



NO FUSS COOKING

(Utensiless Cooking)

Spring 07



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Utensiless Cooking

Steamed Corn - Remove silk, but leave the husks on. Soak ears in water. Lay on hot coals for about 8 minutes per side.

Roast Corn - Just place the peeled corn directly on the coals. Turn when it becomes a golden brown.

Dog in a blanket - Wrap a wiener in biscuit dough, skewer on a stick and bake over hot coals. Or slit the wiener and insert a piece of cheese before you wrap and cook it.

Egg in orange peel -- Scoop out the orange pulp and eat it, then grease the inside of the peel, crack an egg into it, and set on coals to cook.

Egg on skewer -- Prick a tiny hole in both ends of an egg and skewer it, but be careful not to go through the yolk. Place on a forked stick and hold over coals.

Mud Egg - Coat the egg with a stiff mud paste and cook covered in coals for 20 minutes.

Eggs in Paper Cup -- Fill a cup with water and drop in an egg, with or without the shell. Set the cup into the coals.

Eggs and Bacon in a Paper Bag -- Put strips of bacon on the bottom of the bag, crack an egg or two on top of the bacon, fold over the top of the bag and hang it on a stick over hot coals.

Hang-um High Chicken -- Hang a whole chicken on a wire from a tripod over a bed of hot coals. Fashion an aluminum foil umbrella over the chicken to reflect the heat.

Hot Rock Cooking -- Lay a flat, hot rock on coals and use it as a griddle to cook hamburger, eggs, steak, fish, bacon, or bread. Leave the rock in the coals for a good long time then clean it off and begin cooking.

Kebobs - Cut kielbasa, potatoes, green peppers, cherry tomatoes. If fresh mushrooms are used, coat them with vegetable oil. Skewer alternately on the sticks. Season vegetables with garlic salt. Turn frequently until evenly cooked. If using beef or pork, marinate in Italian dressing or sprinkle with Worcestershire sauce while cooking.

Onion Oven-- Cut an onion in half and scoop out all but the two outside layers. Crack an egg into each half, or fill with chopped, seasoned meat, cap, and place directly on hot coals.

Potato1 -- Cut out the center of a potato. Fill with hamburger and diced onion, or with

butter and cheese. Plug the hole with some of the pieces you removed. Coat potato with 2 inches of thick mud and place in coals. Cook for about an hour.

Potato2 -- Slice off the top of a spud, hollow out a tunnel, and crack an egg into the hollow. Rub a bit of the egg white around the cut top, then put the "lid" back on the potato. Wrap in foil and bake in coals.

Stick Bread -- Press a wad of dough onto the end of a stick and bake over hot coals. Try cinnamon twists. Pat dough into a rectangle, spread with butter, cinnamon and brown sugar, and cut into 2" strips. Wrap strip around a green stick and toast over the coals.

Tennis Racket Meat - Take a green stick with two opposing branches and bring the branches around and twist them together, using the center for additional support. Place a pork chop, cube steak or other meat on the racket. Weave two other sticks over the meat and through the 'racket' to hold it in place. Grill over coals.

Mustard Roast - *The ultimate utensiless meal.* Prepare a large can of charcoals. Coat large rolled roast completely with yellow mustard. You cannot use too much. Place a double square 18" x 18" of heavy duty foil on the ground and stand the roast in the middle. Cover with salt, approx. ½ lb. Using tongs, stack the graying charcoals one by one upon the roast until it is completely covered. Cook for one hour. Skewer roast from the top with large fork. Break away mustard/salt crust, which will be hard and break off in chunks. Slice and serve roast.

Apple Delight -- Core an apple just over halfway. Fill the hollow with cinnamon and marshmallows. Skewer it on a forked stick and hold over the coals until the marshmallow melts and the apple is easy to puncture.

Banana Hot Boat -- Cut a v-shaped wedge from the top of an unpeeled banana. Fill wedge with pieces of chocolate and marshmallow. Wrap in foil and place on coals for 8-10 minutes.



