



FOIL COOKING CONTAINER

UTENSILESS

(NO POTS, PANS, GRILLS, DUTCH OVENS OR THE LIKES OF SUCH!)

IMPLEMENTS

1. ROCK(S) 3. MUD 5. STICKS 7. CAN(S) O.J., COFFEE 9. NEWSPAPER
2. MILK JUG 4. PAPER CUP 6. PAPER BAG 8. FOIL 10. FLOWER POT 11. FRUIT/VEGETABLES

1. Rock - granite or brick: a. bacon on a rock b. Egg on a rock c. Onion rings on a rock
- a. Place rock on hot coals or at the edge of a small fire. Place bacon on rock use a stick to turn or retrieve.
- b. Place rock on hot coals, crack an egg & place on rock. (Green sticks { sassafras } may be used to contain the egg).
- c. Place rock on hot coals; put battered onion ring(s) on hot rock. Use a small plastic bag for your batter. Batter may be a mixture of corn bread mix or pan cake mix. Don't make batter to runny! Use a stick to turn or retrieve.
2. Milk jug - gallon: a. eggs with beef jerky & garlic/spices, to make scrambled eggs. b. Chile c. pancake mix
- a. Put into milk jug eggs, garlic salt, pepper, minced onions, milk, beef jerky cut into small pieces. (Make at home). See 7a. Cook on coffee can.
- b. Put into milk jug homemade Chile. Leave in milk jug, take lid off & place in a bucket of hot water. Occasionally (put on lid) & shake, then return to bucket of hot water. Pour into Styrofoam cups. No clean-up.
- c. Put into milk jug pancake mix with corn, don't make it to runny. Batter can be cooked on a large rock on top of coals.
3. Mud - old fashion kind that your mom hollered at you for!? a. potato b. capon or small chicken
- a. Soak potato in water, pack it with mud. Place in hot coals.
- b. Dip capon or small chicken in water. Put small onion in cavity. Then pack it with mud. Place in hot coals.
4. Paper cup - no plastic, use unlined, unwaxed. a. rice with spices b. Cup of soup
- a. Half cup of rice with spices, fill with water to 1/2 " from top. Cover with foil. Place next to hot coals, not to touch hot coals.
- b. Put packaged soup in cup, fill with water to 1/2 " from top. Cover with foil. Place next to hot coals, not to touch hot coals.
5. Sticks - use sassafras. a. bacon on a stick b. toast on a stick c. egg on a stick d. biscuit twist e. dog in a blanket
- a. Wrap bacon around a straight stick or use a fork stick. Sharpen two points of the fork & stretch bacon across the tines. Cook over hot coals, not to touch hot coals
- b. Pierce a small hole in both ends of the egg. Pass a stick through the holes. Cook over hot coals, not to touch hot coals.
- c. Wrap biscuit dough around stick; roll in sugar-cinnamon mix. cook over hot coals, not to touch hot coals
- d. Put hot dog on stick, wrap biscuit dough around dog. Cook over hot coals, not to touch hot coals.
6. Paper bag - small, no wax or treated bag. A. bacon and eggs b. biscuits, two strips of bacon
- a. Cut bacon in half. Put in bottom of bag, crack eggs & pour into bag on top of bacon. Add garlic salt & pepper. Fold over top of bag, put a stick through bag. Cook over hot coals not to touch hot coals.
- b. Cut one strip of bacon in 1/2 put in bottom of bag, (or saturate bottom with cooking oil). Put biscuits in bag. Fold over top of bag, put a stick through bag. Cook over hot coals, not to touch hot coals.
7. Cans - o.j. or coffee. a. o.j., bacon/egg on toast & oatmeal/raisins breakfast b. cornbread in can c. Ice cream in a can.

a. Drink O. J., cut off top. Dice bacon put in can. Cook over hot coals, not to touch hot coals. Pour off grease. Crack egg & pour into can. Stir & return to cooking area. Bacon/egg will come out cylindrical, wrap toast around & eat. Rinse out, fill with water. Bring to boil then add oatmeal & raisins.

b. Pour corn meal mix in a can the size that corn or peas come in. Use a large coffee can, place can with corn meal mix inside coffee can, cover coffee can with foil. Cook with hot coals around the coffee can; don't put hot coals under the coffee can.

c. In a 1 lb. coffee can put a pint of strawberries & a pint of half & half. Put on plastic lid & tape shut with duct tape. Set this in a 3 lb. coffee can & put ice & rock salt around the 1 lb. can. Put on plastic lid & tape shut with duct tape. On table, roll back & forth about 12 minutes.

7a. Coffee can - large, punch holes on side at top. Place hot coals under can. Use as stove. Cook egg, pancake, onion rings on top.

