

Tin Foil Cooking

Who needs a pot? Learn tin foil cooking methods, ideas, tips, tricks & recipes.



A collection of information from the internet, from fellow Scouters and originated specifically for this booklet.

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FUEL

Regardless of the type of cooking fire, the fuel used will be important. Hardwoods such as oak, ash & hickory produce longer lasting coals. On the other hand, softwoods like pine, burn more quickly and the coals last a shorter period of time. Adjusting the heat is a task that must be continually attended to while cooking and can be challenging at times. Using hardwoods with their longer lasting coals will minimize the effort. Plan accordingly to ensure that the coals necessary for cooking are available when cooking is planned. Although hardwoods produce the best cooking coals, they take a little longer than softwoods to create. Splitting the wood into narrow 1 to 2 inch strips will expedite the process. It increases the amount of surface area of the wood that can be ignited and consumed to produce the desired cooking coals.

FIRE TYPES:

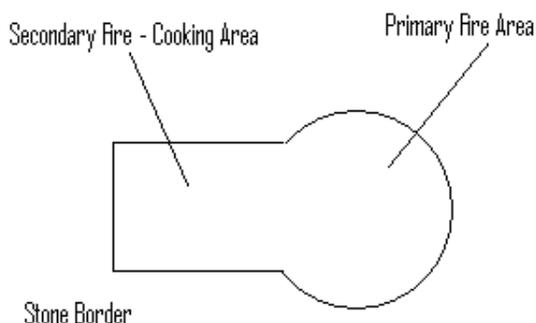
One Point Fire Uses

There are two basic styles of cooking fires. The most common is the one point fire, which like its name indicates, is comprised of a **single fire location**. The fire is started, maintained, and cooked over in the same spot. This fire type is good for boiling water, one pot meals and for foil cooking. When using a pot for the one pot meal or boiling water, a tripod, dingle stick or cooking grate with legs can be used.

Two Point Fire Uses

The second type of fire is the two point fire. The fire is started and maintained in the main fire area. Mature coals are then moved from the main fire area to an area for cooking. This fire type is good for cooking meals that require a greater control of cooking temperature. The more coals, the hotter the cooking temperature. Cooking can be done either on a grate or directly on the coals.

Two Point Fire Using a Stone Border: Create a stone border to create the shape shown below. The primary fire area is where the fire is started and fed with fuel throughout the cooking time. Mature coals are taken from this area with a shovel and moved to the secondary fire area. The secondary fire area is where the actual cooking is performed. The temperature is maintained or increased by adding coals from the primary fire.



MAKING BASIC FOIL POUCHES



Step 1: Cut two 20 – 22 inch pieces of heavy duty foil.



Step 2: With the two pieces stacked on one another, fold longer distance in half.



Step 3: Fold all but the last ½ inch of the top set of foil sheets back forming a “z”.



Step 4: Fold the top two sheets back creating the fold in line with the very first fold made in Step 2.



Step 5: Flip over and repeat Step 3 where the top two sheets are folded back except for the last ½ inch.



Step 6: As in Step 4, fold the top two sheets back creating the fold in line with the very first fold made in Step 2.



Step 7: Fold the side over to create a ½ inch fold. Fold the over the ½ fold over on itself twice. Repeat on other side.



Step 8: Pouch is now complete except adding contents and repeating Step 7 to the open end.



Note: The folds on the bottom of the pouch form a pleat that will allow for expansion when the contents are heated.

MARKING FOIL DINNERS

When making single serving dinners with groups of scouts, it can become a challenge to keep track of which dinner belongs to each scout. Before placing on the fire, mark the outside of the foil pouch with nail polish. Although colored nail polish is easiest to see when marking the foil, any color or no color will work just fine. The nail polish turns black from the heat of the fire.

FOIL POTS

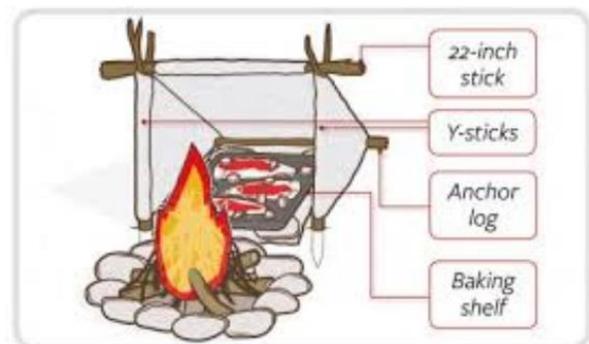
Form a pot by molding 4 layers of thick foil to create a cooking vessel large enough for the meal you plan on preparing. The foil pot opens the door for all kinds of one pot recipes. Cooking on top of a grate? Create a tray like vessel that can be supported by the grate.

