

ENTREES

MEATLOAF IN AN ONION

Method: *Foil cooking*

Time: *40 minutes*

- Cut and set aside 3 12x14 inch rectangles of heavy-duty foil
- In a medium bowl, mix
 - 1 pound lean ground beef
 - 1 egg
 - 1/8 tsp pepper
 - ½ tsp salt
 - ½ tsp dry mustard
- Cut in half horizontally and remove centers, leaving 1/2-inch shell of 3 medium onions
- Chop onion centers
- Stir 2 Tbsp onion into meat mixture
- Spoon meat mixture into 3 onion halves, rounding on top

Place remaining onion halves on top of filled onion halves. Place one filled onion on each piece of foil. Bring ends of foil up over onion. Fold foil down in small folds. Press sides of foil close to onion. Flatten ends and roll toward onion. Cook on coals 15 minutes on each side.

Serves 3

MIXED-VEGETABLE FOIL DINNER

Method: *Foil cooking*

Time: *10 to 15 minutes per side*

- On one piece of heavy-duty foil, place 1 to 2 slices of a large onion
- Shape a patty from ¼ pound hamburger
- With the patty, place on a piece of foil
 - 1 tsp dry gravy mix
 - Seasoned salt and pepper
 - 1/3 cup canned mixed vegetables
 - 1/3 cup canned, sliced white potatoes
- Optional
 - 1 tsp dry gravy mix over top
 - 1 slice of large onion

Wrap in foil, using drugstore wrap method, and cook on coals or grill 10 to 15 minutes per side.

Serves 1

BREAKFAST IN A PAPER BAG

Use a lunch-sized paper bag on the end of a pointed stick to cook your bacon and eggs for breakfast. Cut a strip of bacon in half and cover the bottom of the paper bag with it. Break an egg into the sack over the bacon. Roll the top of the sack halfway down in 1-inch folds and push a stick through the roll at

the top of the bag. Hold the bag over the coals. Grease will coat the bottom of the bag as it cooks. The egg will cook in about 10 minutes. (You can also cook the bacon and eggs by setting the bag on a piece of foil.) Be careful. If the sack gets too near the coals, it will burn. When the eggs and bacon are done, roll down the sides of the sack and eat your breakfast.

EGG ON A STICK

Method: *Stick cooking*

Time: *20 to 30 minutes*

- With a pin or the point of a sharp knife, carefully tap a small hole in one end of
1 egg
- Sharpen to an even thickness no larger than 1/16 inch
1 small stick

Insert sharpened stick into the hole in the egg and through to the other end. Now carefully tap another small hole to let the stick come through. Balance the stick on a rock near the fire so the egg is approximately 6 inches above the coals. Turn in 10 to 15 minutes to cook the other side.

Serves 1

MEATLOAF ON A STICK

Method: *Stick cooking*

Time: *20 to 30 minutes*

- Crush
1 cup cornflakes
- Mix together with
1 pound hamburger
1 egg
½ onion (chopped)
2 tsp salt
1/8 tsp pepper
1 tsp mustard

Wrap a small quantity of this mixture around the end of a stick, making it long instead of into a round ball. Wrap foil around the meat and part of the stick to prevent the meat from falling into the coals. Place it over a bed of coals, turning it slowly to cook it evenly. Makes about seven drumsticks.

Serves 3 to 4

VEGETABLES

CHINESE VEG PACK

Ingredients:

- 1 stalk celery, thinly sliced on an angle
- 1 green pepper, cut in strips
- 6 large button mushrooms, cut in half
- 1 medium onion, thinly sliced
- 1 piece of heavy-duty aluminum foil, 15x18 inches
- 2-3 Tbsp teriyaki marinade (recipe below)
- Ground black pepper (optional)

Place celery, green pepper, mushrooms and onion on the foil. Sprinkle with teriyaki marinade and pepper if desired. Seal the foil using the drugstore-wrap method. Cook on grill for 15 minutes per side. Serves 3 to 4

TERIYAKI MARINADE

Ingredients:

- ½ cup soy sauce
- ¼ cup water
- ½ cup brown sugar
- 1-inch piece of ginger root, chopped
- 1 clove garlic, chopped
- 2 green onions, peeled and chopped
- 1½ tsp sesame oil

Combine all ingredients except the sesame oil. Bring these ingredients to a boil and simmer for 10 minutes. Cool and refrigerate overnight. Strain the sauce to remove the chopped ginger root and garlic, and then add the sesame oil.

