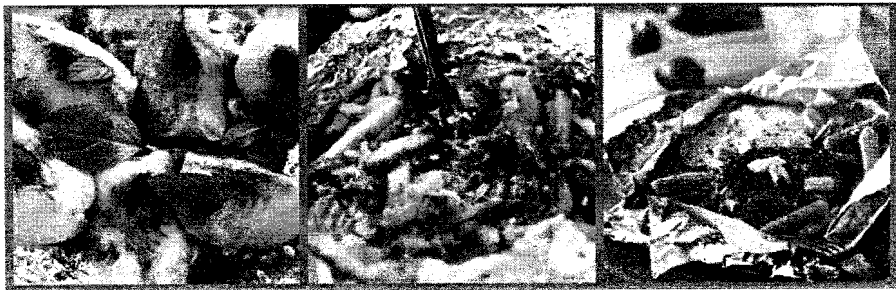




Cooking on Coals

Delicious & Easy Foil Packet Recipes



In foil cooking, you take some ingredients, wrap them up in a foil packet, and place the pouch in a campfire's coals to cook. You can prepare these foil packets before you head out into the outdoors. They require no pots and pans, no plates, and no clean up! Today we're going to cover the basics of foil packet cooking and provide you with some delicious recipes to try the next time you venture into the great outdoors.

Foil Packet Cooking Tips

- Use heavy duty foil. You don't want the foil to rip and have ashes get in and your dinner leak out. If you use regular foil, double up on the sheets. If your food is heavy, and/or if you plan to eat directly from the pack, it's a good idea to double up even on the heavy duty sheets.
 - Spray the side of the foil on which you're going to place the food with cooking spray before you add your ingredients and seal it up.
 - When placing your ingredients on the sheet of foil, always put the meat on the bottom as it takes the longest to cook.
 - Foil cooking works best on a two-inch bed of hot coals.
 - Cook your foil packet on the fire's coals, not in the fire itself.
 - Foil heats up quickly. Always use potholders or oven mitts and long tongs to handle the foil packs.
 - Hard, raw vegetables like carrots and potatoes take a long time to cook. If you don't want to wait, use the canned variety.
 - When cooking meat, throw in some high-moisture veggies like tomatoes and onions. This will keep the meat from drying out.
 - Foods wrapped in airtight foil packs will be steamed, not toasted or crunchy.
 - Cooking times will depend on how hot the fire is and the kind of food in the packet.
- There's no temperature gauge on a campfire. A hand thermometer can be used by adults to check the temperature of the fire. Here's a simple guideline:
 - ✓ The temperature is about 300 degrees (low heat or warm embers) if you can hold your hand there for four to five seconds.
 - ✓ The temperature is about 350 degrees (medium heat, coals or embers) if you can hold your hand there for three to four seconds.
 - ✓ The temperature is about 400 degrees or higher (high heat or hot coals) if it seems very hot and you can hold your hand there for less than three seconds.
- Flip the packets over a few times during cooking, and open and check on how the food is progressing from time to time.
 - When it's finished cooking, open your foil packet carefully, as it's full of hot steam!

Making Your Foil Packs

Making a good foil pack is essential to foil dinner cooking success. There are a couple of different kinds of foil packs you can make depending on what you're cooking.

The Flat Pack

The flat pack is best for foods like meat where you're looking for more browning than steaming.

1. Tear off a sheet of heavy-duty foil that is about twice as long as the food you'll be wrapping. It's better to overestimate the length than to place your food on it, start wrapping it up, and realize you don't have enough foil to keep everything in and make your folds.
2. Place the food in the middle of the sheet of foil. If you needed to mix the ingredients up, do so in a separate bowl before transferring it to the foil.
3. Bring the long sides together in the center and crease them together, making tight folds until the foil is flat next to the food.
4. Tightly roll up the shorter sides until they meet the food.



The Tent Pack

The tent pack provides a pocket of air that allows for greater steaming. Thus, it's best for foods you want steamed more than browned like fruits, vegetables, and meat/vegetable combos.

1. Tear off a sheet of foil just as you would for the flat pack.
2. Place the food in the middle of the foil.
3. Bring the long sides together in the center and tightly fold them together towards the food. This time, stop folding a few inches before you get to the food, leaving a pocket of space and creating a "tent."
4. Tightly roll up the shorter sides, again leaving an inch or so of space between the end of the fold and the food.



FOIL COOKING RECIPES

BREAKFAST

Western Tortillas (Makes 4 servings)

4 eggs
1C diced ham
1/4 C chopped green bell pepper
1/4 C minced onions
2 tsp of butter
4 flour tortillas
4 slices American cheese
Salt, pepper and even ketchup to taste.

