

Delectable Delights



One of the greatest pleasures of camping or hiking is eating a meal that has been cooked to perfection in the out-of-doors. Being creative in planning and cooking these meals can be rewarding or it can be a frustrating experience if you do not have the "know-how". When planning your cookouts, be sure to start with the simple and progress to the more difficult. Make sure you have several positive experiences so the girls become successful with each cooking technique before progressing to a new one.

Foil Cooking

Foil cooking is a technique that requires time and patience for success. The best results can be insured by hot coals or embers for maximum heat and being sure to correctly wrap all the food in the following manner: place one piece of tinfoil shiny side up on your work surface, next place a damp paper towel or piece of newspaper and then another piece of tinfoil on top. Place your food on top and wrap with a drugstore wrap rolling the lengthwise ends to the center and then folding the ends in.

Bundle of Potatoes

Place thick slices of peeled potato on a 10-inch square of well-greased aluminum foil, season with salt and pepper. Add 1 T. butter and a few slices of onion. Wrap tightly, twisting ends. Bake on hot coals for 45 minutes.

Chicken Dinner in a Packet

1 piece of cut-up chicken (e.g. leg)
Salt, pepper, paprika
1 sliced tomato
1 sliced and peeled potato
1 sliced onion
2 whole mushrooms
2 green pepper rings
2 T. tomato juice
Place chicken piece, skin side down in center of piece of foil. Sprinkle with seasonings and arrange vegetables on top. Seal and cook on grill 3-4" from the coals until food is tender, about 1 – 1¼ hours. Turn packet every 15 minutes.

Baked Apple

Core and fill an apple with a mixture of cinnamon and sugar. Add raisins, nuts, marshmallows, cinnamon candy or even mincemeat. Place on foil and gather up over the top and twist together. Bake on hot coals, turning occasionally. Cook approximately one hour for a medium size apple.

Stick Cooking

This is one cooking technique where practise does make perfect. If you can wait for the fire flames to burn down to coals, the food will be golden brown on the outside and cooked completely through. Cut sticks from green wood and turn the food often so it will cook evenly. Watch for fat dripping into the fire; it can burst into flames.

Dog in a Blanket

Mix prepared biscuit dough and roll out to a ¼ " thickness. Pierce the hot dog lengthwise with a green stick and cover with the dough. Toast over coals.

Kabobs

Spear on different combinations of food and cook over a bed of hot coals. Here are some combinations:

- ham, pineapple, orange sections
- luncheon meat, tomato, onion
- bologna, onion, bacon
- sausage, mushroom, bacon, tomato
- salami, pineapple, bacon
- wiener, pineapple, apple
- wiener, pickle, potato, tomato

Twisters

To 2 c. prepared biscuit mix, stir in approximately 1 cup of water to make dough easy to handle. Pat the dough onto wax paper to 1/8" thickness and cut into strips. Wrap in a spiral around **heated** end of a thick green stick, twisting the stick, rather than the dough. Brown over coals, turning often until cooked thoroughly. Remove from stick and serve buttered or filled with jam.

Tinfoil Oven

Using the following items can make a simple outdoor oven:

- 1 heavy cardboard box (usually obtainable at liquor stores)
- 1 18" wide roll of heavy-duty aluminum foil
- 1 aluminum pie plate
- 4 empty pop cans
- 1 metal cake cooling rack
- String

To make your oven take your box and make a door on one end by cutting on three sides and leaving one side attached as a hinge. Make a small hole in the top of the box and the door and loop a string through to shut. You need a tight fitting closure, so experiment and you make need more than one fastener.

Line the inside and the door of your oven with the foil and try to overlap

around the outside so you won't need tape.

Start your charcoal in the pie plate in the bottom of your oven. When the coals are hot, arrange four pop cans so that they will hold your cake cooling rack. The oven is now ready to use. You will need to experiment a little with cooking times but you are all ready for baking.

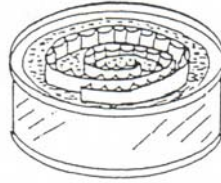
Cherry-Apple Crisp

- 1 can apple-cherry pie filling
- 1 c. brown sugar
- 1 c. flour
- 1/2 c. margarine
- 1/4 tsp. cinnamon

Spread the pie filling in the bottom of a greased 9" by 9" pan. Mix the other ingredients together until it resembles coarse meal. Spread on top of the pie filling and bake for 1 hour or until bubbly and the top is lightly browned.

Buddy Burners

A small outdoor can-stove can be made from a large coffee can. On the open end, cut out a piece of metal about 3 inches high and 3-4 inches long. On the closed end of the can, use a punch can opener to make holes around the side at about 3 inch intervals. Through the large hole, insert a lighted buddy burner or twisted paper and sticks to make a fire. Some foods can be cooked directly on top of the stove; pans and skillets can be used on top of the stove and a simple oven can be constructed by placing another slightly smaller can on top of your can stove. Biscuits, cakes and quick breads can be baked in these makeshift ovens.



It is easy to make a **Buddy Burner** from a tuna or pineapple tin. Cut corrugated cardboard as wide as the can is high, cutting across the corrugated strips. Coil the cardboard tightly inside the can.

Pour melted paraffin or candle wax over and between the coils until the can is full. **USE EXTREME CAUTION WHEN HANDLING HOT PARAFFIN OR CANDLE WAX.** After the wax has hardened light the coils by placing several burning matches across the top. The buddy burner is then placed inside a can stove. One full can will burn for 1½ to 2 hours.

Haybox Cooking

Take a large box (wood is preferable but cardboard will do) and line it with several layers of newspaper. Place a layer of tinfoil shiny side out on the inside of the box. Line the bottom and sides of the box with hay and pack very tightly to a depth of 6". Leave the center open to fit a cooking pot. Make a pad from sacking and fill with hay to place over the pot.



Hay is a non-conductor of heat, so when partially cooked food in a pot is placed in the Haybox the heat escapes so slowly that the food goes on cooking for hours.

REMEMBER TWO RULES!

1. Food must be boiling before being placed in the box.
2. There must be no cracks in the box or lid through which heat can escape. COOKING TIME IS THREE TIMES THE NORMAL TIME.