This sauce is good as a dipping sauce for wontons or eggrolls. It also makes an excellent marinade for meat and is good served over vegetables and rice.

Makes about 1 cup marinade

ROASTED CORN

Method: *Contact heat*

Time: *15 to 20 minutes*

- Carefully pull back husk and remove silk of 1 ear of corn
- While corn is still wet, sprinkle lightly with salt

Replace husk so no corn is exposed and place it on a hot bed of coals, turning it one-fourth the way around every 3 to 5 minutes (corn can also be wrapped in foil). Remove the husk, butter the corn and eat it immediately.

To roast corn faster, simply toss fresh-picked corn (in the husk) onto the coals and rotate so that it cooks evenly, approximately 5 minutes per side. Remove from coals and open to remove silk. Butter and salt it to taste.

Serves 1

BREADS

BREAD ON A STICK

Ingredients:

- 1 (1-pound) loaf frozen bread dough, thawed, or 1 (1-pound) loaf of bread dough
- ¼ cup flour
- ¼ cup melted butter or margarine
- 4 Tbsp Parmesan cheese
- 1 tsp seasoned salt
- 4 (1-inch) dowels
- 1 Tbsp vegetable oil

Using a sharp knife, cut the dough into six pieces. Roll each piece in flour and then form them into long, thin pieces. Dip each piece of dough in melted butter, then roll it in Parmesan cheese. Sprinkle with seasoned salt. Wash the ends of the dowels and oil each one about 6 inches at one end. Starting at that end, twist the bread around the dowel, making sure that the end is covered and that the twists meet so that the dowel is covered. Bake the bread by rotating it over hot coals for 10 to 20 minutes. Slide the bread off the end of the stick and fill the hollow inside with cheese, spaghetti sauce, butter or salsa. Makes 6 large rolls.

Variation: Roll the uncooked dough in butter, then in cinnamon sugar. Fill the inside of the cooked bread with applesauce, jam or pudding.

DESSERTS

BANANA BOATS

Ingredients:

- 4 bananas, in the peel
- ½ cup milk-chocolate pieces
- ½ cup miniature marshmallows
- Heavy-duty foil

Cut a slit along the length of each banana. Fill the slit with milk-chocolate pieces and marshmallows and wrap securely in heavy-duty foil. Heat for about 5 minutes over coals until chocolate and marshmallows melt.

Serves 4

Variation-Hawaiian Banana Boats: Prepare the bananas as above but fill slit with pineapple chunks, brown sugar and coconut.

BAKED APPLE

Ingredients:

- 1 cooking apple per person
- 1 or more of the fillings listed below
- 1 (12x14 inch) piece heavy-duty aluminum foil per apple

Core each apple, taking care to remove the core, but not cut all the way through the apple. Make the cavity large enough so that a filling can be placed into it. Fill with 1 or more of the filling ingredients listed below. Place the apple on a piece of foil. Bring the foil to the top, twist it around and place on a wire grill, 2-3 inches above the glowing coals. Cook for 30 to 45 minutes, keeping the apple open-end up. To serve, open the foil up like a bowl and eat with a spoon. Serve with cream or vanilla ice cream.

Serves 1

Fillings:

- Brown sugar
- Nuts
- Raisins
- Dried cherries
- Butterscotch chips
- Red hots
- Cinnamon sugar
- Dried cranberries
- Dates
- Butter

ORANGE CUPCAKES/MUFFINS

Ingredients:

- 1 orange per person
- 1 (18½ ounce) package yellow, gingerbread, chocolate or spice cake mix, prepared according to package directions, but not baked (or use your favorite muffin mix)
- 1 (12 inch) square piece of heavy-duty foil per orange

Cut 1-inch slice from top of each orange. Scoop out orange fruit and pulp. Leave peel intact as a baking cup. Fill each orange peel 2/3 full with prepared cake batter. Place a filled orange in center of each piece of foil. Bring foil together at the top and twist tight. Place wrapped oranges in coals for 15 to 20 minutes to bake. One cake mix will fill 12 to 18 oranges.

