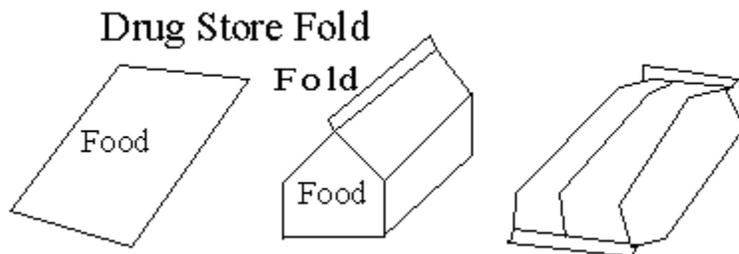


Tin Foil Cooking Recipes

"How To"

A cook who wants to foil cook in his outdoor kitchen could use the same product that's popular in home kitchens - aluminum foil - but he had better get the heavy weight that's usually designated for freezer use. The thinner type works fine for wrapping sandwiches or leftovers but doesn't provide enough protection against punctures or extreme heat.

When foil is wrapped as an airtight package around food, finishing off with a drugstore or sandwich fold, it becomes a small-scale pressure cooker. When placed in a bed of hot coals with some heat on top, diced vegetables and meat cook in 10 to 15 minutes in this package, and whole potatoes in 40 to 50 minutes. Be sure to allow some space for expansion in the package by not wrapping the raw food too tightly. If you want food to brown or to broil as in a skillet, leave the package open at the top (or fashion like a folded drinking cup with a flat bottom). This allows the steam to escape and makes it possible for you to watch the progress too.



Drug Store Fold

1. Place foil on flat surface. Place food in center.
2. Fold sides up to make a "tent". Hold top edges together and fold together.
3. On each open end, bring together and fold

Some Recipes Will Serve the Entire Patrol

BANANA BOATS

For One Boat

- 1 Banana
 - 12 Small Marshmallows
 - Chocolate Chips (small handful)
1. Peel back a long strip of banana peel on the inside of the curve, leaving one end attached to the banana
 2. Scoop out some of the banana and fill with marshmallow, chocolate (and raisins if you like)
 3. Replace the strip of peeling and wrap in foil
 4. Bake in the embers (about 15 to 20 minutes) until banana, chocolate and marshmallows are melted and blended.

SHRIMP BARBECUE

- 4 lbs Large Green Shrimp
 - 1 Cup Butter or Margarine
 - 1 Large Clove Garlic, Minced
 - 1/2 tsp black pepper
 - 1 tsp salt
 - 1 cup parsley, minced
1. Peel and clean shrimp
 2. Cream butter; add remaining ingredients to the butter and mix well
 3. Cut 6 9-in strips of heavy duty aluminum foil. Then cut each strip in half.
 4. Divide shrimp equally on each piece of foil.
 5. Top each with 1/12 of the butter mixture, bring foil up around shrimp; twist tightly to seal
 6. Place shrimp packet on embers
 7. Cook 5 minutes

STUFFED TROUT

- 12 Medium Trout
 - 3 Medium Onions, chopped fine
 - 1/4 lb butter or margarine
1. Clean the fish thoroughly; salt and pepper the insides
 2. Fill each fish about 3/4 full with onion and put a pat of butter on the top of the onion
 3. Wrap each fish separately in aluminum foil
 4. Bury in hot embers. Bake 20 to 25 minutes

HAMBURGER DINNER

- 12 Potatoes
 - 12 Carrots
 - 1 Large Onion
 - 3 lbs Hamburger
 - salt, pepper
1. Cut up potato in small pieces
 2. Cut carrot into sticks
 3. Dice onion
 4. Make a pat of 1/4 lb hamburger, 3/4 of an inch thick
 5. Place the ingredients side by side on a piece of aluminum foil
 6. Season; wrap in foil and put packet in the embers
 7. Cook 10 to 20 minutes

Other combinations can be used, such as: Ham, pineapple, and sweet-potatoes, Chicken, onions, and potatoes, Hot Dogs and onions, Hot Dogs with cheese and bacon, Hot Dogs with apples and cheese

