

## Kentucky Derby Museum Girl Scout Patch

For questions or to book a visit, contact the Education Department at 502-637-1111, or [education@derbymuseum.org](mailto:education@derbymuseum.org).

### How to Earn Patches

- Daisies and Brownies need to complete section 1 or 2, and three items from section 3
- Juniors and Cadettes need to complete section 1 or 2, and five items from section 3
- Seniors and Ambassadors need to complete section 1 or 2, and seven items from section 3

### Activities

1. Have the girls pick a Derby horse and research it. When did this horse run in the Derby? Who were the owners? What did the owners' silks look like? Can you find anything about what happened to this horse after the Derby? Did s/he run in any other races? Why did you choose this horse? Then visit the Kentucky Derby Museum and find information about him/her in the museum exhibits. Present their findings to their troop. **Note for Troop Leaders:** For most horses the information will be in the Time Machine and on the Timeline.

2. Visit the Kentucky Derby Museum's website ([www.derbymuseum.org](http://www.derbymuseum.org)) and learn about the Derby. What is our current (non-permanent) exhibit? Find one item of interest in our collections database. Why did you choose this item? Tell your troop about one of the Derby traditions. Do you collect any Derby items? Take the virtual tour of the museum and learn about our exhibits. You can even watch the video of the museum's horses! Under the Kids Corner section, what are some reasons to study the Kentucky Derby? Pick a couple of vocabulary words and explain their meaning to your troop. Do you know some of them already? Share your findings with your troop.

3.

- Attend an education program (available on weekdays) at the museum. This can be as part of a field trip, or your troop can schedule a program specifically for you. For information and to book your visit, email [education@derbymuseum.org](mailto:education@derbymuseum.org) or call 502-992-5913.
- Go on a 30 minute, historic walking tour as part of your museum visit.
- Watch a live race at the track, or look one up online. Live racing is available the last week of April through the 4<sup>th</sup> of July weekend, and again at the end of October or early November through Thanksgiving weekend. Videos of recent live races can be found at [www.bloodhorse.com](http://www.bloodhorse.com).
- Make a meal or snack to serve to your family or troop. You could make burgoo, hot browns, a chocolate nut pie, country ham with biscuits and gravy, or mint iced tea. Find a recipe on your own, or use the ones that we have provided below. Also, find out the history of the recipes.
- Make a Derby hat! Use an old hat to redecorate, or purchase a fresh hat and add your own embellishments. It can be big or small, flashy or simple, just as long as it's fun!
- Find a local horse barn and learn to care for a horse. What kinds of things are special when caring for a horse as opposed to other animals? What is the proper etiquette when you are near a horse? If available, go horseback riding.

- Learn about girls who have participated in the Kentucky Derby. There have been jockeys, trainers, owners, and even female horses in the Derby! Who were they and what were they able to accomplish?
- Watch a movie about horses (Seabiscuit, Secretariat, etc.). Discuss the movie with your troop.
- Read a book about horses. Discuss the book with your troop. A list of books for younger readers is available on our website, <http://www.derbymuseum.org/reading.html>.
- Jockeys have to be in excellent shape to do their job and guide a Thoroughbred to the finish line. Design a workout routine to exercise and stay in shape. What muscles are those exercises targeting, and why is exercise so important? Try to do these exercises for a week and see how you feel. You might be sore, but your body will thank you!
- Thoroughbreds are the only type of horse that can run in the Kentucky Derby. Learn about horses and the various breeds. Which breeds are good for speed and which are good for hard work?
- Research other historic races in our country, and around the world. Horse racing doesn't just happen in Kentucky, it is a worldwide event! How is racing similar in other countries, and how is it different?