Directions:

In a medium bowl, use a fork to scramble eggs with 2 tablespoons water. Add the diced ham, green pepper and onion; mix well. Season with salt and pepper. Cut heavy-duty foil into 2 (12") lengths. Spray both foil pieces with nonstick vegetable spray. Crimp foil pieces enough to prevent spills. Pour half of the egg mixture on the center of each foil piece. If desired, place small pieces of butter on top. Wrap foil around egg mixture in a tent pack.

Wrap tortillas flat in a separate piece of foil. After cooking as directed, open all the foil packs and place 1 slice of American cheese on each warm tortilla. Spoon equal portions of the cooked egg mixture on a warmed tortilla and fold in half or wrap burrito style to eat. Serve with ketchup if desired.

Variations:

- Try other types of cheese, such as Monterey Jack, Cheddar or Cream Cheese.
- Add bacon bits to the mixture.
- Try mushrooms and/or diced tomatoes.
- Add salsa or hot sauce.



Wrap the egg packs in a second layer of foil. Place these foil packs on medium coals for 10 to 15 minutes or until eggs are cooked. Open pack, stir once, and continue to cook if needed. Warm foil wrapped tortillas on a grill or next to the fire until soft and pliable.

Muffins in an Orange Shell (Makes 6 servings)

6 thick-skinned oranges
1 (7 oz.) package of muffin mix, any flavor
Eggs and/or water as direction by muffin mix

Directions:

Roll each orange on a hard surface to soften the membranes inside. Cut off the top fourth of each orange. Use a sharp knife to separate the pulp from the white membrane of each shell. With a spoon, carefully remove all the orange pulp without tearing the peel. Set fruit aside in a bowl to eat later. Prepare the muffin mix as directed on the package. Spoon some muffin batter into each hollowed orange shell, filling each about 2/3 full. Cut a 10" piece of heavy-duty foil for each orange shell. Set 1 orange on each piece of foil. Wrap foil up and around sides of the shell, flattening the bottom and crimping foil around the top shell, but leaving the top open. These are very hot after cooking! Let them cool before eating with a fork or spoon.



Place foil wrapped orange shells on hot coals

and cook for 10 to 20 minutes. Rotate them as needed for even cooking, always keeping the oranges upright. Remove from coals when a toothpick inserted in muffins comes out clean.

MAIN DISHES

Pizza Chicken (Makes 4 servings)

4 boneless, skinless chicken breast halves
1 C. pizza sauce
1 C shredded mozzarella cheese
20 slices pepperoni
1/2 C chopped green pepper
1 small onion, chopped
Parmesan cheese

Directions:

Cut 4 pieces of heavy-duty foil, each large enough to wrap around one chicken breast half with vegetables. Spray the foil with nonstick vegetable spray. Set 1 chicken breast half on each piece of foil. Spread 1/4 cup mozzarella cheese on top, followed by pepperoni slices, green pepper and onion, as desired. Press down on toppings slightly to hold them in place. Wrap foil in a tent pack around each serving. Cook as directed. Before serving, open packs and sprinkle Parmesan cheese on top.

Variations: Add other pizza toppings, such as sliced mushrooms and sliced black and green olives. Substitute spaghetti sauce or Alfredo-style pasta sauce for the pizza sauce and top the chicken with sliced zucchini, mozzarella cheese and Parmesan cheese.



Place double-wrapped foil packs on

medium embers and cook for 15-25 minutes or until chicken is fully cooked. Move packs as needed to obtain even heating.

Southwestern Chicken and Rice Dinner (Makes 4 servings)

1 C quick-cooking white rice, uncooked
4 small boneless, skinless chicken breast halves
1/4 C ranch dressing (regular or reduced calorie)
1 1/2 tsp. chili powder
Cayenne pepper
1/2 C shredded Cheddar cheese
4 C fresh broccoli florets
1 medium red pepper, chopped

Directions:

In a medium bowl, combine uncooked rice and 1 1/4 cups water. Let mixture stand for 5 minutes. Cut 4 pieces of heavy duty foil, each large enough to wrap around 1 chicken breast half with vegetables. Spray foil with nonstick vegetable spray. Place equal portions of soaked rice on the center of each piece of foil. Place 1 chicken breast half on top. Sprinkle 1/2 teaspoon chili powder and a little cayenne pepper on each. Drizzle ranch dressing evenly over chicken. Place 2 tablespoons shredded cheese, 1 cup broccoli and a portion of the chopped red pepper on top. Wrap foil in a tent pack around each serving.

