

FOIL PACK COOKING

Prepare ahead of time and refrigerate until ready to use.

For best results use heavy duty foil and fresh vegetables.

Add seasonings of your choice. ~~extra heavy~~

Add a tablespoon of water to help steam the food. Juice or sauce can be substituted for water.

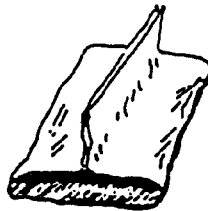
Cut meat or vegetables into bite sized pieces and wrap in heavy duty foil as shown in illustration below.

Cook in coals from fire or in charcoal.

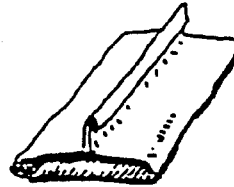
Cooking time will vary with size of pack and type of food.



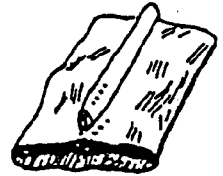
Place food in center of foil.



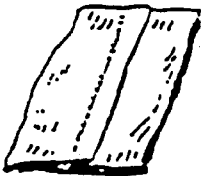
Bring sides up loosely..



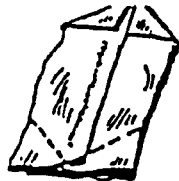
Fold top 1/2 inch down, crease.



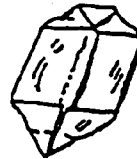
Fold top down again. Don't crease.



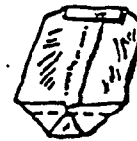
Fold top down flat. Press ends together.



Fold corners over along dotted lines.



Fold pointed ends over 1/2 inch.



Fold ends over again. Place on coals.



BASIC FOIL PACK

round steak
onion
green bell pepper
carrots
potatoes
salt
seasoned pepper or garlic powder

VARIATIONS

sausage	celery	cauliflower
hot dog	tomatoes	nuts
chicken	cabbage	yams
sirloin	mushrooms	
chuck	yellow or red bell pepper	
	broccoli	

SCOUTMASTER'S FAVORITE

pre-cooked ham
pineapple with some juice
peas

FOIL EGG (cook 5-8 minutes)

BAKED POTATO (cook 50-60 minutes)
(pierce before cooking)

Add a desert in a second foil pack:

FOIL CINNAMON APPLES (5 minutes/side)

apple slices
margarine
cinnamon
sugar (white or brown)
raisins (optional)

FOIL BANANA SPLIT (cook 5 minutes)

banana (partly sliced from end to end)
brown sugar & chocolate chips stuffed inside banana
or brown sugar & raisins
or peanut butter & raisins