BEEF STEW

- 3 lbs beef cut in 1-in. chunks
 - 12 bacon slices (about 3/4 lb.)
 - 12 tomatoes
 - 6 onions
1. Place 1/4 lb. Of beef, 1 slice of bacon cut in pieces, slices of onion and quarters of 1 tomato in aluminum foil packet
 2. Cook in embers 30 to 40 minutes

PIGS IN BLANKETS

- 4 Cups Flour
 - 2 Tbsp baking powder
 - 1 tsp salt
 - 3 Tbsp sugar
 - 6 Tbsp shortening
 - Water or milk for desired consistency
 - 24 link pork sausages (or, canned Vienna sausages, little polskies, etc)
1. Mix dough as for biscuits
 2. Pinch off small pieces of dough and flatten into strips or elongated patties
 3. Wrap each sausage link (which has been seared in a hot skillet) in a strip of dough
 4. Knead the sides of the dough together so that the sausage is completely covered
 5. Wrap in foil and cook for 15 minutes

POTATO-ONIONS

- 12 Medium Potatoes
 - 12 Medium Onion, sliced in rounds
 - salt, pepper
 - 1/4 cup Butter or Margarine
1. Cut potato into 4 crosswise slices
 2. Spread butter on each side of the slices
 3. Cut 1/2 onion in rounds and place between potato slices; salt and pepper them
 4. Secure slices with toothpicks or skewers
 5. Wrap these potato-onions tightly in foil
 6. Bake in embers 30 to 40 minutes

APPLE DELIGHT

- 12 Large Apples
 - 4 Tbsp Sugar
 - 3/4 Cup Biscuit Mix
 - Raisins
 - 3 Tbsp cinnamon (or to taste)
1. Core and chop 1 apple in fairly large pieces. Peeling if desired
 2. Mix 1 tsp. Sugar, a few raisins and cinnamon to taste with 1 Tbsp. Biscuit mix; stir into chopped apple
 3. Wrap in a piece of greased aluminum foil, leaving sufficient space for steam
 4. Cook in the embers approximately 30 to 45 minutes (The juice of the apple moistens the dough sufficiently.)

BAKED APPLES

- 12 Large Ripe Apples
 - 1 Cup Nuts
 - 1 Cup Coconut, shredded
 - 12 dates
 - 1 Cup brown sugar
 - 12 Marshmallows
1. Remove the core from the apples. Be sure not to cut through the skin at one end
 2. Fill the hole with nuts, dates, and coconut.
 3. Sprinkle well with brown sugar
 4. Wrap with foil and place in coals
 5. When tender, toast a marshmello and put it on top of the apple

APPLE COBLER

- 4 Cups apples, sliced
 - 1 1/3 Cup sugar
 - 1 tsp cinnamon
 - 2 Cups biscuit mix (or pie crust mix)
 - 2 8-in pie pans
1. Mix sugar and cinnamon with sliced apples and cook in saucepan until apples are tender. (Canned apple slices can be used instead)
 2. Put cooked apples in shallow pie pans
 3. Prepare dough from biscuit or pie crust mix and roll it with a round jar or small log between two pieces of wax paper.
 4. Place a circle of dough on the pie filling
 5. Set on a sheet of foil, leaving half of foil exposed
 6. Fold exposed portion on three edges up and over the pie pan to form a small oven
 7. Set either on the ground or on rocks before a hot blazing fire. The portion of the pie under the foil will brown first from reflected heat
 8. Turn pie within the foil oven to brown evenly
 9. Bake 15 to 20 minutes

HOBO

This is the first one I ever learned as a Scout. Thinly slice carrots, onions, and potatoes. Tear off a 12" strip of tin foil. Place a hamburger patty on the foil. Place a layer of vegetables on top. Add salt, pepper or other spices to your liking. Fold the foil over the top and bottom. Fold up the corners so it won't leak and place on the coals, hamburger side down. It should take 20-30 minutes depending on the heat of your coals. When done, open it up and use a knife and fork to eat directly from the foil.