Variation:

For a milder chicken and rice dish, mix 2 cups quick-cooking white rice and 1 can of cream of chicken soup. Stir in 1/2 cup of water. Crimp foil edges to prevent spills. Spoon and even portion of rice mixture on each piece of foil and set 1 chicken breast on half on top. Wrap and cook for 15-20 minutes on each side.

The Classic: Hamburger and Vegg-All (Makes 2 servings)

1/2 lb. ground hamburger meat
1/2 can of Veg-all or other mixed vegetables
1/2 can of cream of mushroom soup spices and seasonings

Directions:

Mix together the above ingredients with spices and condiments to your heart's content in a mixing bowl. Place the mixture on the center of a sheet of foil. Make a tent foil pack for this meal.



Place double-wrapped foil packs on

medium heat embers and cook for 18-25 minutes of until chicken is fully cooked. Move packs several times during cooking to obtain even heating.



Place double-wrapped foil tent packs on hot

coals for about 25 minutes. Move pack several times during cooking to obtain even heating.

VEGETABLES

Broccoli Casserole (Makes 4 servings)

- 6 C broccoli florets
- 1 (10.75 oz.) can cream of mushroom soup
- 1/4 C mayonnaise
- 1 T Worcestershire sauce
- Salt and pepper
- 1/2 C shredded cheddar cheese
- 2/3 C dry, seasoned bread stuffing mix

Directions:

Cut 1 piece of wide heavy-duty foil 24" long. Spray foil with non stick vegetable spray. Place broccoli in the middle of foil. Crimp foil edges enough to hold in liquids. In a small bowl, combine the soup, mayonnaise, Worcestershire sauce, salt and pepper; mix well. Pour mixture over broccoli. Sprinkle cheese over broccoli and top with stuffing mix. Wrap foil around broccoli in a tent pack.



Place double-wrapped foil packs on medium to hot embers and cook for 10-20 minutes or until broccoli is tender. Turn packs several times during cooking to obtain even heating.

Herbed New Potatoes (Makes 8 servings)

- 1/3 C of Olive oil
- 2 lbs. new potatoes
- 1/2 medium yellow onion or sweet Spanish onion
- 1/2 tsp dried rosemary
- 3/4 tsp salt
- 1/2 tsp pepper
- Pinch of cayenne pepper

Directions:

Cut 8 (10") pieces of heavy-duty foil. Brush each piece with olive oil. Wash and slice the potatoes about 1/4" thick. Place an equal portion of sliced potatoes on each piece of foil. Slice the onion into rings about 1/4" thick. Separate the rings and place an equal portion on top of the potatoes in each pack. Sprinkle vegetables with rosemary, salt, pepper and cayenne pepper. Crimp foil edges enough to hold in liquids. Drizzle vegetables with remaining olive oil. Wrap foil in a tent pack around each serving.



Place double-wrapped foil packs on medium embers and cook for 15-20 minutes or until the potatoes are tender. Turn packs over several times during cooking.

DESSERTS

Pineapple Upside-Down Cake (Makes 6 servings)

6 pineapple rings (or chunks)

6 cake donuts

6 T soft margarine, divided

6T brown sugar, divided

Directions:

Drain Pineapple, reserving the liquid. Cut 6 pieces of foil, each large enough to wrap around 1 donut. Set 1 donut on each piece of foil. Spread 1 tablespoon margarine on top of each donut. Sprinkle 1 tablespoon of brown sugar on top of the margarine. Top each donut with 1 pineapple ring. Drizzle 1 to 2 teaspoons of reserved pineapple juice in the center of each donut. Wrap foil snugly around each serving in a flat pack.



Place double-wrapped foil packs on warm embers and

cook for 8-15 minutes moving as needed.

Cook until pineapple is warm and brown sugar is syrupy.

Apple S'mores (Makes 6 servings)

Nicole Patton, Midland, Michigan

6 Apples

1 Hershey's chocolate bar, divided into squares

6 Marshmallows (regular sized)

Directions:

Leave your apples whole, core them out with a melon baller, but leave the bottom solid. Drop two squares of Hershey's into the hole, and seal it off with a large marshmallow. Wrap in foil and cook in the coals like you would a baked potato.



Place double-wrapped foil packs on

medium-hot embers for 15-20 minutes or until apple is tender.

"They say necessity is the mother of invention. Nicole invented apple s'mores when she was ten years old because their family had run out of graham crackers, and happened to be situated near to an abandoned apple orchard. Nothing fancy, but it became a camping staple for her family, and always easy for the kids."

Campfire Terms

Coals: *In a campfire or charcoal grill, the wood or fuel you cook on after the flames die down.*

Embers: *Glowing pieces of wood or charcoal briquettes in a campfire or charcoal grill.*