

Outdoor Cooking Recipes



girl scouts
greater los angeles

Foil Pack & Ember Cooking

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COOKING PROGRESSION

These recipes are designed to introduce leaders and girls to some of the techniques used when cooking outdoors. The recipes are only suggestions. Feel free to substitute your favorite recipes or alternate ingredients (e.g. turkey products for beef or pork). Some of the recipes utilize processed foods for convenience, but healthier alternatives such as fresh fruits and vegetables are always recommended when practical. Consider do-ahead preparations by the girls at a meeting or helpful parents for items like grated cheese, pre-cooked pasta, bacon or ground meats, or spaghetti sauce. Just about anything you can cook at home may be prepared in the out-of-doors with a bit of planning and as you troop's skills progress. The first four levels and some of level six are very doable for an "Indoor" setting, using stovetop, ovens, and convenience foods.

1. **No Cook**

Start teaching cooking skills including knife handling and hygiene. Whole meals may be planned around sandwiches or salads. Open, assemble, and eat with very little prep. Simple recipes may be tried at meetings. Take along in a sack for short hikes.

2. **Heat and Eat**

Boil water for tea, cocoa, and instant soup. Heat and eat items such as canned foods -- soups, stews, and chili -- cooks FAST!

3. **One Pot Meals**

A main dish that is cooked in one big pot, such as a stew, chili, or soup provides a tasty meal with a minimum of talent or clean-up. Supplement with a salad, drink, and dessert for an entire meal. Cook first for a patrol, then for the whole troop/group. Progressive cooking is on a kitchen stove, on a propane stove*, in a pot over charcoal*, or over a wood fire*.

4. **Foil Pouches or Ember* Cooking**

Use foil as an open skillet or seal and cook dinners with chicken or other meats in an oven, over charcoal* or wood fires*. Recipes in this group include cooking on grills, in orange halves, and in foil pans over or near coals.

5. **Stick Cooking****

Use dowels, other sticks or toasting forks, over charcoal and coals from wood fires.

6. **Griddle, Skillet, or Buddy Burner†**

Need to be careful with handling pans, hot grease, and hot foods to cook pancakes, French toast, bacon, quesadillas, etc. See [Can Cooking*](#) for instructions on making a Vagabond Stove and Buddy Burner, as well as recipes for cooking with cans.

7. **Dutch Oven***

Great food but time consuming. Well worth the effort. Look for the kind of Dutch oven with flat lid and a lip for hot coal placement on top described in [Dutch Oven Care](#).

8. **Box Oven***

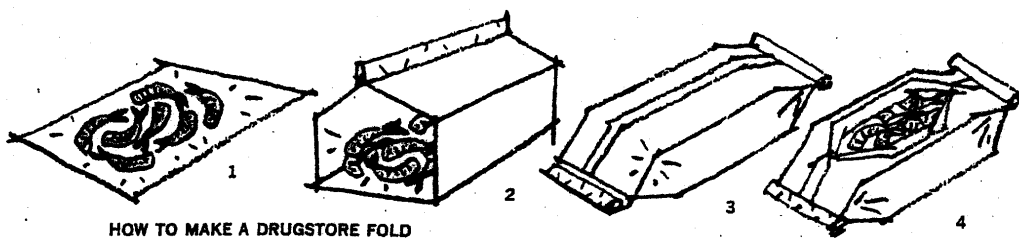
Use a cardboard box that is covered with heavy duty foil; challenging, need time and patience. See [Box Oven Directions](#) for instructions on making and using a box oven.

* An adult must be trained at Outdoor Education Level 2 before leading the girls in these methods.

† Griddle and skillet cooking may be done indoors on a kitchen stove with Outdoor Education Level 1 training.

FOIL POUCHES OR EMBER COOKING

For perfect meals with no pots or pans to scrub! Using individual foil packages is a clean convenient way in which to prepare food at home, to carry it, to cook it, and to eat it – all in a single container. It also allows for individual taste preferences by allowing each person to build their own personalized meal. Use heavy weight aluminum foil and wrap the food using a drugstore fold, so liquid does not run out when turned. To wrap the food, lay an individual portion of food on a sheet of foil. Bring two ends together and fold several times. Then fold each end at least 2 times. Be sure to allow some space for expansion in the package by not wrapping the raw food too tightly. Each pack may be marked with the girl's initials, using a colored marker or a squeeze bottle of inexpensive mustard. This technique creates a small-scale pressure cooker and can be cooked indoors using a hot kitchen oven, on a grill, or directly over coals.