TENNIS RACKET SKILLET

Take a green stick with two opposing branches and bring the branches around and twist them together, using the center for additional support. Place 3 layers of foil surrounding the looped stick folding the foil under to create a smooth uninterrupted surface on top. Grill items on the top surface over coals.

REFLECTOR OVENS:

When the camping experience will include a campfire, a reflector oven can provide a lightweight, easy to use oven. Ovens come in various different styles and sizes. Ovens range from manufactured models, to ovens created with tin foil with a “green” stick frame, to a homemade oven made from a pizza box coated in foil with a hardware wire rack. Regardless of the model, they all work basically the same. If the heat is too hot...move it away from the fire, too cool...move closer. A hot bed of coals works best as a heat source especially in reducing the smoky taste.



ORANGE SHELL CAKE

There are several items can be cooked or baked in the shell of an orange. Let your imagination run wild. The orange must be a thick skinned orange. Start by cutting off the top 1/2 inch to 3/4 inch of the orange. Save the top. Without damaging the integrity of the skin, using a spoon to carefully scoop out orange flesh from within the orange and the top of the orange.. Have a container or bag read to save the orange flesh to be eaten separately. Prepare a bed of coals. Fill two thirds with cake batter. Place cap back on orange. Wrap in 3 layers of foil. Place on bed of coals. Rotate periodically to ensure even baking. Variation – Substitute muffin mix for the cake mix.

FOIL BREAKFAST

Get your fire started before preparing anything else. Use smaller diameter hardwood logs to help produce a good bed of red hot coals. Larger logs will take longer to get to the point that you have an ample amount of coals to cook over. Prepare 1 foil pouch per person using two layers of foil to create a double walled pouch. Only good quality foil will work. Anything less will lead to disaster. Spray the inside or the pouch with a coating of vegetable spray. Insert ingredients into pouch trying to place cheese more

towards the center of the ingredients to prevent sticking to foil. Seal pouch and place on coals. Flip often every few minutes. Check to ensure that eggs are fully cooked.

- 1 Egg per sandwich
- 1 Slices of American cheese per person
- 1 Slice of boiled ham per person

FOIL DINNERS

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- ½ Pound of ground beef per person
- 1 to 2 medium potatoes per person (Use a Red or Yellow thin skinned potato that won't require peeling)
- 3 Ounces of canned corn per person
- 1 Carrot per person
- Chopped Onion (optional)
- Salt, Pepper & Water

BAKED POTATOES

Don't forget the obvious. Your entire meal doesn't need to be a foil meal. We often forget that a baked potato can be a great option for a side dish for a meal. After washing the potato, poke with a fork or knife. Double wrap with foil. Bake on bed of coals rotating periodically.

FOIL WRAPPED FISH

What can be better after a day of fishing than enjoying the fruits of your labor. Prepare a foil pouch. Spray the inside of the pouch with a coating of vegetable spray. Lay the halved fish flesh side up. Season to liking. Consider laying a couple dabs of butter and maybe a few lemon wedges. As an option, add a coating of crushed Ritz's crackers just before adding the butter. Insert into foil pouch and close. Cook on grate over coals.

VEGGIES SIDE DISH

Slice up summer squash and / or zucchini squash into ¼ inch discs. Place in foil pouch. Season with salt and pepper. Add butter and a little water. Seal foil pouch. Cook on cooking grate flipping periodically.

BUTTERNUT SQUASH

Cut a butternut squash in half. Place a table spoon of butter, 2 tablespoons of water and a tablespoon of maple syrup (or two tablespoons of brown sugar) in the depression of each half. Wrap each half separately with 3 layers of foil with the seams up leaving a pocket of air on top to promote steaming. Cook on the coils upright the whole time.

VEGGIE STUFF CORNISH GAME HENS

This meal doesn't require much gear, cleans up easily and provides a tasty hot meal. Get your fire started before preparing anything. Use smaller diameter hardwood logs to help produce a good bed of red hot coals. Larger logs will take longer to get to the point that you have an ample amount of coals to cook over. Prepare one hen per person. Remove any innards. Wash red skinned or yellow potatoes (these potatoes have skins that can be eaten once washed saving the task of peeling) and cut into pieces not greater than 3/4 inch cubes. Peel carrots and chop into 1/2 inch chunks. Peel the outer skin of a large onion and chop coarsely. Season the inside of the cavity of the hen with salt & pepper. Place potatoes, carrots, onions and a tablespoon of butter in the cavity of the hen. Add about a 1/4 cup of water to cavity. Season the outside of the hen with seasoning salt and ground rosemary. Wrap each hen with 2 or more layers of good quality aluminum foil. Place on bed of coals. Rotate every 4 to 5 minutes and bake until interior temperature reaches 165 and the veggies are tender. Carefully unwrap to the layers of foil to expose the delicious meal and to transform the foil into a plate.

