

YOU CAN ROAST A CHICKEN ON A STRING IN FRONT OF A REFLECTOR FIRE. STUFF THE BIRD. PUSH A SKEWER THROUGH THE WINGS AND ANOTHER THROUGH THE LEGS. THROW STRING LOOP AROUND ONE SKEWER AND ATTACH FREE END OF STRING TO TOP OF STICK BEFORE THE FIRE. WHEN THE CHICKEN IS HALF DONE, TURN IT BY SHIFTING STRING LOOP TO OTHER SKEWER. CONTINUE ROASTING. TIME: 2 TO 3 HOURS.



No-Utensil Cookery

ON THE trail, you may want to go extra light-weight sometimes. In that case, leave pots and pans at home and cook without them. Carry a knife, though, because you will need to cut a branch or sharpen a stick for many of these no-utensil cooking stunts. Bring foodstuffs in plastic bags. If you plan to bake bread, your bag of flour

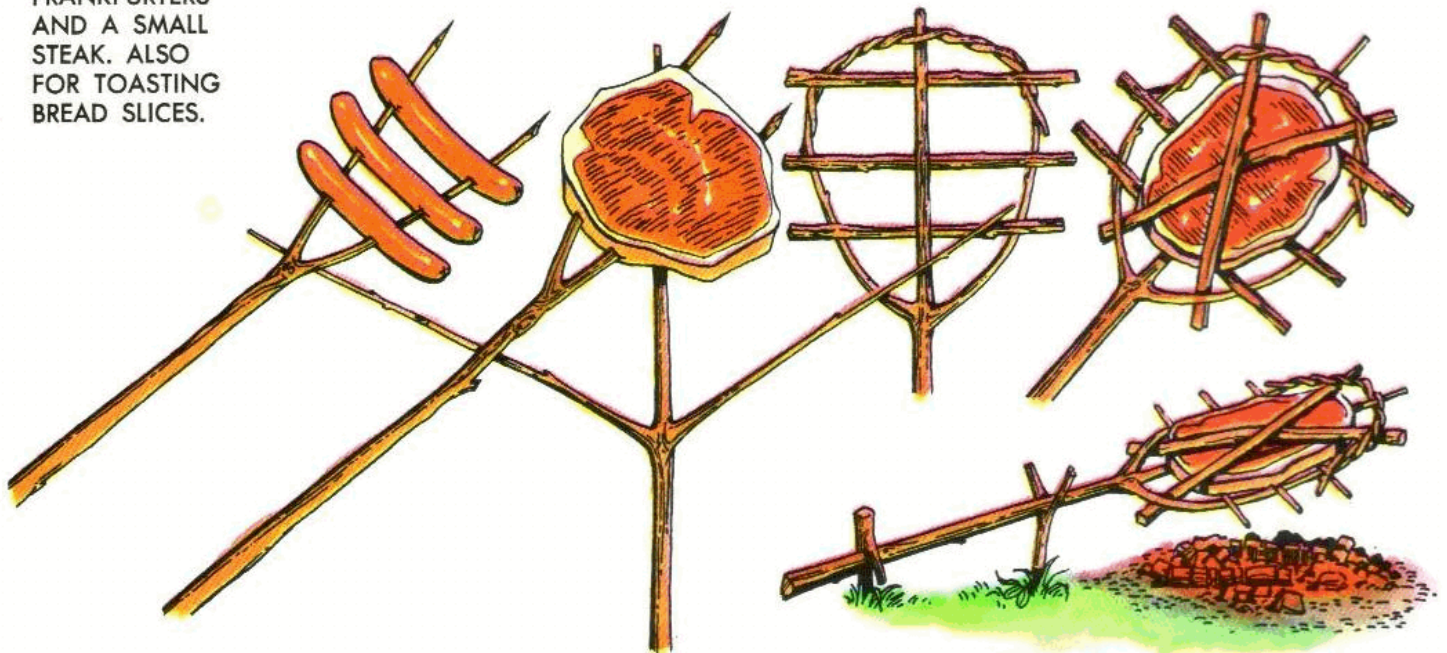
mix will be your mixing bowl. Make a hole in the middle of the flour, pour in a little water and stir it into the flour with a short stick until a lump of dough of the right texture hangs onto the stick. Twist this dough around a larger stick and bake.

Outside of this, the main trick is in making the correct fire, usually a bed of glowing coals.

FORKED STICK MAKES A GOOD BROILER FOR FRANKFURTERS AND A SMALL STEAK. ALSO FOR TOASTING BREAD SLICES.

FOR A LARGER STEAK, MAKE A BROILER FROM A STICK WITH THREE THIN TINES.