When placed in a bed of hot coals with some heat on top, diced vegetables and meat cook in 20-25 minutes. Packet will “puff up” when done. For turning and removing hot foil packets from the fire use a shovel or utility tongs and work gloves. Be careful not to poke holes on top of the packet to let the hot steam escape before you start to open the top.

Use your imagination for recipes: for each person allow about ½ c. vegetables (chopped, sliced, cubed, fresh, frozen, or canned) and ¼ to ½ c. meat. Use soups or sauces for seasoning.

MAIN DISHES

American Foil Dinner

- | | |
|--------------------------|------------------------------|
| 1 ground meat patty | 1 sliced potato |
| 1 sliced carrot | 2 slices of onion (optional) |
| salt and pepper to taste | heavy duty foil |

Put one slice of onion on heavy-duty foil. Flatten ground meat into a thick patty and place on foil. Layer vegetables (potato, carrot) and top with the other slice of onion. Drugstore wrap. Cook about 30 minutes. Turn once. Serves 1.

VARIATIONS:

English Foil Dinner: Use frozen fish sticks, frozen French fries, and frozen corn. Wrap and grill for 20 minutes. Sprinkle fish with lemon juice if desired. Serve with tartar sauce and catsup.

Foil Dinner: ½ c. seasoned hamburger or steak, add ½ c. frozen hash browns or French fries, 1 thinly sliced carrot, 1 slice onion (optional), 1 Tbsp. catsup, BBQ sauce, cream soup or water. Wrap and cook on coals 20-30 minutes, turning occasionally.

Foil Dinner Meatballs: Place several frozen meatballs, some slices of canned potatoes, and a spoonful of cream of chicken soup. Fold packet and seal well and place on coals (never on flames). Turn after about 10 minutes.

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Foil Pack Chicken: For each person, lay a piece of chicken (cut up thighs, drumsticks, or boneless breast works well) on foil. Layer pineapple chunks & coconut (optional) on top. Sprinkle with sauce (soy sauce, Teriyaki sauce or sweet 'n sour sauce). Wrap, using drugstore wrap. Cook about 30 minutes, turning several times.

Foil Pack Hamburger: Add chopped celery to American Foil Dinner and season with dried onion soup mix, cream of mushroom or celery soup, 2 Tbsp. per foil pack. Any vegetables (including frozen types) may be substituted for potatoes. Drugstore wrap. Cook about 20 minutes, turning frequently.

Foil Sausage: Place sausage patty on large piece of foil. Place potatoes (peeled and cut in small pieces) on sausage. Fold securely around meat and place in coals. Check occasionally.

German Foil Dinner: For each person, drugstore wrap in heavy-duty foil: 1 thinly sliced potato, 1 chopped green onion, 1 rib of celery, chopped, 2 Tbsp. French or Italian salad dressing, 1 sliced smoky link sausage or hot dog, and salt and pepper to taste. Grill about 20 minutes.

Hobo Pack or Foil Packet Dinner: On a 12" x 15" piece of heavy-duty foil per person, arrange in the following order: half of a slice carrot, half a sliced potato, ¼ lb. hamburger patty, remaining potato slices, remaining carrot slices. Season with diced onion (optional) salt, pepper, and dried gravy mix. Wrap with a drugstore fold. Put packet on embers and cook 10 minutes per side. A lettuce leaf may be placed under and over dinner in packet to protect it from burning. NOTE: Use any variety of meat you want. Ham slices, boneless chicken breast, hot dogs, etc. Also other vegetables may be used or just use vegetables if you don't like or eat meat.

Irish Foil Dinner: Drugstore wrap in heavy-duty foil for each person: 1 slice (¼ can) corned beef, 1 carrot, shredded, 1 onion, sliced, 1 wedge cabbage, shredded. Grill 20 to 25 minutes. Serve with mustard & catsup.

Tahitian Foil Dinner: For each person, arrange on heavy-duty foil the following ingredients in order listed. 1 slice ham, sliced canned sweet potatoes, 1 slice canned pineapple. Sprinkle with orange juice, honey or brown sugar to taste. Dot with butter. Drugstore wrap. Grill 20 minutes.

Bacon-Cheese Dogs

hot dogs
bacon

cheese

Split a hot dog and place a folded piece of cheese between the 2 halves. Wrap a slice of bacon around the hot dog. Wrap in foil and cook in coals 8-10 minutes per side.

VARIATION: wrap the cheese around the hot dog, then wrap with bacon; cook as above.

Baked 'Clams'

Per person:

Ground beef or sausage

Cheese, tomato, onion slices

Bacon

For each serving, make two thin patties of beef or sausage. On one patty, put a slice of cheese, tomato, onion and bacon. Top with second patty. Wrap in heavy duty foil, greased with margarine and bake in coals for 20 minutes.