- Cornish Game Hen, 1 per person
- Potatoes about a 1/2 pound per person
- Carrots about 1 large carrot per person
- 1 Large Onion for every 4 people
- Crushed Rosemary Seasoning
- Seasoning Salt
- Butter, 1 tablespoon per person
- Water

WESTERN TORTILLAS (From Fix it In Foil) Makes 4 servings

Ingredients

- 4 Eggs
- 1/4 Cup Diced Ham
- 1/4 Cup Chopped Green Bell Pepper
- 1/4 Cup Minced Onions
- Salt and Pepper
- 2 Tsp. Butter (optional)
- 4 Flour Totillas
- 4 Slices of American Cheese
- Ketchup (optional)

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 pieces nonstick vegetable spray. Crimp foil edges 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 portion of the cooked egg mixture on each warm tortilla and fold in half or wrap burrito style to eat. Serve with ketchup, if desired.

HOBO CHICKEN BREASTS (From Fix it In Foil) Makes 4 servings.

Ingredients

- 1 Onion, thinly sliced
- 2 Medium potatoes, thinly sliced
- 2 Medium carrots, thinly sliced
- 3 Tbsn butter or margarine
- 4 Boneless, skinless chicken breasts halves
- 1, 8 Oz. can whole kernel corn, drained
- ½ Tsp dried thyme
- ½ Tsp dried rosemary
- 1 Tsp salt
- ¼ Tsp pepper

Directions

Spray 1 (18") square of heavy-duty foil with nonstick vegetable spray. Arrange chicken breast halves on top of vegetables, overlapping edges as needed. Pour drained corn on and around chicken. Sprinkle thyme, rosemary, salt and pepper on top. Wrap foil in a tent pack.

REFLECTOR OVEN BISCUITS

It doesn't get much easier than this to have fresh baked biscuits on a camp out. From the refrigerated section of the grocery store, purchase pre-made biscuit or dinner rolls packaged in a tube. Place your reflector oven about one foot from an established bed of campfire coals. Place your biscuits either on a pan, flat trail chef pot lid or grate on the reflector rack. Rotate the biscuits to even out their exposure to the heat. Adjust the distance between the reflector oven and coals as necessary to regulate heat.

BAKED APPLES AS A "DESSERT" (www.cubscoutpack241.org/cooking-campfire-style)

Core the apple leaving the bottom of apple intact, place dab of butter in cored part, pack in brown sugar top with cinnamon. Wrap in aluminum foil and place on campfire. Let bake 20-30 minutes or until apple feels soft. Open and enjoy.

- Heavy duty aluminum foil
- 1 apple (your choice of type)
- Brown sugar / cinnamon / butter

BAKED BANANAS RECIPE (www.scoutorama.com/recipe/rec_display.cfm?rec_id=67)

Ingredients: Bananas, Mini-marshmallows, Chocolate chips, peanuts, "Reese's Pieces", Etc.

Equipment: Campfire, Tin foil, Tongs, Knife

Instructions: With a knife, cut a 3/4 inch "V" shaped channel into the top (inner part of curve) of the banana and remove flesh. Place mini-marshmallows, nuts, chocolate chips, or what have you in the banana. Replace slice of flesh, so that banana is stuffed. Wrap with tin foil and place in coals of campfire. Banana will lay on its "side", roast each side five minutes. Remove with tongs. Slice through tin foil on "top" of banana, and peel foil back. Enjoy.

FOIL BOX BROWNIES

Using a cardboard box reflector oven, bake brownies using boxed brownie mix. Consider using foil bread loaf pans. The smaller size pan helps the brownies cook more evenly. Follow the directions on the package for preparing the batter and to approximate the baking time.

- Betty Crocker Fudge Brownie Mix
- 2/3 Cup Vegetable Oil
- ¼ Cup of Water
- 2 Eggs

THE CARDBOARD BOX OVEN

<http://www.macscouter.com/Cooking/>

A cardboard box will make an oven -- and it works just as well as your oven at home! There are different ways to make a cardboard box oven.



1. The open top Box Oven

- Cut off the flaps so that the box has four straight sides and bottom. The bottom of the box will be the top of the oven.
- Cover the box inside COMPLETELY with foil, placing the shiny side out.
- To use the oven, place the pan with food to be baked on a footed grill over the lit charcoal briquets. The grill should be raised about ten inches above the charcoal. Set the cardboard oven over the food and charcoal. Prop up one end of the oven with a pebble to provide the air charcoal needs to burn - or cut air vents along the lower edge of the oven.

