

Foil Cooking

Foil Cooking Hints:

You will need a shallow bed of glowing coals that will last the length of cooking time.

Don't forget tongs to move packages around.

Start with two layers of heavy-duty aluminum foil, if all you have is regular foil use three pieces. The objective here is to prevent the foil from being punctured during cooking, losing the moisture and thereby burning your meal. Be sure to cut the length of your foil long enough to bring the ends together after placing your meal on the foil.

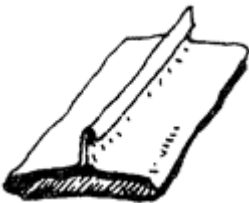
The “Drug Store” Fold:

Cut a piece of foil at least 18 inches long.



Place food in center of aluminum, *shiny side up*.

Bring the sides up and together.



Fold down towards food in 1/2 inch increments, creasing as you go, stop 1/2 inch above food.

Fold top down onto food, don't crease.



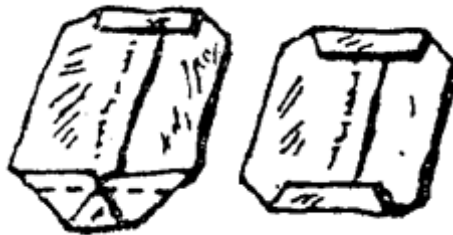
Fold the top down flat. Press ends together.

Fold corners over along dotted lines.



Fold pointed ends over 1/2 inch.

Fold ends over again.



Ready to Cook Your Meals:

If you plan to cook the meal later, simply put the package in your cooler and you are ready to go. When you are ready to cook your meal, place the foil dinner on the coals. Cooking time will vary depending on your coals, the size of your meal, and the size of the vegetables. Turn over after about 20 minutes. Cook 10-15 minutes more. Remove from coals and carefully open to check its doneness. If not done, re-close, wrap another piece of foil around the package if needed and return it to the coals. Check again in 10-15 minutes. When done, open package and eat directly from the foil package, or transfer the food to a plate.

Cooking Times:

Hamburger: 8-12 minutes

Carrots: 15-20 minutes

Chicken pieces: 20-30 minutes

Whole Apples: 20-30 minutes

Hotdogs: 5-10 minutes

Sliced potatoes 10-15 minutes

Recipes

Basic Foil Dinner

Lay slices of potatoes, onion, and carrots on a sheet of heavy-duty foil then place hamburger patty on top. Cover with slices of potato, onion, and carrots. Season with butter, salt and pepper. Cook 20-30 minutes over hot coals, turning twice during cooking.

Variations on the Hamburger Foil Dinner:

- a. Just a touch of garlic salt or Lowry's Seasoned Salt makes a lot of difference.
- b. Add Cream of Mushroom or Chicken soup to foil dinners. It adds taste as well as additional moisture. A couple of tablespoons are enough.
- c. Spice up foil dinners by adding Heinz 57 Sauce, BBQ sauce, Worcestershire sauce, or even Italian dressing
- d. Instead of hamburger, try pork loin, or boneless chicken breast or chicken strips! If you use chicken, try pineapple slices with mild BBQ sauce. Ground turkey can be used instead of ground beef.
- e. Vary the vegetable ingredients to include slices of tomato, bell peppers, celery, green beans, or onions.

Pizza Pocket

Use a tube of flat dough (often used in making Pig-in-the-Blankets). Take a section of flat dough and fill the center with pizza sauce, pepperoni, cheese, with optional mushroom, onions, etc. Fold it over to enclose the 'goodies' and wrap in 2 layers of foil. Bake for 10 minutes on each side.

Seafood Dinners

For variety, try peeled shrimp or scallops, snow peas, strips of red pepper, sliced mushrooms, thin slice of ginger root. This cooks rather quickly, usually in less than 10 minutes depending on size of shrimp or scallops.

Ham Dinner #1

Chunks of ham, sweet potatoes (par boiled), pineapple, butter, and a little brown sugar. As soon as it comes out of fire, add a few mini marshmallows on top.

Ham Dinner #2

Ham steak or cubes, pineapple slices (or tidbits), dash of teriyaki sauce, and mixed vegetables to taste.

Ham and Potatoes Au Gratin

Cubed ham, chopped potatoes, a little butter, and onions. Add grated cheese of your choice.

Chicken Dinner #1

Chicken strips, green peppers, onion, carrots, potatoes, mushrooms, in a cream of mushroom sauce.

Chicken Dinner #2

Chicken strips with instant rice and cream of celery soup.

Stir-Fry Chicken

Use a combination of chicken breasts, shrimp, snow peas, celery, and bean sprouts. The meat was place on the bottom with the veggies on top. Add a couple of dashes of Teriyaki sauce. Don't turn it over. Let the veggies cook in the heat from the meat. They will be slightly crunchy, almost steamed.

Foil Fajitas

Marinated Fajita Meat (Beef or Chicken), Onions, Green Peppers. Serve on tortillas with cheese, salsa, sour cream, etc.

Biscuits

Bisquick mix is good for individual biscuits. Coat the foil with butter or oil before you plopp the biscuit dough on the foil to keep it from sticking.

Baked Potatoes

Wash and poke a few holes in a potato. Coat the potato with vegetable oil and wrap in foil. Add cheese, butter, sour cream, etc. after they are cooked.

Stuffed Potatoes

Core small to medium potato, insert a small pre-cooked sausage or hot dog. Wrap in foil, set in hot ashes to bake. It takes 45-60 minutes to cook. Remove and slice top and add cheese, chili or other toppings of your choice.

Baked Bananas

Slice a banana lengthwise in the peel. Insert butter and brown sugar into the slit. Wrap and bake.

Baked Apples

Core and slice an apple. Add brown sugar, butter, and cinnamon. Wrap and bake.

Hobo Popcorn

In center of 18" x 18" square of heavy or doubled foil, place one teaspoon of oil and one tablespoon of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop. Tie each pouch to a long stick with a string and hold the pouch over the hot coals. Shake constantly until all the corn has popped. Season with salt. For a kettle corn flavor, add a little sugar to the oil prior to cooking.

Foil Breakfast

Coat foil with butter or oil to prevent sticking. Add hash brown potatoes, scrambled eggs (uncooked), sausage patty, and season to taste. Wrap securely. Place on coals for 15 minutes.