Baked Egg

Use a 12" x 18" piece of heavy duty foil, folded double. Seal an egg in foil, and place on coals. Turn about every minute. Test after 5 minutes. If too soft, reseal and place on coals another 1-2 minutes.

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VARIATION:

Soft Boiled Egg: Wrap and place in coals (large end down) for 3 minutes.

Barbequed Boats

hot dogs

chili

Slit hot dogs lengthwise and fill with canned chili. Wrap dogs in oblong pieces of foil and heat on grill. Fold back foil and serve in "boats." One can of chili should fill 6-8 hot dogs.

OPTION: put grated cheese over chili before cooking.

Beef Stew

3 lbs beef cut in 1" chunks

12 slices bacon

12 tomatoes

6 onions

Place ¼ lb beef, 1 slice bacon, cut into pieces, slices of onion and cut up tomato in foil packet. Cook in embers 30-40 minutes. Other vegetables may be included such as carrots, potatoes, celery, bell peppers, corn. Serves 12.

Cannonballs

1 lb hamburger

1 egg

salt, dash of pepper

2 Tbsp. catsup

Combine above ingredients plastic bag, mix well. Using 1 onion per serving, cut onion horizontally in half. Scoop out the center halves. Fill both halves with meat mixture. Place onion halves together and wrap in heavy foil using drugstore wrap. Bake in coals 10-20 minutes on both sides. May also be baked in box oven 35-40 minutes.

VARIATIONS:

Burger Bombs: Use ground meat seasoned with barbeque sauce.

Want something different? Try adding some green onions, crushed garlic, or fresh herbs – such as sage, thyme, or basil before sealing pouch.

Cheeseburgers

Seal a cheese slice between 2 thin hamburgers. Season and top with 2 Tbsp. catsup, BBQ sauce or cream soup. Wrap in foil and cook on coals 8-10 minutes per side. Turn once.

Chicken

Wrap each piece of seasoned chicken (add butter if desired) in foil using a drugstore fold. Bake on coals 30-40 minutes, turn occasionally.

Chicken and Vegetables

1-2 pieces of chicken

cut up vegetables: squash, potatoes, onions, celery, carrots, tomatoes, broccoli, bell peppers, mushrooms, etc.

seasonings of choice.

Place chicken on the foil and add cut up vegetables on top. Wrap in heavy foil using drugstore fold. Place in embers or grill and cook for 20-30 minutes. Serves 1.

NOTE: This recipe may also be made with hamburger or ground turkey.

Chicken with Rice

1 c. instant rice
1 can cream of mushroom or cream of chicken soup
½ tsp. garlic salt
½ tsp. salt
3 chicken breasts halved (or 6 thighs)
¼ tsp. oregano (optional)
¼ tsp. chili powder (optional)

Place 3 Tbsp. of rice on six squares of heavy-duty foil. Arrange chicken on top. Season soup with spices. Spoon 2 Tbsp. soup over chicken. Wrap and seal tightly. Cook over medium coals 45 to 60 minutes, turning occasionally. If the chicken breasts are boneless, cook for 20 to 25 minutes. Serves 6.

Chili

1 lb. hamburger meat
1 (8 oz.) can tomato sauce
1 (16 oz.) may beans in chili sauce
½ onion, cut up
Mix all ingredients. Pour mixture into a 18" x 18" piece of foil and seal. Cook in coals for about 30 minutes.

Coal Dogs

1 can biscuit dough
10 Vienna sausages or small Smokie-links
Flatten individual biscuit into strip or elongated patty. Wrap each sausage in a strip of dough. Pinch the sides of the dough together the sausage is completely covered. Wrap in foil and cook in embers for 15 minutes. May also be cooked in reflector oven.

Coney-Burgers

1 lb. ground beef
⅓ c. chopped parsley
½ tsp. sage
2 Tbsp. chopped onions
salt and pepper
hot dog buns

Combine ingredients and shape into log-shaped rolls to fit hot dog buns. Wrap in foil, cook 10 minutes on one side, 5 minutes on the other. You may cook meat on foil sheet over coals, if desired. Serves 6.

Creamy Chicken

Per person:
1 chicken breast
frozen vegetables
salt & pepper
sliced potatoes
2-3 Tbsp. cream of chicken soup

Place chicken on a 12" x 12" square of heavy duty foil. Add potatoes, vegetables and soup. Fold, allowing 1" air space. Cook over coals for 10 minutes, turn and cook for an additional 5 minutes.