Want that barbeque flavor for your Hobo? Put a squirt of BBQ sauce on the hamburger before you put on the vegetables.

BEEF STEW

This is the same as a Hobo, but a little more up-scale since you are using beef cubes. Thinly slice carrots, onions, and potatoes or maybe add broccoli and cauliflower. Tear off a 12" strip of tin foil. Place beef cubes on the foil. Place a layer of vegetables on top. Add salt, pepper or other spices to your liking. This time add some butter and a couple of tablespoons of water to make gravy! Yum! Fold the foil over the top and bottom. Fold up the corners so it won't leak and place on the coals, beef side down. It should take 20-30 minutes depending on the heat of your coals. When done, open it up and use a knife and fork to eat directly from the foil.

CHICKEN AND CORN

Smear chicken pieces with butter. Spice to your liking and wrap in 12" strip of foil. Lay on the coals, turning the chicken every few minutes for about 20 minutes. The corn can be husked, lathered with butter and wrapped in foil for a nice roasting in about 10 minutes. Another way to do the corn is to pull back the leaves, remove the husk (hair-like fibers), close the leaves, dip the ear of corn in water and place directly on the coals! Should roast nicely in 8-10 minutes, turning often so it doesn't burn.

FISH

In this recipe substitute meat or poultry for fish or shrimp! You can add thinly sliced vegetables or put finely chopped chives, butter and a slice of lemon in a 12" strip of foil. Smaller, lighter fish or shrimp will not take as long to cook so I would expect 3-5 minutes cooking time.

HAM AND SWEET POTATO

In this recipe use chunks of ham, thin slices of sweet potato, (chunks will also work) and a slice of pineapple. Put all this in a 12" strip of foil with a dollop of butter and a sprinkle of brown sugar. Wrap up the foil and put on the coals for 10 minutes each side and you have a tasty ham and sweet potato dinner in 20 minutes!

POTATO

I use this when I want to add a potato to the meal, like the Fish and lemon meal above. But, I have to start the potato first, since it takes longer to cook than the fish. I take a fork and stab the potato 3-5 times in the front and back, wrap it in foil and bury it in the coals. It usually takes about 30-40 minutes to cook and I can tell when it's ready by poking it with a fork to see how soft it is. I take it out of the coals, slice it open and stick a slice of hard butter in it! YUM!

ORIENTAL CHICKEN

Use boneless chicken pieces or strips and frozen mixed vegetables. Put the chicken and vegetables in a 12" strip of foil. Add two capfuls of soy sauce, a dash of garlic salt and a sprinkle of brown sugar. Wrap and cook on coals for about 20 minutes, turning every few minutes.

BREAKFAST NEST

Here's one you can try for breakfast! Take a sausage patty and put it on the foil. Take frozen hash browns and make a little nest on top of the sausage patty. Now comes the tricky part – crack an egg into the nest, wrap-up the foil and cook for about 5-7 minutes, turning every few minutes.

MUSHROOM CHICKEN

Use boneless chicken pieces or strips, frozen peas and a can of cream of mushroom soup. Put the chicken on a 12" strip of foil; add a couple of tablespoons of soup and a handful of peas. Wrap and cook on coals for about 20 minutes, turning every few minutes. This will be very moist!

As you can see there are lots of variations on the original tin foil cooking method. Substitute some of your favorite vegetables and meats to see what you come up with. Imagine your favorite meal, and then try to make it work the "tin foil way".

For all the recipes above, please follow these general cooking tips:

- Use campfire coals or charcoal to cook on
- Use many layers or wraps (minimum of 2) of tin foil or heavy-duty foil
- If your tin foil has a shiny side, make sure that side is on the inside
- Rotate the foil pack on the coals often to avoid burning
- Use tongs or heavy leather gloves to pick up hot foil...ouch! If using tongs, be careful that you don't rip the foil :-)
- Once it's cooked to your liking, let it sit for a few minutes before trying to eat it. Many a hungry Scout has burned his mouth on hot foil dinners.