8. Foil - don't foil this one & use the sword. a. biscuits, egg in toast, pancakes, potato, onions, garlic bread, meats & apples.

Biscuits - place two biscuits in foil, large enough to let biscuits expand. Move away coals, put on hot ground & keep coals about 2" from foil.

Eggs in toast - butter both sides of bread. Tear out center of bread, put on foil, crack egg & put in middle of bread. Fold foil. Move away coals, put on hot ground & keep coals about 2" from foil.

Pancakes - use multi layers of foil. Place foil over a small amount of hot coals. Use milk jug pancake mix. Try mixing pie filling with batter or sprinkle with sugar-cinnamon mixture.

Potato - wrap with a wet piece of paper, then wrap with foil, or rub with butter, sprinkle w/garlic salt then wrap with foil. Put on hot coals, turn occasionally.

Onions - slice & place on buttered foil. Pour a table spoon of Italian dressing over this & fold foil. Move away coals, put on hot ground & keep coals 2" from foil.

Garlic bread - cut in half a loaf of Italian bread. Rub olive oil on side that is cut, (top & bottom piece), or just use butter. Sprinkle w/garlic-salt & parmesan cheese. Put halves together, place in foil. Move away coals, put on hot ground & keep coals 2" from foil.

Meats - pork steaks, hamburger, chicken, etc.

Apples - cut in half, remove core put cinnamon, sugar or jelly or raisins, etc. Move away coals, put on hot ground & keep coals 2" from foil.

9. Newspaper - don't use the food section, just kidding.

a. Fish - place fish on grease paper. Completely cover the fish. Wrap this parcel with 6 to 8 sheets of newspaper, tying it with twine. Put in a bucket of water & let it soak thoroughly. Remove from bucket, gently squeeze excess water. Place in hot coals. Turn every 5 minutes. Paper begins to char fish is done.

10. Flower pot - small clay with ~~no~~ hole in bottom, if with hole plug hole with foil. a. corn meal muffin b. cake mix

a. Lightly grease inside of pot, pour in corn meal mix. Cover with foil. Move away coals, put pot on hot ground & keep coals about 3" from pot.

b. Lightly grease & flour inside of pot, pour in cake batter. Cover with foil. Move away coals, put pot on hot ground & keep coals about 3" from pot.

11. Fruit & vegetables. Orange, potato, lettuce leaf, onion, tomato, pepper.

- a. Cut top 1/3 off orange. Scoop out flesh. Crack an egg & place in orange. Put top on orange. Move away coals, put on hot ground & keep coals about 3" from orange.
- b. Cut off 1/4 of potato. Scoop out flesh. Crack an egg & place in potato. Add teaspoon shredded cheese, put top on & wrap with foil or pack in mud. Make sure potato is in the upright position. Move away coals, put on hot ground & keep coals about 2" from potato.
- c. Wrap biscuit in lettuce leaves or grape leaves, overlap the leaves to form an enclosure, place on hot coals.
- d. Cut onion in half. Scoop out flesh, fill with hamburger mixture. Move away coals, put on hot ground & keep coals about 2" from onion.
- e. Cut large tomato in half, scoop out flesh. Dice, add garlic salt, pepper & grated parmesan cheese. Wrap in 3 layers of foil. Move away coals, put on hot ground & keep coals about 3" from tomato. Done in 5 minutes.
- f. Cut top off large green pepper. Hamburger mix (put rice, cheese, garlic salt, pepper or mix hamburger with an onion soup mix). Fill pepper with mix, wrap with foil. Move away coals, put on hot ground & keep coals about 3" from pepper. (First, parboil pepper).

Long Term Camp, Cooking

- Menu**
1. **Ingredients**
 2. **Transportation**
 - a. **Safe storage**
 - b. **Ice, etc.**

- Cooking Utensils**
1. **Pots**
 2. **Pans**
 3. **Dutch ovens**
 4. **Etc.**

- Fuel**
1. **Wood**
 2. **Charcoal**
 3. **Pressurized ***
 4. **Stern ***

- **Fire Extinguisher**

- First Aid**
1. **Burns**
 2. **Scalds**
 3. **Cuts**
 4. **Smoke Inhalation**

→ CLEAN AS YOU GO ←

Cooking Times – Learn all time of cooking.

- Foil packs**
1. **Handle Wrap**
 2. **Bundle Wrap**
 3. **Drugstore Wrap**

SHOPPING LIST - - -

1. **Compare items**
2. **Use coupons**
3. **Buy bulk > package small**
4. **Buy fresh**
5. **Buy dry**
6. **Buy frozen**
7. **Buy box, can, plastic, etc.**

Remember, CLEAN-UP everything.

Know food groups. Know about ONE POT meals. Know all cook's glossary terms.