BALL-TOSS ICE CREAM

Equipment:

- 2 (1-quart) zip-top bags
- 2 (1-gallon) zip-top bags
- 1 (8-pound) bag of ice, crushed or cubes
- ½ cup rock salt
- Newspaper
- Heavy-duty strapping or packaging tape

Ingredients:

- ¾ cup whole milk or flavored milk
- 1 cup whipping cream
- 1/3 cup sugar
- ½ tsp vanilla extract

Place all ingredients in a 1-quart bag. Squeeze out all the air and seal the bag. Place this bag inside the other quart bag and seal. Place the double-bagged ice cream mix inside a gallon zip-top bag. Fill the gallon-size bag with ice, sprinkle the ice with the rock salt and seal the bag. Place this bag inside the other gallon bag and seal. Wrap the filled bags in several layers of newspaper. Secure the newspaper by wrapping it with heavy-duty tape. Tape the “ball” on all sides so that it will hold its shape. Now, toss the “ice cream ball” back and forth for 15 to 20 minutes. Unwrap the ball, remove the ice and enjoy the ice cream!

Makes about 3 cups

TURNOVERS

Delicious turnovers can be made with English muffins.

- Scrape out the center of both sides of an English muffin with a fork or spoon, taking care not to scrape a hole in the bun.
- Fill one half of the muffin with your favorite sandwich or dessert filling.

Suggestions:

- Sandwich:
 - Egg salad
 - Cheese
 - Ham and cheese
 - Deviled ham with pickles
 - Diced Spam with pickles and salad dressing
- Dessert:
 - Cherry
 - Peach
 - Apple
 - Other (try your own)

- Cover the filled half of the muffin with the other half and butter both on the outside.
- Wrap the muffin with foil, using the drugstore wrap technique.
- Place it in coals for 3 to 5 minutes per side.

Serves 1

NEW METHOD FOR S'MORES

Method: *Stick cooking*

Time: *3 minutes*

- With a sharp knife, cut slits in the four corners of the flat side of
 - In the slits, insert (sharp end first)
 - Repeat with
 - Fit the chocolate chip ends of the two marshmallows together, slide them onto the sharp end of a stick and toast them slowly over
 - When the marshmallows are golden brown, sandwich them between
- 1 marshmallow
4 milk chocolate chips
1 marshmallow
hot coals
2 graham crackers

This method guarantees melted chocolate, so you'll really want s'more.

Serves 1

S'Mores Variations:

Apple-Cinnamon graham crackers + apple slices + marshmallow

Chocolate graham crackers + Andes mints + marshmallow

Honey graham crackers + peanut butter + chocolate + marshmallow

COOKING METHODS

ALUMINUM FOIL FRYING PAN

Cut a green willow switch flexible enough to make a loop at the end about the size of a frying pan. Secure the loop to the stick with wire or by tying it. If a loop cannot be made, cut a forked stick, cut off the forked ends evenly about 4 to 8 inches beyond the forked joint, depending upon the size of pan desired. Whether you use the loop or the fork, cut a piece of foil that extends 3 inches beyond the size of the loop or the fork. If you desire the pan to have depth, allow the foil to sag in the middle. After forming the pan, roll the excess foil as far under and around the stick as possible.

A frying pan can also be made from a coat hanger by straightening the hook and pulling the center bottom wire to form a square. Place foil across the wire and wrap it around twice. To make a handle, tightly wire the straightened hook to a stick so it will not turn.

Foods such as meats, vegetables and fruits are those most commonly cooked with foil; steaming is the most common method used. Entire dinners are often put together and cooked in one piece of foil. Foil cooking can be useful in many other ways:

- Warming bread
- Cooking vegetables (corn on the cob, etc.)
- Frying bacon and eggs
- Boiling small amounts of water or other liquids

ROCK COOKING

Method 1:

Heat can be conducted through a rock from coals or fire below. Find a flat rock that is not over 2 inches thick. Rocks that have recently been in water or that retain moisture, such as shell and limestone, should be avoided because they may explode when heated. Make a keyhole fire, brace the clean rock over the square part of the keyhole, and put hot coals under it. Heat the rock slowly. If one side heats too fast and expands more quickly than the other side, the rock may break. Turn the rock over and allow it to heat on the other side gradually and as evenly as possible.

When the rock is hot, it can be placed directly over the coals and used as a grill. When the upper surface cools, turn the rock over, brush it off, and cook on the hot side. If a rock is thin enough, the heat will be conducted through it and it will not need to be turned. The food may be cooked directly on the hot surface of the rock, or the rock may be covered with foil.

Method 2:

Food may also be cooked on a round, hot rock with a smooth, flat side. It should be neither too large nor too thick and should be hard enough that it won't break or explode when heated. Heat the rock in the fire, turning it occasionally to permit it to heat evenly. Remove it when it is hot and brush the ashes away before cooking on it. Use the rock for cooking foods that can be fried quickly. When the rock cools, return it to the fire to reheat it.