Fajitas in Foil

2 lb chicken or beef strips
1 bell pepper, sliced
Fajita seasoning to taste
1 doz. flour tortillas
salsa
guacamole

2 onions, cut in ½ and sliced
4 tomatoes, cut into eighths
sour cream

Place chicken or beef on heavy foil. Sprinkle with seasonings and top with onions, tomatoes, and bell peppers. Wrap tightly and place on coals. Cook for 20-30 minutes, turning once. Fill tortillas and top with guacamole, salsa, or sour cream. Serves 8.

Foil Campfire Stew

Ground meat
Sliced carrots
Minute rice
Salt and pepper
Heavy-duty foil

Sliced potatoes
Diced onions
Barbecue sauce
Water

Separate meat into little balls (it cooks faster this way). Each person chooses what she wants, puts it into double wrapped foil. Pour in some barbecue sauce and about ½ c. water. Cook directly on coals or on grill above coals about 30 minutes. You will need more water if you add rice to your packet.

Hamburger Foil Dinner

4 lb. hamburger meat
3 cans vegetables, drained (peas, green beans, corn, etc.)
3 cans sliced potatoes, drained

salt and pepper
catsup, teriyaki sauce, etc.

Tear 12 sheets of heavy duty foil 15" long. Make 12 thick hamburger patties. Sprinkle with onion soup mix. Layer onion soup mix and vegetables. Add a small amount of catsup or teriyaki. Wrap in foil using drugstore fold. Place on hot coals for approximately 10-15 minutes per side.

Hawaiian Volcanoes

1 lg. can Spam or sliced cooked ham
4 slices American cheese

1 can crushed pineapple (drained)
4 hamburger buns or other bread roll

Fill each roll with Spam or ham, pineapple, and cheese. Wrap in heavy duty foil. Place on grill with coals for 10 minutes.

New England Chicken

Per person:
2 slices bacon
1 medium potato, sliced

1 chicken leg

Wash chicken and potato. Place one slice of bacon on 12" square of foil. Place chicken on bacon. Put slices of potato on chicken (optional, add a pat of butter) and place the remaining slice of bacon over all. Fold the foil, allowing 1" of air space. Cook on coals 30 minutes, turning occasionally.

Pichams (Pi-Che-Hams)

Pineapple Cheese Ham

Place slice of ham in foil (shiny side out). Top with pineapple ring and sliced cheese. Use a drugstore wrap to close. Place in coals, turn once. Leave on until cheese melts – it doesn't take long. You can eat from the foil.

Pork Chops

Place seasoned pork chops on foil: Add:

½ c. frozen potatoes or 1 small sliced potato

½ c. fresh, frozen, or canned green beans 1 Tbsp. water or cream soup

Wrap and bake on coals 30 minutes. Turn once

Pups in Blanket

See Pigs in a Blanket and wrap loosely and cook on coals 30 minutes, turning occasionally.

Teriyaki Chicken

1-2 pieces of chicken

pineapple chunks

Teriyaki sauce

onions, sliced (optional)

Place chicken on foil, add pineapple chunks, onions, and Teriyaki sauce. Fold using drugstore wrap. Place in coals or on grill for 20-30 minutes. Serves 1.

Toads in a hole

Mix a batch of biscuit dough (or use refrigerated biscuits). Pinch off a small piece of dough. Wrap around a piece of canned meat so it is completely covered. Wrap in foil and place on coals for 10 minutes per side or toast on a stick.

Tuna Boats

French rolls (or hot dog buns), 1 per person

3 cans tuna, shrimp, or ground beef

2 cans mushroom soup

3 stalks celery

3 scallions or small green onions

Cut off tops of French rolls and pinch out bread leaving only a shell (may save for use as bread crumbs). Mix all the other ingredients in large bowl, then fill bottom buns with mixture, put on top of bun and wrap in foil. Cook over charcoal fire for 15 minutes, turning often to avoid burning.

May also be cooked in a double boiler for an hour and a half, or in oven at 375° for 45 minutes.

SIDES

Baked Beans

1 (16 oz) can baked beans

1 medium onion, chopped

1 tsp. mustard

2 Tbsp. catsup

1 Tbsp. brown sugar

Mix ingredients. Pour onto a 12" piece of heavy duty foil. Fold into a pouch and seal. Cook in coals until heated through (about 15 minutes).

NOTE: Add a hot dog to each pouch for a quick main dish.

Baked Potatoes

1 potato per person
butter
optional: herbs, garlic powder, onion powder or onions

Wash and dry potatoes. Quarter potatoes. Add a pat of butter and onions if desired. Wrap in foil and place in coals, 20-30 minutes, turning occasionally. Whole potatoes may be cooked the same way, but require more time.