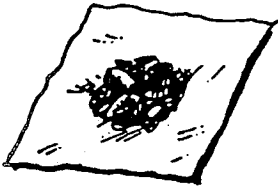
Dog in a blanket--Wrap a wiener in biscuit dough, skewer on a stick and bake over hot coals. Or slit the wiener and insert a piece of cheese before you wrap and cook it.

No Cook Fudge -- Try this one at a campfire while you tell a story, sing songs, etc. Have the boys pass it around to kneed so everyone gets a chance.

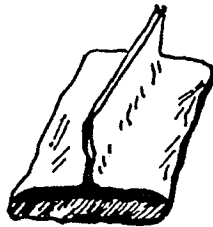
½ gallon	ziplock bag
½ cups	cocoa
3 ounces	cream cheese
1 pound	powdered sugar
3 tablespoons	butter
1 teaspoon	vanilla

Place all ingredients in the ziplock bag. Work out the air. Kneed 25-30 min. Nuts or peanut butter may be added at the end.

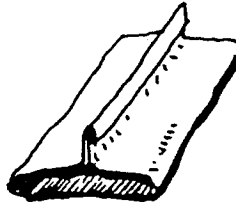
COOKING WITH FOIL



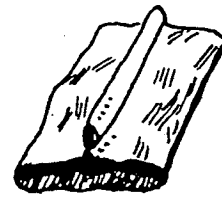
Place food in center of foil.



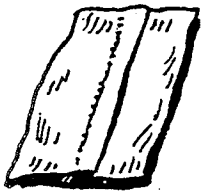
Bring sides up loosely.



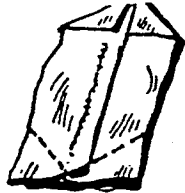
Fold top 1/2" down, crease.



Fold top down again. Don't crease.



Fold top down flat. Press ends together.



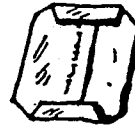
Fold corners over along dotted lines.



Fold pointed ends over 1/2".



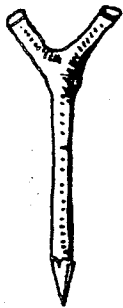
Fold ends over again. Place on coals.



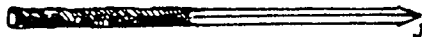
Meat Loaf Stick: The barbs or branches keep the meat loaf from turning. Make 1/2" in diameter, 12" long.



Shishka-Stick: About 1/2" x 12". Punch through the meat for kabob. Flatten one side so meat won't slip.

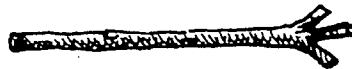


Forked Stick: Used in pairs to hold Shiska-stick, egg stick, or meat loaf stick.



Egg Stick: About 1/4" x 12". Whittle so it has 3 sides. Place across forked or temp-stick.

Temp Stick: Used for heat control. The lower in the fork, the hotter. Pegs in the stick work too.



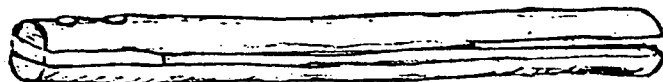
Twixer: Used for stirring dough to "twix" up biscuits.



Spear Stick: About 1/4" x 12". Use to spear meat from fire.



Twist Stick: About 2 1/2" x 12". Wrap biscuit dough around in a spiral. Notches keep the twist in place.



Whittled down sticks can be fashioned into tongs to fish plates out of hot rinse water.

FOIL PACK GAZETTE
NOT TESTED - TRY AT YOUR OWN RISK

Trout
potatoes
carrots
small onion
green pepper
3 slices of lemon
dash of salt
lots of pepper
water

Ham steak *cubed*
pineapple
& juice
apple chunks
clove
spiced apple
optional

Breakfast steak
potatoes
corn
green beans
cheese
onions
green pepper
pepper & salt

Chicken *de-boned &*
cut in bite size
pieces
potatoes
carrots
onions *lots*
celery
oregano & basil
margarine

Ham chunks
pork chunks
garlic salt
pepper
onion
new potatoes
celery
cheese - *2 slices*
swiss - 2 slices
american
Barbecue sauce
cauliflower chunks

One Possum (road
kill) pick up on
way to camp. no
need to
refrigerate
onion (lots)
green pepper
garlic clove
six pack
de-bone possum-
throw bones away
mix ingredients &
place in foil
pack-drink beer
this ones from
Steve Rost T-35

