

# Aluminum Foil Cookery

ONE OF the smartest ways of cooking in camp is with aluminum foil. You simply wrap the raw foodstuffs in foil, place the packages on hot coals, turn them a couple of times during the cooking, and serve directly in the foil. No dirty pots or pans or dishes to clean up afterward. What could be easier?

If you are camping for a longer period, take a whole roll of aluminum foil along. You will find a great number of uses for it in addition to cooking. If you are camping overnight only or are going lightweight, take only a small amount. Roll it around a thin dowel stick or fold it up with loose creases. Sharp creases will puncture the foil.

The fire is important in foil cookery. You need a shallow bed of glowing coals that will last for the length of time required for cooking. Quickest way to get this is to make a crisscross fire-lay and let it burn down to embers.

Next in importance is the way you wrap and seal the food. Follow carefully the instructions and pictures below. The important thing is to make the wrapping airtight to keep the moisture in. This way you cook by steam and retain all the juices.

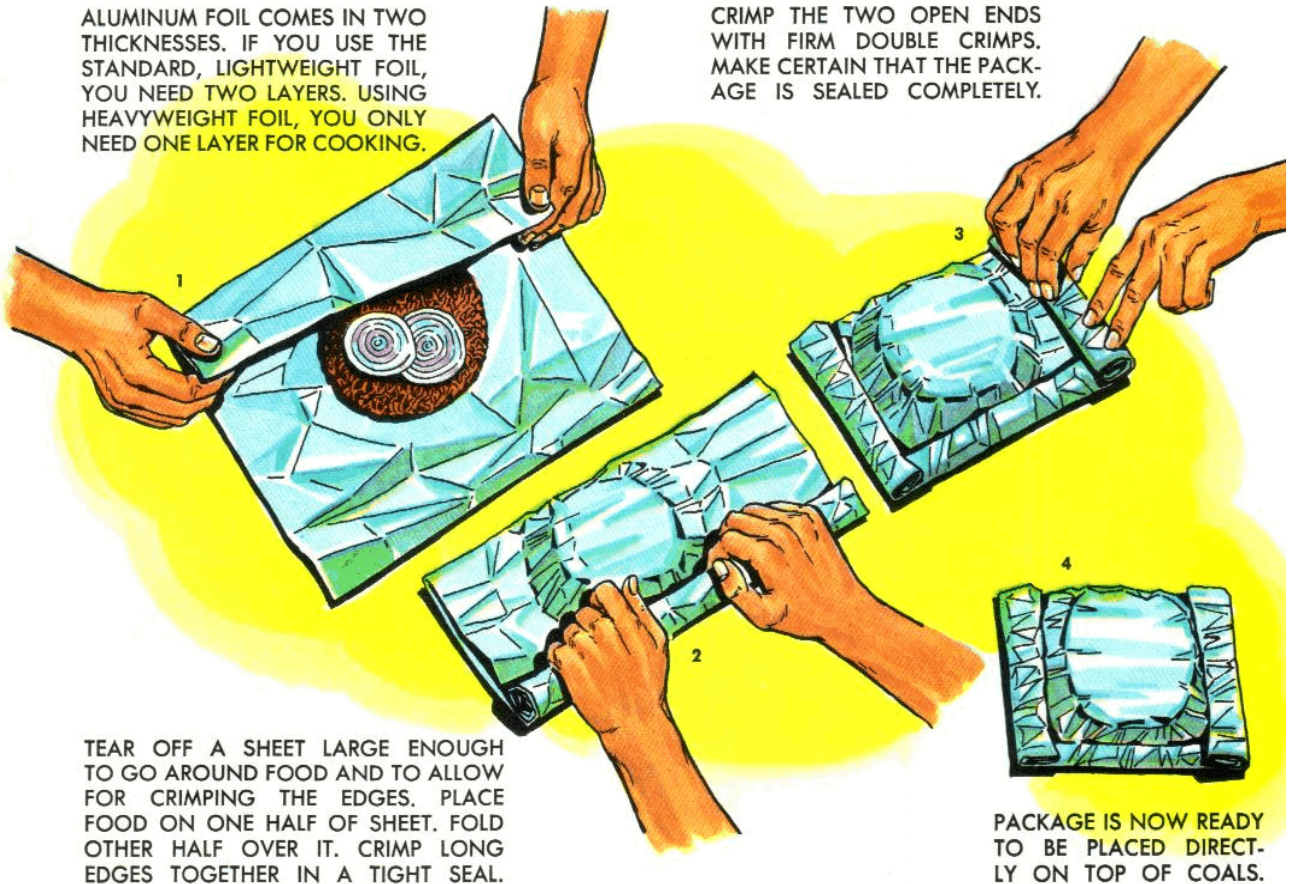
Now place the foil packages directly on the coals and wait for the food to cook. Follow the timetable on page 79, and turn the packages at least once, halfway through the cooking. Use a small stick for turning.

When the cooking time is up, rake the packages out of the fire. Unwrap, or make a crisscross slit in the top layer of foil, open up, and use the foil as your plate.

After eating, drop the foil on the coals and leave it there until all food remains have been burned off. Dispose of the used foil by burying it, or, by putting it in your litter bag for throwing into a garbage can later.

ALUMINUM FOIL COMES IN TWO THICKNESSES. IF YOU USE THE STANDARD, LIGHTWEIGHT FOIL, YOU NEED TWO LAYERS. USING HEAVYWEIGHT FOIL, YOU ONLY NEED ONE LAYER FOR COOKING.