Butter-Grilled French Fries

4 (10 oz) pkg. frozen fries
1 stick of butter or margarine
salt to taste

Place potatoes from each package on a separate square of foil. Divide butter into 4 parts; dot each package of potatoes with one part of butter. Salt to taste. Fold foil allowing room to steam. Cook over coals 30-40 minutes, turning 3-4 times. Serves 8-10.

Cheesy Potato Packet

1 (24-oz.) pkg. frozen O'Brien potatoes with onions and peppers
1 c. cheese 'n salsa dip
¼ tsp. pepper

Cut 36" x 12" piece of heavy-duty foil; spray foil with nonstick cooking spray. Place potatoes and dip on foil; sprinkle with pepper. Stir gently to mix. Wrap securely using double-fold seals to form 12" x 8" packet, allowing room for heat expansion.

When ready to grill, place packet on charcoal grill 4 to 6 inches from medium coals. Cook 20 to 25 minutes or until potatoes are thoroughly heated, turning packet over halfway through cooking. Makes 6 (½ cup) servings.

VARIATION:

Cheesy Potatoes: For each person:

1 small (or ½ large) potato
cheddar or American cheese
¼ onion, thinly sliced
salt and pepper

Slice or dice the potato quite fine. Grate or dice the cheese. Put the potatoes, onions, and cheese into double squares of foil. Dot with butter. Sprinkle with salt and pepper. Wrap tightly and bake in coals. 20-30 minutes.

Chinese Vegetable Pack

Lettuce or cabbage leaves

Uses an insulated foil package by placing lettuce or cabbage leaves between the foil and food or wrap the outside of foil packet with newspaper and then wrap again in foil. Makes 4.

1 stalk celery, thinly sliced at an angle
1 green pepper, cut into strips
8 cherry tomatoes
salt and pepper to taste
1 medium onion, thinly sliced
3 tsp. butter or margarine
6 large mushrooms, cut in half

Place celery, green pepper, mushroom, onions, and tomatoes on 15" x 18" piece of heavy duty foil. Dot with butter, salt and pepper. Wrap using a drugstore fold.

Cook using an insulated foil packet on coals for 10 minutes per side or on a grill over coals for 15 minutes per side.

Cleopatra's Barges

Slice summer or butternut squash from stem to end. Scrape out seeds and pulp. Fill hollow with butter, salt, pepper, and chopped onions and either nutmeg, brown sugar, cinnamon, parsley flakes or pepper flakes. Wrap in foil and bake over coals about 40 minutes. May also be baked in a box oven.

Corn on the Cob

Soak corn in husks in bucket of water. Pull husks down a couple inches to remove top silks. Replace husks. Keep in water until placing on grill. Heat thoroughly - approximately 5 minutes on each side.

VARIATION:

- Shuck corn by pulling husks and strings off. Top with butter, salt and pepper. Wrap in foil. Cook covered in coals for about 15 minutes
- Double wrap frozen corn, buttered generously. Cook on coals 10 minutes, turning frequently.
- Want something different? Try adding some chopped green onions, crushed garlic, or fresh herbs such as sage, thyme, or basil before sealing pouch.

Foil Wrapped Potatoes

1 or 2 potatoes (cut up)

2-3 Tbsp. butter

½ onion, sliced

salt & pepper to taste

Wrap all ingredients in heavy foil. Cook on grill about 30-40 minutes. May also be baked in box oven 45 minutes to 1 hour at 400°F (10 coals).

French Fries

Place 10 oz. frozen French fries on foil. Add salt and 2 Tbsp. butter. Wrap loosely and cook on coals 30 minutes, turning occasionally.

Garlic Bread

Slice a loaf of French bread partway through. Melt butter and add garlic salt. Brush garlic mix on each side. Wrap bread in foil and warm carefully on the coals.

Girl Scout Platter

¼ lb. hamburger or ground turkey

1 carrot, quartered

½ potato, sliced or quartered

salt and pepper to taste

Form hamburger into a thick patty. Top with carrot and potato. Add salt and pepper to taste.

Wrap in foil using drugstore wrap. Cook in coals for 20-25 minutes. Serves 1.

Hobo Popcorn

Cooking oil

popcorn

Salt

butter or margarine (optional)

For each person, place one tsp. oil and one Tbsp. popcorn in the center of a 12" square piece of heavy duty foil. Fold edges of foil to create a pouch. Seal tightly, allowing room for expansion.

Tie each pouch to a lengthy stick with sturdy string. Place pouch directly on coals, shaking constantly until popping stops. May season with salt and pepper.

Lyonnaise Potatoes

For each serving

Cut one large potato and one onion into thin slices. Dot with a pat of butter or margarine, salt and pepper to taste. Wrap in heavy foil using a drugstore fold. Place in embers and cook for 15 minutes.