Chicken Breast
cream of chicken
soup
celery
new potatoes
salt & pepper
mushrooms
carrots
dry onion soup
(dash of only)

Stew meat
onions
carrots
sliced potatoes
can of peas -
drained
cream of mushroom
soup

Fish fillets
celery
potato slices
orange slices
green pepper

Vealcutlet-
precooked
garlic
pizza sauce
broccoli
onions(lots)
green peppers
cheese
salt & pepper

lettuce
onion
green pepper
chicken breast
ham
soy sauce
brown sugar
garlic salt
pepper
potatoes

Pork chops(thin)
potatoes(w-skins)
carrots
celery
salt&pepper
onions

FOIL COOKING

There are many ways to make a foil dinner. The short paragraph tells you how to make the foil package with cooking times. This is followed by many ideas on what to put into the foil packages.

Use two layers of lightweight, or one layer of heavy-duty aluminum foil. Foil should be large enough to go around food and allow for crimping the edges in a tight seal. This will keep the juices and steam in. A good place to find heavy-duty foil is a restaurant supply service. This wrap is known as the "drugstore" wrap.

Drugstore Wrap

Use heavy foil three times the width of the food. Fold over and roll up the leading edges. Then roll sides for a steam-proof seal. Dinners can be mark with a sharpie marker with the person's name or have them fold edges in a certain way to help identify dinners.

You will need a shallow bed of glowing coals that will last the length of cooking time. A good brand of charcoal works well. Make sure the bed of coals is big enough so all the boys and adults can put their dinners on at the same time. You may want to have two beds based on the number of people. This will help prevent a few headaches.

Cooking Times:

Hamburger: 8-12 minutes,
Carrots: 15-20 minutes
Chicken pieces: 20-30 minutes
Whole Apples: 20-30 minutes
Hot dogs: 5-10 minutes
Sliced potatoes 10-15 minutes

Helpful Hints:

Here are a few hints that may help with younger scouts.

1. Use already cooked meats (like packaged meatballs). This will cut down on cooking time and insure of no uncooked meat.
2. Frozen veggies work great, as there cooking time is less.
3. Canned potatoes cook fast and are easy for the scouts to cut up. And there is no peeling.
4. Foil dinners should be marked with scouts name (a permanent marker can be used) before going on the coals. Mark both sides.
5. Make sure you have potholders for handling the foil dinners once removed from the fire. They will be hot. Burnt fingers are no fun.
6. Foil dinners should be turned about 10 minutes into cooking (depends on what you are cooking). Be careful not to break foil pouch when turning.
7. Let the scouts be creative. The worse that could happen is you throw out one dinner and redo it again.

FOIL RECIPES

ALUMINUM EGGS (FOIL BREAKFAST)

Sausage
Egg
Hash brown potatoes
Salt, pepper and spices to taste

Place potatoes, scrambled egg (doesn't need to be cooked) sausage patty and spices in foil. Wrap securely. Place on coals for 15 minutes.

Campfire Sandwich

Chipped Beef
Cheese, sliced
Hamburger Buns

Place chipped beef and cheese on a bun. Wrap in aluminum foil. Place on coals about 5 minutes per side. Variations: a. You may use any type of meat. b. Add a slice of cheese, onions, relish or other favorite topping.

STANDARD FOIL DINNER

Lay slices of potatoes, onion, and carrots on a sheet of heavy-duty foil then place hamburger patty on top. Cover with slices of potato, onion, and carrots. Season with butter, salt and pepper. Cook 20-30 minutes over hot coals, turning twice during cooking.

VARIATIONS ON THE HAMBURGER FOIL DINNER

This is a collection of ideas to make foil dinners more interesting. They can from the Internet. None are mine but they all sound great.

Just a touch of garlic salt makes a lot of difference. If you look at the labels in the stores, you will see that onion and garlic are part of almost everything! It doesn't take much to make it great.

Use cabbage leaves to wrap it all in before wrapping in foil. A little catsup helps for some boys. So can a few slices of onion.

