com/watch?v=jjntUTOCWJw>

Knife Safety for Kids: <https://www.youtube.com/watch?v=8RrufR-zLag>

Step Two: Ramen for Breakfast!

Time: 20 minutes

A soft-boiled egg is a key ingredient in traditional ramen. Cooking an egg can seem simple, but it can be tricky! Practice your egg cooking skills until you have achieved the perfect jammy yolk! Now enjoy your eggs as a protein packed breakfast.



INSTRUCTIONS

1. Add 1 inch of water to a sauce pot, cover, and bring to a boil over high heat.
2. Once boiling, add an egg (or however many you'd like as long as they are in a single layer in the bottom of the pot), straight from the refrigerator into the pot. Replace the lid and let it continue to boil for exactly six minutes.
3. After six minutes, remove the egg(s) from the pot and place them in an ice water bath or run under cool water until they are cool enough to handle. Peel, and enjoy!

NOTES

Step Three: Ramen Sandwiches for lunch!

Time: 30 minutes

HOW DO I MAKE A RAMEN BUN?

1. To begin cook the package of ramen per package guidelines.
2. Once cooked, strain the noodles, which will be mixed with an egg.
3. After this you will find two ramekins. Use shallow glass cups if you don't have ramekins. (I found it easier to cut the noodles in half to easily scoop out half for each ramekin.)

4. Place cling wrap over each ramekin and tightly pack the noodles in.
5. Leave the cling wrap on and place the ramekins with the noodles into the freezer for 5 minutes and then the fridge for 10 minutes. This will ensure that it is going to hold shape.
6. Once cooled, hold the ramekins over the frying pan, and don't manipulate it in any way, the noodles will come out on their own.
7. Then just cook each side until golden brown. Add your favorite sandwich ingredients and enjoy!
8. Make sure you take pictures of your sandwich to share on the zoom meeting!

Step Four: Ramen for Dessert?? Yes, please!

Time: 30 minutes

1. Use the internet to search for "Easy Ramen Dessert Recipes". Believe it or not, there are lots of delicious options for using ramen noodles as a sweet treat to end your meal.
2. Follow the instructions from your favorite recipe to create your dessert.
3. Make sure you take pictures and keep the recipe handy to share with other Girl Scouts on the Zoom meeting.



Step Five: Ramen Dinner Salad

Time: 30 minutes

Invite your family for a delicious and unique Asian style dinner. This easy salad recipe is light, flavorful and packed with vitamins! You can even add some sliced chicken breast for a heartier meal.



Ingredients

- 2 tablespoons butter
- 3 ounce package ramen noodles, seasoning packet removed
- 1/2 cup slivered almonds (can be omitted if allergic)
- 3 tablespoons sesame seeds
- 1 1/2 lbs Napa cabbage, (you can substitute a small head of regular cabbage if you can't find napa. Just DON'T use red cabbage as it will stain the other ingredients!) about 8-10 cups shredded
- 1 bunch green onions, sliced thin, about 1/2 cup

Dressing Ingredients

- 1/2 cup light flavored olive oil
- 1/4 cup plain white vinegar
- 1/2 cup white sugar
- 2 tablespoons low-sodium soy sauce

Instructions

1. To make the dressing: Combine the oil, vinegar, sugar, and soy sauce in a medium saucepan. Stir and bring to a boil. Remove from the heat after boiling. Let the dressing cool completely before pouring it over the salad.
2. Melt the butter in a large skillet over medium heat. While the butter is melting, crush the ramen noodles while still inside the package. Remove the seasoning packet and throw away (or set aside for later use). Add the noodles, almonds, and sesame seeds to the melted butter in the skillet.
3. Saute while stirring frequently, until the noodle mixture is golden brown. Remove to a plate and let cool.
4. Shred the cabbage and combine the cabbage and onions in a large mixing bowl. Add the noodle mixture. Pour the dressing over the salad and toss well to combine. Serve immediately.
5. Make sure you take pictures to share during the zoom call.