TURN THREE-TINED FORK INTO TENNIS-RACKET BROILER. ANCHOR STEAK IN PLACE WITH TWO STICKS.



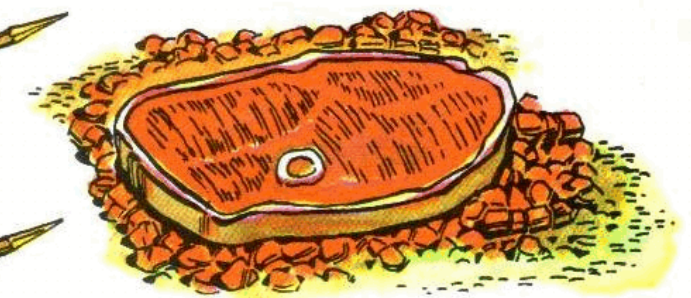


SHASHLICK, SHISH-KEBAB, OR KABOB ALL MEAN THE SAME THING: CUBES OF MEAT BROILED ON A SKEWER, ALONE OR WITH VEGETABLES. MANY COMBINATIONS ARE POSSIBLE.

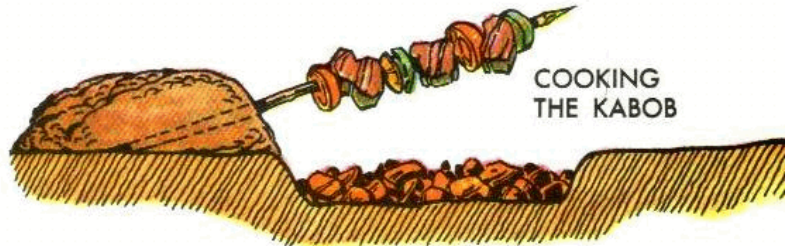
1 1/4" cubes beef, round steak
 1 1/4" cubes lamb, leg or shank
 1 1/2" squares bacon slices
 1 1/2" squares green peppers
 chunks of tomatoes
 chunks of onions

whole oysters
 whole scallops
 whole clams
 3/8" slices cucumber
 3/8" slices zucchini
 chunks of pineapple

PLACE MEAT AND CHOICE OF VEGETABLES ALTERNATELY ON PENCIL-THIN SKEWER OF GREEN WOOD. PUSH BOTTOM END OF SKEWER DOWN IN GROUND SO THAT KABOB LEANS OVER GLOWING COALS. COOK 10 TO 15 MINS. TURN REGULARLY.



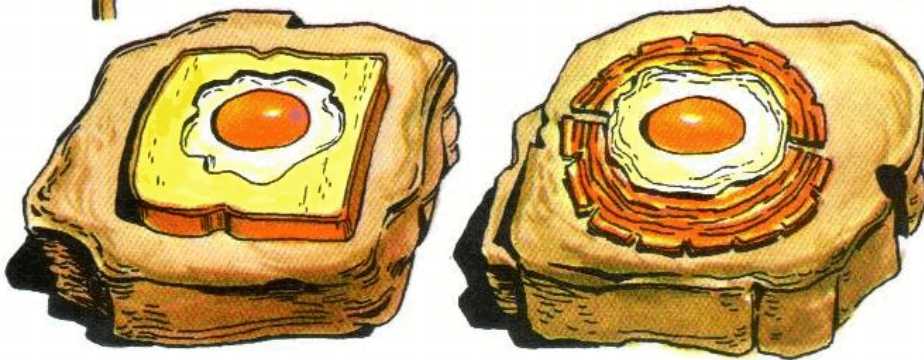
TARZAN STEAK IS LAID DIRECTLY ON TOP OF THE COALS. BLOW WHITE ASH OFF COALS FIRST. BROIL 3 TO 5 MINUTES. TURN. BROIL THE OTHER SIDE.



COOKING THE KABOB



TO ROAST POTATOES, SCRAPE COALS AWAY, PLACE POTATOES, RAKE COALS BACK OVER THEM. ROAST 45 TO 60 MINS.



TO FRY EGGS WITHOUT A PAN, LET A FIRE BURN DOWN TO COALS OVER A FLAT STONE. WHEN STONE IS HOT, SWEEP COALS AWAY. GREASE THE STONE. DROP EGG IN HOLE IN SLICE OF BREAD OR BETWEEN TWO SLICES OF BACON.



CLEAN FISH. SPEAR ON A STICK. COOK OVER COALS UNTIL DONE.

FOR TWIST, MAKE RATHER STIFF BISCUIT DOUGH. FORM INTO LONG SAUSAGE AND TWIST AROUND STICK. BAKE OVER GLOWING COALS.