Add Cream of Mushroom soup to our "hobos." It adds taste as well as additional moisture. A couple of tablespoons will do just fine. Yum-yum.

How about adding BBQ sauce, Worcestershire sauce, or even Italian dressing?

A measuring teaspoon of Italian seasoning or of curry powder or of chili powder wouldn't hurt. Try combining BBQ and chili powder; or Italian dressing and Italian seasoning; don't mix Worcestershire and curry powder though.

Spiced up your "hunters pack" aluminum foil dinners by adding Heinz 57 sauce. It really makes a big difference.

Instead of hamburger, try Pork Loin, or Boneless Chicken Breast!

Also vary the vegetable ingredients to include slices of tomato, and/or bell peppers.

If you use chicken, try pineapple slices with mild BBQ sauce.

Ground turkey can be used instead of ground beef, and is "more healthy".

Substitute Mrs. Dash garlic pepper, Montreal seasoning, or any other favorite general-purpose seasoning instead for the pretty dull salt and pepper usually found in a foil dinner.

Consider replacing the hamburger with stew meat, cubed steak, or chicken or turkey breasts cut into stew meat sized cubes.

As to spices, consider adding a part of a clove of fresh garlic. Smash it first.

You might also consider adding soy sauce, teriyaki, or plain old steak sauce.

Try adding small dough balls of biscuit mix for dumplings.

Try a dash (maybe a big dash) of Wyler's bouillon granules. These add significantly to the flavor.

At home, parboil (3 minutes) a Cornish hen. Oil it up, salt and pepper and wrap in foil. Cook as you would a foil pack (15 minutes per side). Do another pack of just thin sliced potatoes and onion, salt/pepper with a bit of olive oil. Makes an OUTSTANDING meal.

Try a pizza pocket dinner, made with those packages of 'flat' dough (those tubes from The Dough Boy). Take the flat dough, and fill the center with pizza sauce, pepperoni, cheese, with optional mushroom, olives etc. Fold it over to enclose the 'goodies' and wrap in 2 layers of foil. 'BAKE' 10 minutes on each side, and you might have a pizza pocket.

Use chunks of ham, sweet potatoes (par boiled), and pineapple. As soon as it comes out of fire, add a few mini marshmallows on top.

Ham pieces or steak, Pineapple slices (or tidbits) dash of teriyaki sauce (or marinade) and mixed vegetables to taste.

Cubed Ham, chopped potato, onions, grated cheese of your choice.

Take a whole chicken. Brush with melted butter. Take a whole lemon, slice, squeeze juice over chicken. Sprinkle generously with Lemon & Herb spice. Put leftover lemon peel & pulp inside chicken with slices of onion. Wrap in foil. Cook until done. 40-60 minutes.

You can also cook potatoes & onions in other foil packs.

Chicken with instant rice and cream of celery soup (undiluted).

Marinated Fajita Meat (Beef or Chicken), Onions, Green Peppers. Serve on tortillas with cheese, salsa, etc.

Core small to medium potato, insert a small pre-cooked sausage or wiener. Wrap in foil, set in hot ashes to bake. Takes 45-90 minutes to cook. Remove and slice top and add cheese, chili or fixing of your choice.

How about some Pop Corn? In the center of 18" x 18" square of heavy or doubled foil, place one teaspoon of oil and one tablespoon of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop. Tie each pouch to a long stick with a string and hold the pouch over the hot coals. Shake constantly until all the corn has popped. Season using salt and margarine. Or soy sauce, or melted chocolate, or melted peanut butter, or melted caramels or use as a base for chili.

HELPFUL HINTS

DO NOT, REPEAT NOT use cheese in your recipes, unless put on after cooking. The cheese will warm and separate and the oil will catch fire or cook the food faster than expected. We had a few very unhappy Cubs expecting Cheeseburgers, but receiving, well something else if you can imagine.

It may cost a bit more too, but try to keep your meats lean and let the veggies add the moisture necessary.

Also, have some extra bread and cheese slices available as there will inevitably be an accident or two (broken foil-food in fire), and a few boys who will not be to happy with the final product.

Don't forget extra utensils, as you'll be moving a lot of packages around.