2. The copy paper Box Oven

- The cardboard boxes that hold reams of paper, 10 reams of 8 1/2 by 11 inch paper, or 10 reams of 8 1/2 by 14 inch paper, will make very nice box ovens. Line the inside of the box and lid with aluminum foil. Use a sponge to dab some Elmer's glue around the inside and cover to hold the foil in place. Make a couple holes in the cover to let the combustion gases out, and make a few holes around the sides near the bottom, to let oxygen in.
- Make a tray to hold the charcoal using one or two metal pie plates. You can either make feet for a single pie plate using nuts and bolts, or bolt two pie plates together bottom to bottom. Cut a couple coat hangers to make a rack to hold up the cooking pan. Poke the straight pieces of coat hanger through once side, and into the other. Two pieces will usually do fine...
- Put several lit briquettes on the pie pan, put your cooking pan on the rack, and place the cover on top. The first time you use this box oven, check it a few times to make sure that enough oxygen is getting in, and enough gases are escaping, to keep the charcoal burning.

3. Box oven without the box!

David T. Berg says, "I saw a demo last week at our round table of the box oven minus the box! Procedure:

1. Pound four one inch + diameter by about 1.5 ft length sticks into the ground in the shape of a square about 1.5 ft per side and wrap them with heavy duty foil.
2. Arrange aluminum foil around stakes and drape over top and crimp to hold in place. Also line floor with foil.
3. Drive three or four stakes into the ground through the foil floor to hold up the baking dish.

It looked kind of ugly but worked pretty well for baking the biscuits. If you make it this way, you don't have to take up room with a bulky box. Anyway, that's what the person doing the demo said."

4. Yet another description of a Box Oven

From Dori Byron, Fair Winds Girl Scout Council Trainer, Brownie leader, and Computer nut, "You need:

1. One large box (whiskey or any double corrugated box that will fit a cake pan or cookie sheet with about 1" all around will do.) Note: this does not have to have a lid or top.
2. Lots of large high quality, heavy duty, tin foil (commercial time, use Reynolds wrap)
3. Four small TIN juice cans
4. A 9x13 cake pan or small cookie sheet
5. One #10 can, open at both ends and vented at bottom for charcoal chimney.
6. One small friendly stone to vent bottom

First cover the inside of box with two layers of foil. Be sure you have no box showing anywhere. You can tape it down on OUTSIDE. Place a large sheet of foil on a level, not burnable, piece of ground. Place the charcoal chimney on the foil and place a fire starter and whole charcoals (one for every 40 degrees of temperature plus one or two for cold, wet, or wind) Light the chimney and wait about 20 min for charcoal to be ready. Pull off chimney and spread out charcoal to fit under pan used. Place four small juice cans to support cake pan and lower box oven over all. Vent on leeward (that's away from the wind for non mariners) side with small stone. Cook for amount of time called for in recipe. If cooking for much more than 30 minutes replenish charcoal.

Note: Be sure and lift box straight up or you will "dump" the heat. No peeking allowed!! Anything you can cook in an oven at home can be done in a box though I prefer things that can be done in 30 min or so. Good Eating!"

5. For all box ovens:

Control the baking temperature of the oven by the number of charcoal briquettes used. Each briquette supplies 40 degrees of heat (a 360 degree temperature will take 9 briquettes).

Experiment! Build an oven to fit your pans - or your menu: Bake bread, brownies, roast chicken, pizza or a coffee cake. Construct a removable oven top or oven door. Punch holes on opposite sides of the oven and run coat hanger wire through to make a grill to hold baking pans. Try the oven over the coals of a campfire.

More information about Box Ovens, from the US Scouting Service Project

FOIL BOX RECIPE IDEAS & TIPS

Consider roasting meat. Use a length of ½ metal rod (or a ¾ inch diameter "green" stick) running through the box and through the center of either a whole chicken or a large beef roast. For larger groups use either a larger box with two rods and 4 whole chickens or multiple boxes. Don't forget to season the meat prior to placing on the metal rod. Use long thermometers used for deep frying turkeys. The thermometer can be punctured through the box and into the meat inside to be sure that the meat is fully cooked. Consider having a separate thermometer to measure temperature inside the box. When roasting meat, try to maintain a temperature of about 350 degrees. Foil rectangular pans make a good tray for the coals. Their size can be adjusted by bending until they fit within the box with enough air space. If they are the deeper sided trays, the box will need to be elevated more. Blocks of wood or bricks can used to elevate the box. Place coals on the long sides of the foil pans. Placing the coals under the roasting meat could create flame ups and diminish the life of your coals.