Oh-So-Good Potatoes

4 small baking potatoes, peeled
¼ tsp. pepper
¼ c. milk
8 oz. carton sour cream
1 envelope onion soup mix

Thinly slice potatoes. Combine remaining ingredients. Add potatoes, mixing well to coat. Spoon potatoes into the center of a piece of heavy-duty foil. Wrap with drugstore fold. Grill over medium hot coals 45-55 min. or until potatoes are tender.

Vegetables in a Pack

2 medium potatoes, each cut into eight pieces
20 fresh green beans, broken into 1" pieces
¼ c. water
salt
1 t. herb seasoning
¼ c. grated cheddar or Monterey Jack cheese

Place potatoes on top of a piece of foil about 12" x 18". Add green beans. Sprinkle with salt, seasoning, water, and cheese. Seal foil pouch. Cook covered in coals about 30 minutes.

Zucchini

For each serving:

Slice 1 medium zucchini, ¼ c. diced onion, ½ medium tomato, diced. Dot with butter or margarine, salt and pepper to taste. Wrap in heavy foil using drugstore fold. Place in embers and cook for 15 minutes.

Zucchini and Red Onion

Zucchini, washed and sliced crosswise into ¼ inch slices
Red onion, sliced thin and separated into rings
Bottled Italian salad dressing (not "lite")

Cut a rectangle of heavy-duty foil. Place sliced zucchini and red onion on foil. Pour in enough salad dressing to moisten and coat vegetables (about ¼ to 1/3 c.). Wrap securely using double-fold seals across top and on one end. Seal last end, allowing room for heat expansion.

When ready to grill, place packet on charcoal grill 4 to 6 inches from medium coals. Heat until zucchini is cooked, but still slightly crisp. These veggies cook very quickly as soon as the salad dressing gets hot. Be sure to turn packet over halfway through cooking time. Number of servings depends upon amount of zucchini and onion used. Figure approximately ½ cup cooked veggies per person.

DESSERTS

Apple Delight

1 large apple, cut into large chunks
a few raisins
1 Tbsp. biscuit mix

1 tsp. sugar
cinnamon

Place apple on a piece of foil. Add sugar, raisins, cinnamon and biscuit mix. Wrap well and bake for 30 minutes. Apple juice will moisten dough. Serves 1.

Apple Pouch

1 apple, cut in small pieces
 $\frac{1}{8}$ c. chopped nuts
1 tsp. butter

$\frac{1}{4}$ c. raisins
3 marshmallows
1 Tbsp. honey or syrup

Put apples, raisins, nuts, marshmallows, and butter on a piece of foil 12" square. Drizzle honey or syrup on top. Fold foil into a pouch using a drugstore fold. Place in hot coals. Cook 10 minutes, remove, open and enjoy.

Baked Apples

1 apple (Rome or Jonathans are recommended). Core each apple almost to the bottom. Peel about $\frac{1}{3}$ down from top. Place one of the following in the center core:

red hots
brown sugar and marshmallows
brown sugar, cinnamon and butter
nuts and raisins

Put each apple on a square of heavy duty foil. Bring foil up and twist at the top. Cook slowly over coals between 45-60 minutes. May also be baked in a box oven. Serves 1.

Baked Peaches

Remove stone from whole peach. Place on square of foil. Fill hole with brown sugar, dot of butter and nutmeg. Seal by twisting ends at top of peach and bake on grill 15 minutes over coals.

Banana Boats

Peel back a section of banana and cut wedge shape section. Remove wedge and place marshmallows and chocolate chips in hollow left in banana. Cover with peeled back banana skin and wrap in foil. Place in coals until chocolate and marshmallows are heated, about 5 minutes.

VARIATION:

Add chopped walnuts or peanuts; or sugar and cinnamon. May also be baked in a box oven. Serves 1.

Banana Barges: add strawberry jam, crushed pineapple, and finely chopped nuts in addition to marshmallows and chocolate chips. Wrap in foil, place on coals, about 5 min.

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Doughnut Delights

1 doz. cake doughnuts
ice cream or Cool Whip

6 milk chocolate candy bars

Cut doughnuts in half, horizontally. Place half of one candy bar between doughnut halves. Wrap in foil. Place on coals for 2 minutes on each side until chocolate is melted. Open foil and top with a scoop of ice cream or Cool Whip.

Foil Sundaes

1 pound cake cut into 12 slices
brown sugar

1 can crushed pineapple OR canned pie filling
butter or margarine

Arrange slice of pound cake on foil. Top with brown sugar, butter, and pineapple or pie filling. Wrap well in foil and grill over coals for five minutes.