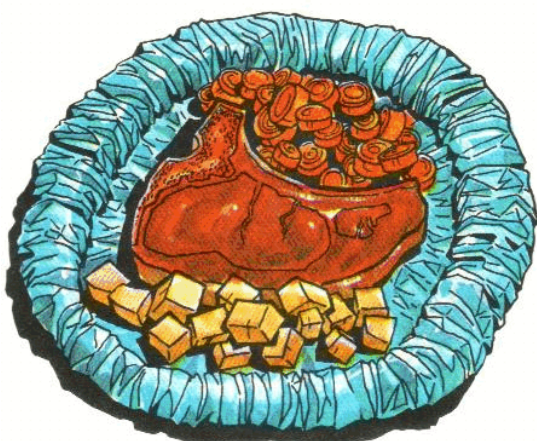
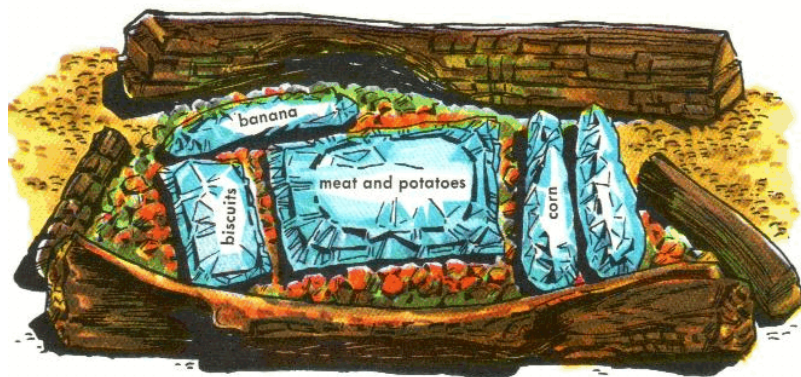
CRIMP THE TWO OPEN ENDS WITH FIRM DOUBLE CRIMPS. MAKE CERTAIN THAT THE PACKAGE IS SEALED COMPLETELY.



PLACE FOIL PACKAGES DIRECTLY ON COALS. TURN AT LEAST ONCE, HALFWAY THROUGH COOKING TIME SPECIFIED AT RIGHT:

### COOKING TIMES

Beef, Hamburger	8-12 mins.
Beef, 1-inch cubes	20-30 mins.
Chicken, cut in pieces	20-30 mins.
Frankfurters	5-10 mins.
Lamb chops	20-30 mins.
Pork chops	30-40 mins.
Fish, whole	15-20 mins.
Fish, fillets	10-15 mins.
Carrots, sticks	15-20 mins.
Corn, ears	6-10 mins.
Potatoes, whole	45-60 mins.
Potatoes, sliced	10-15 mins.
Apple, whole	20-30 mins.
Banana, in skin	8-10 mins.
Pineapple, whole	30-40 mins.
Biscuits	6-10 mins.



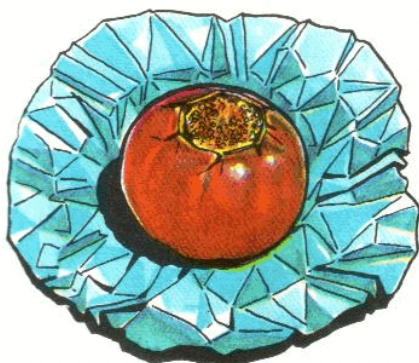
INSTEAD OF COOKING THE DIFFERENT ITEMS IN INDIVIDUAL PACKAGES, YOU CAN COOK COMPLETE MEAL AT ONE TIME. FIGURE COOKING TIME ON BASIS OF THE ITEM THAT TAKES THE LONGEST TIME TO COOK. USE FOIL AS PLATE.



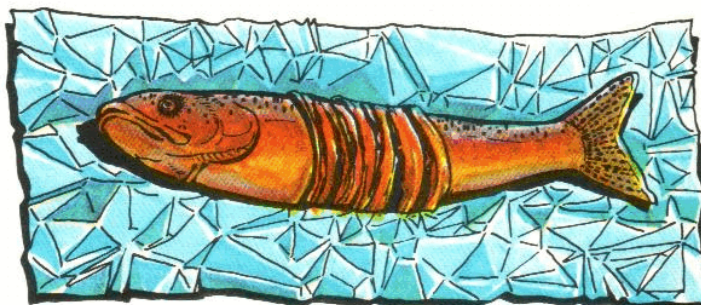
REMOVE HUSKS AND SILK FROM AN EAR OF CORN. RUB WITH BUTTER. WRAP IN ALUMINUM FOIL AND PLACE ON COALS. COOK 6 TO 10 MINUTES, TURNING AT LEAST ONCE.



MAKE BISCUITS ACCORDING TO RECIPE ON PAGE 75. WRAP IN GREASED FOIL. (WRAP LOOSELY TO PERMIT RAISING.) BAKE 6 TO 10 MINUTES. TURN HALFWAY THROUGH BAKING.



FOIL-BAKED FRUIT MAKES A GOOD DESSERT. BEFORE WRAPPING UP APPLE, CUT OUT CORE AND SPRINKLE SUGAR INSIDE. ALSO TRY BAKING BANANAS IN SKINS AND WHOLE PINEAPPLE.



COOKING IN FOIL IS A SIMPLE WAY OF PREPARING A FISH IN CAMP. WRAP ONE OR TWO SLICES OF BACON AROUND THE FISH. SEAL IT UP TIGHT AND PLACE IT ON TOP OF COALS.