

# 2025 CADET INTERNATIONAL CAMPOREE (CIC) CERTIFICATION COOKING INSTRUCTIONS

**\*\*\*COUNSELORS ARE TO ASSIST THE CADETS AS NEEDED.  
THEY ARE NOT TO BE COOKING FOR THE CADETS!!! THESE  
INSTRUCTIONS ARE INTENDED FOR THE CADETS TO USE AND  
FILL IN THE BLANKS. \*\*\***

## BREAKFAST

ITEMS: ORANGE JUICE, EGGS, PANCAKE MIX, BROWN AND SERVE SAUSAGE LINKS, POTATOES WITH ONIONS, AND BUTTER

### BUILDING YOUR FIRE

WHEN USING YOUR FIRE FOR COOKING, YOU SHOULD BUILD A \_\_\_\_\_ TYPE FIRE?

### PANCAKES

ADD WATER ONLY. USE THE INSTRUCTIONS ON THE BOX.

HINT: A slightly thinner pancake mix will help speed up cooking time. Remember, be patient, don't flip the pancake until the bubbles on top are popping and the edges are drying out.

HINT: While you have a big fire and waiting for coals, put a pot of water on the fire for dishes, so that when you are done eating it will take less time to get it to a boil.

### POTATOES

SLICE OR DICE THE POTATOES AND THE ONION. PUT A LIBERAL AMOUNT OF BUTTER IN YOUR SKILLET.

### SAUSAGE

SAUSAGE IS PRECOOKED SO THEY ONLY NEED TO BE WARMED UP

HINT: For crispy potatoes only flip a few times. Let them fry.

### EGGS

CAREFULLY CRACK OPEN ALL THE EGGS AND MIX IN A LARGE BOWL

HINT: If you don't have a lot of practice cracking eggs, crack one or two at a time into a small bowl so you can make sure you don't have egg shells in the mix.

EGGS SHOULD NOT TAKE TOO LONG, SO YOU MAY WANT TO LET THE "PANCAKE GUY" GET SOME PANCAKES DONE BEFORE YOU START THE EGGS.

FOR CLEANUP, REFER TO PAGE 11 IN THE "CAMPOREE CERTIFICATION COURSE HANDBOOK". FOLLOW THE 4 STEPS LISTED AND ALWAYS REMEMBER; "THE BEST RULE FOR CLEANUP IS: MAKE NO MESS AND YOU HAVE NO MESS!!!"

## MID MORNING SNACK

APPLES

## LUNCH

ITEMS: SPAGHETTI NOODLES, SPAGHETTI SAUCE, BURGER, FRENCH LOAF, GARLIC POWDER, PARMESAN CHEESE, WATERMELON AND PUNCH MIX

**BUILDING YOUR FIRE** (MAKE SURE THE BOYS THAT DIDN'T GET TO START A FIRE FOR BREAKFAST; GET TO START THE FIRE FOR LUNCH)

IF YOU NEED A FIRE TO KEEP YOU WARM OVERNIGHT OR TO DRY YOUR CLOTHES YOU SHOULD BUILD A

\_\_\_\_\_ TYPE FIRE?

### SPAGHETTI NOODLES

YOU WILL NEED TO BOIL WATER. THE BEST KIND OF FIRE FOR THIS WOULD BE \_\_\_\_\_ ONCE YOU HAVE THE WATER TO A BOIL PUT IN ALL THE SPAGHETTI NOODLES. \* CRACKING THEM IN HALF MAY MAKE IT EASIER.

HINT: Cracking them in half may make it easier to fit in the pan.

CHECK THE NOODLE PERIODICALLY BY PULLING ONE OUT AND WAITING IT. YOU WANT IT FIRM BUT NOT CRUNCHY.

HINT: You do not want the fire too hot, to brown the meat, because you will just burn the grease and your sauce will not taste good.

### SPAGHETTI SAUCE

START BY BROWNING THE BURGER. THERE SHOULD BE NO MORE PINK. FOR HEALTHIER SAUCE DRAIN MOST/ALL OF THE GREASE. FOR A TASTIER SAUCE, JUST LEAVE IT IN AND DON'T TELL MOM.

ADD THE SPAGHETTI SAUCE TO THE MEAT AND COOK IT JUST BELOW THE BOILING POINT WHICH IS CALLED LETTING IT \_\_\_\_\_ .

WHEN CAMPING OUTDOORS ALL GREASE AND DISH WATER FROM COOKING SHOULD BE DISPOSED OF

IN A \_\_\_\_\_ .

### FRENCH LOAF

THE FRENCH LOAF IS FOR GARLIC BREAD. THE BEST WAY TO MAKE THIS IS TO SLICE IT, BUTTER IT, PUT ON GARLIC POWDER AND GRILL EACH SIDE INDIVIDUALLY ON THE FIRE. EITHER ON THE GRATE OR ON THE GRIDDLE.

### WATERMELON

CUT IT UP ANY WAY YOU WOULD LIKE.

### TYPES OF COOKING

\_\_\_\_\_ - IN A COVERED PAN WITH WATER TO PREVENT STICKING

\_\_\_\_\_ - TO COOK IN A REFLECTOR OVEN AT A LOWER TEMPERATURE THAN ROASTING

\_\_\_\_\_ - TO COOK IN A COVERED PAN OR REFLECTOR OVEN AT VERY HIGH TEMPERATURES

\_\_\_\_\_ - IN A PAN WITH GREASE (OR MARGARINE/OIL) TO PREVENT STICKING

# COUNSELOR GEAR LIST

## “THE ESSENTIAL UTENSILS”

The CIC Committee tries to run certification in a way that resembles an International Camporee. One way this is accomplished is by expecting our counselors to show up with everything from this list. Please read through this list and see it as a minimum requirement. This is a simplified list, It IS NOT the complete list for the International Camporee.

- **Plates, Cups, Forks, and Spoons** for you and up to 6 cadets. (To allow more time for structure building, Paper products are recommended for certification.)
- **1 or 2 gallon container** for mixing and serving juice or punch.
- **1 or 2 Large mixing bowls**
- **Wisk**
- **Serving spoons**
- **Tongs**
- **2 Rolls of Paper Towel**
- **Can opener**
- **1 or 2 sharp knives** for chopping vegetables
- **Cutting board**
- **2 – 9 Inch skillet**s
- **Griddle**
- **Large pot** for boiling water
- **Colander**  
NOTE: The large canning pots with built in colander work nice, simply lift out the colander when the pasta is ready. No need for trying to dump hot water into a colander.
- **Tin Foil** (you may want to wrap the garlic bread in tin foil or simply grill it. Either way tin foil is a nice addition to your supplies.
- **Cook Stove** This should be more than the little table top Coleman two burner. We recommend a two or three burner stove like the “Camp Chef Explorer”
- **Hot Pads / Pot holders** Leather welding or grilling gloves work very well for moving pots and pans around.

For the Certification we are asking you to bring a **20# Propane Cylinder** with your cook stove.

**\*\*If you do not have access to a proper cook stove for the Skills Certification, let us know well in advance so we can arrange to have one there for you. Call or Text Nate Kamps 616 437 4256**

We will be setting up a dish cleaning station **for the certification**, but for the International, YOU will be responsible for all that. Check the Counselor Hand Book for proper procedures and necessary equipment.