Peach Yums

Place half a canned or fresh peach on a sheet of foil. Put large marshmallow in center. Use a drugstore fold to seal tightly. Bake on grill over coals for 5-10 minutes, turning once. Serve hot. Eat out of foil.

COOKING ON COALS

Cooking on coals or embers means charcoal or a wood fire that is not flaming. When cooking directly over coals with a grill, take care that dripping fat does not cause your food to burn if it flares up (a squirt bottle of water works well).

COOKING ON A GRILL

Bacon Cheddar Grilled Sourdough Bread

- 1 (1-lb.) loaf sourdough bread
- 3 Tbsp. margarine or butter, softened
- 6 oz. (1½ c.) shredded sharp cheddar cheese
- 4 slices bacon, crisply cooked, drained and crumbled
- 2 Tbsp. chopped fresh parsley, if desired

Cut loaf into 1-inch slices. Lightly spread one side of each slice of bread with margarine. Place, margarine side down, on ungreased cookie sheet. Sprinkle cheese, bacon and parsley evenly on bread slices. When ready to barbecue, place slices, margarine side down, directly on charcoal grill 4 to 6 inches from medium-high coals. Cook 4 to 6 minutes or until bottom of bread is toasted and cheese is melted. 8 servings.

Bunsteeds

Mix:

- 1 (7 oz.) canned chicken or tuna
- 1 c. chopped celery
- 1 small chopped onion
- ½ c. grated cheese
- ¼ c. Miracle Whip

OR Mix:

- 1 lb. hot dogs, chopped finely
- ½ c. grated cheese
- ¼ c. chili sauce
- 2 Tbsp. pickle relish
- 1 tsp. mustard

Put into 8 buns, wrap in foil and heat on grill 30 minutes. Turn occasionally.

Fajitas

- 4 Tbsp. extra-virgin olive oil
- 1 tsp. chili powder
- Juice of one lime
- 1 lb. skirt of flank steak, sliced
- 2 bell peppers (red or green) cut into 2-in. pieces
- 1 red onion cut into wedges
- 1 tsp. ground cumin
- 4 garlic cloves, crushed
- Salt and pepper
- Skewers
- Flour tortillas

At Home: Combine olive oil, cumin, chili powder, garlic, lime juice, salt and pepper. Use this to marinate steak and vegetables separately in sealable plastic bags. Chill. (You may want to freeze the steak and pack it frozen).

At Camp: Thaw steak, if necessary. Heat grill. Thread meat, peppers, and onions onto skewers, alternating as you go. Grill skewers, turning them frequently, for 5 to 8 minutes. Serve with tortillas and desired toppings. Serves 4.

Gourmet Burgers

¼ lb. ground beef

¼ c. filling (choose and chop 2 to 3 of the following to make ¼ c. onion, olives, sunflower seeds, celery, carrots, mushrooms, etc.)

Make a ball of the meat. Hollow out a well in the center of the meatball. Put filling in the well. Press the sides of the meat around the filling to close. Flatten meat into a patty. Cook on grill for about 5 minutes. Using a long handled spatula, turn the patty and cook about 5 more minutes making sure it is cooked all the way, with no pink in the center.

Grilled Marinated Flank Steak

Flank steaks (1-2 lbs. feeds 2-3 people)

1 c. soy sauce

4 garlic cloves

1 c. olive oil

½ c. vinegar

2 Tbsp. sugar

2 Tbsp. honey

Pinches of salt and pepper

½ tsp. each thyme, parsley, and oregano

Hot sauce (optional to taste)

Crush garlic cloves then combine in covered bowl with other ingredients. Place flank steak into marinade and cover bowl. Marinate for a few hours.

Grill meat and slice thinly. Serve with mushrooms, peppers (red, yellow, and green), and onions that have been steamed in foil on the grill with olive oil, salt and pepper.

Condiments could include hot sauce and or BBQ sauce.

COOKING IN ORANGE SHELLS

After you have cut an orange in half and eaten the pulp inside, save the peel to use as a utensil to cook eggs, vegetables or cake. Label the individual orange shells with marking pens if you like. Be sure to remove any membrane that might be left in the peel.

Breakfast Egg

12 eggs

12 orange half peels (6 oranges)

12 slices bacon (optional)

salt & pepper

Break an egg into the orange shell, season with salt & pepper. Set in the coals to bake. The shell may be lined with bacon or wax paper.

Cake in an Orange

12 oranges

1 cake mix (white, yellow, gingerbread) ingredients needed to make cake mix

Slice orange 1/3 down from the top and spoon pulp out of bottom 2/3, leaving an empty shell.