## Recipes

### **The Legendary Hot Brown Recipe (From The Brown Hotel)**

Makes two Hot Browns

2 oz. Whole Butter

2 oz. All Purpose Flour

1 Qt. Heavy Cream

½ Cup Pecorino Romano Cheese, Plus 1 Tablespoon for Garnish

Salt & Pepper to Taste

14 oz. Sliced Roasted Turkey Breast

2 Slices of Texas Toast (Crust Trimmed)

4 Slices of Crispy Bacon

2 Roma Tomatoes, Sliced in Half

Paprika, Parsley

In a two-quart saucepan, melt butter and slowly whisk in flour until combined and forms a thick paste (roux). Continue to cook roux for two minutes over medium-low heat, stirring frequently. Whisk whipping cream into the roux and cook over medium heat until the cream begins to simmer, about 2-3 minutes. Remove sauce from heat and slowly whisk in Pecorino Romano cheese until the Mornay sauce is smooth. Add salt and pepper to taste.

For each Hot Brown, place one slice of toast in an oven safe dish and cover with 7 ounces of turkey. Take the two halves of Roma tomato and set them alongside the base of turkey and toast. Next, pour one half of the Mornay sauce to completely cover the dish. Sprinkle with additional Pecorino Romano cheese. Place entire dish under a broiler until cheese begins to brown and bubble. Remove from broiler, cross two pieces of crispy bacon on top, sprinkle with paprika and parsley, and serve immediately.

### **Kentucky Burgoo**

Serves 10

1 fat hen, at least 4 lbs.

1-2 lbs. lean stew meat (beef, veal and/or lamb)

3-4 pints water

1½ tsp. coarsely ground pepper

½ tsp. cayenne pepper

2 small cans tomato purée

12 potatoes

4 large onions, chopped

1 large head cabbage, finely chopped

6-8 medium tomatoes, peeled and chopped (or 3 1-lb cans tomatoes)

6-8 ears corn, cut off cob (or 2 cans cut corn)

1 lb. fresh carrots, sliced

1-2 T. salt

1 tsp. pepper

½-1 cup Worcestershire sauce

Cook chicken and other meat in water with coarsely ground pepper and cayenne pepper until chicken will leave the bones and the meat is very tender (about 40 minutes). Remove bones, shred meat and return to the liquid. Add tomato purée, potatoes, onions, cabbage, tomatoes, carrots and corn. Season with salt, pepper and Worcestershire sauce. Cook slowly for 2-3 hours, until consistency of a thick stew, stirring from the bottom to keep from scorching. Add water, if necessary, to keep from sticking. If you like additional vegetables, add 2 cups fresh cut butter beans, 2 cups fresh sliced okra and/or 2 green peppers, finely chopped.

### **Kentucky Chocolate Nut Pie**

- \* 1 9-inch pastry shell, unbaked
- \* 1 cup chopped pecans or walnuts
- \* 1 cup semisweet chocolate chips
- \* 2 large eggs
- \* 1 cup granulated sugar (or use half brown granulated)
- \* 1/2 cup all-purpose flour
- \* pinch salt
- \* 1 teaspoon vanilla
- \* 4 ounces (1 stick) melted butter

Preheat oven to 325°. Pour nuts and chocolate chips into pie shell, spreading evenly. In a small mixing bowl, whisk 2 eggs. Add the sugar, flour, and a pinch of salt into the bowl, stirring to blend well. Whisk in 1 teaspoon vanilla and the 4 ounces melted butter. Blend well. Pour batter evenly over nuts and chocolate chips. Bake for 35 to 40 minutes, until nicely browned. Chill thoroughly before cutting. Serve with a dollop of vanilla ice cream. Store leftovers in the refrigerator.

### **Benedictine**

Serves 10 to 12

- 1 8 oz. package cream cheese, softened
- 1 tablespoon mayonnaise
- 3 tablespoons grated cucumber, drained well with paper towel
- 1 teaspoon finely chopped green onions with tops
- 1 drop green food coloring

Blend all ingredients together and mix well. Serve as dip or use as spread for finger sandwiches. You could even add a drop of Tabasco Sauce.