Spoon pulp out of top 1/3 also. Eat pulp or use in a salad. Prepare cake mix according to directions on box (you can do this in a large Ziploc bag). Fill orange shell ½ full with cake mix.

Place lid back on orange. Wrap securely in foil. Place in coals. Cook 15 to 20 minutes.

Serves 12.

Ham, Eggs, & Potatoes

1 large naval orange (thick skinned)
2 eggs
1 Tbsp. milk or water
½ c. chopped ham or sliced ham luncheon meat

salt & pepper
½ c. canned shoestring potatoes (the crunchy kind)

Cut orange in half and scoop out the inside. Combine eggs, salt, pepper, and Tbsp. of milk or water. Mix until yolks are broken. Pour half of the mixture into each orange shell. Gently set shells on grill over coals using long-handled tongs. Cook until eggs are firm, about 10 minutes. Remove the shells from the grill with the tongs. To serve, mound potatoes onto plate and top with ham (warmed in foil pouch on coals if you want). Then scoop egg out of shell onto potatoes and ham.

Orange Gingerbread

1 (14 oz.) pkg. gingerbread mix
12 orange half shells (6 oranges)

additional ingredients for mix

Make gingerbread mix batter, and half fill empty orange shells with batter. Cook in embers until done.

VARIATION:

Slice off $\frac{1}{3}$ from top of orange; spoon out fruit, leaving shell empty. Mix gingerbread in a Ziploc bag according to package directions. Fill orange shell $\frac{1}{2}$ full of batter. Wrap in foil leaving small air space on top. Place in coals and bake 10-15 minutes. Enough batter for 10-12 oranges.

Orange Muffins

1 pkg. muffin mix
12 orange half peels (6 oranges)

milk and egg as noted for mix

Mix muffins as directed on package. Fill orange peels half way with batter. Place directly on coals and bake until tops are brown. Serves 12.

Orange Sweet Potatoes

6 c. canned sweet potatoes
12 orange half peels (6 oranges)

$\frac{3}{4}$ c. brown sugar
12 marshmallows

Mash sweet potatoes. Pack potatoes into orange half. Sprinkle with brown sugar and top with marshmallows. Bake in coals until heated through. Serves 12.

COOKING WITH FOIL PANS

Use 2 disposable foil pie pans and 4-6 water-soaked wooden spring-type clothespins. Grease the inside of both pans; put dough in one pan and cover with the second one. Hold together with the clothespins. Bake on grill over coals. Turn over halfway through baking time.

Big Daddy Grilled Shortcake

2¹/₃ c. Bisquick

3 Tbsp. sugar

½ c. milk or water

3 Tbsp. melted butter or margarine

Fresh, canned, or frozen fruit

Cool Whip or ice cream (if desired)

Stir Bisquick, sugar, butter and milk into a soft dough. Spread dough in one greased foil pie pan. Invert another greased pan over the pan with dough. Secure rims together with clothes pins. Place on grill 4" from hot coals. Cook 15 minutes on each side or until brown. Sever warm with fruit and whipped cream. Serves 6.

Biscuits

Place refrigerated biscuits in foil pan. Place second pan over top. Clamp shut with clips, wrap in heavy foil. Place on or near coals, turn to brown top. Watch closely

Blueberry Coffee Cake

Lightly grease two 9" foil pie pans.

Prepare 1 pkg. blueberry muffin mix. Pour into pan. Invert second pan over pan with batter.

Secure rims together with clips. Wrap in heavy duty foil. Place on grill 4" from hot coals. Rotate pan occasionally for even baking. Cook 15 minutes on each side. Serve with butter.

Brownies

1 pkg. brownie mix

other ingredients needed for mix

4 foil pie pans

Mix brownies as directed on package. Grease pie pans. Put half of dough in each of two pans. Cover with remaining pans. Secure with clothespins. Place on grill 4" from coals, using cooking times as directed on package. Turn over halfway through cooking time.

Burger Bombs

Cut 1 large onion in half. Scoop out center of each half. Fill each half with a meatloaf mixture or ground meat seasoned with bar-b-que sauce. Place onion halves together and wrap in heavy duty foil. Cook 20 minutes in coals or 35-40 minutes in foil oven.

Foil Pan Biscuits

Grease 2 foil pans (or spray with non-stick coating). Place refrigerator biscuits in one pan. Cover with the other pan and use 4 clothespins to hold pans together. Soak clothespins in water first so they won't burn. Bake on low heat (coals or camp stove) about 15 minutes; turn pan over and bake other side for 10 minutes or until browned. Spread biscuits with butter and cinnamon sugar. This also works well with the tubes of refrigerator sweet rolls (cinnamon, orange Danish). Blueberry muffin mix made as a cake will work also.