

FOIL MEALS

Hot meals are great but who wants to wash dishes. Try these **Foil meal ideas** or try a seal-a-meal or freezer zip bag in boiling water.

BADEN BAKED SLICED POTATOES

Ed Bailey *Foil*

potato **margarine** **foil** **salt, pepper, garlic salt**

Scrub and cut potatoes into thick slices. Use one potato per person. Do not peel the potatoes. Place each one on a double sheet of heavy foil. Add 1 T. margarine. Sprinkle with garlic, onion salt and pepper. Seal and bake on the grill, turning often for a hour. or 15-20 minutes on coals.

BAKED APPLE

Foil

1 apple per person, 1 tablespoon brown or white sugar per apple
optional raisins and red hots.

Wash apple. Cut a slice off the top, remove the core, and put the sugar in the hollow. Wrap in foil. Cook in hot ashes about 1 hour.

BOY SCOUT POTATOES

B. Powell? Foil

Potato Carrot Small onion Salt & Pepper margarine

Slice the Potato into 1/4 inch slices. Peel and slice the onion and carrot. Place in the middle of a drugstore foil wrap with salt, pepper, & a dollop of margarine. Add 1 Tbls. water. Seal the Wrap and place on coals for 45 minutes to a hour.

CHEESE POTATOES IN A PARCEL

Annette Wolter Foil

**1 Med. Potato, peeled and sliced 2 oz. Cheese cut in cubes
1 slice Bacon, diced 3 slices onion, separated into rings
1 tbs. Butter or Margarine salt, pepper, paprika**

Use a double thick piece of heavy-duty foil. With a little oil, lay the potatoes on the foil, distributing the slices evenly, and season with a little salt, pepper, and paprika. Scatter the cheese and bacon and onion rings evenly over the potatoes; sprinkle the butter pieces on top. Fold the foil to form a parcel, closing the edges carefully.

Cook the cheese potatoes over a charcoal grill for 50 minutes, turning the parcel repeatedly. You can use dried diced onions and dried bacon, but add a few tablespoons of water.

COMPLETE MEAL

Troop 421 Foil

**Meat Potatoes carrots onions corn
celery BBQ sauce seasonings**

Make a tightly sealed pouch with the foil, double layered. Place the veggies in foil, then the meat. Add sauce if desired. The trick to this meal is to use lots of veggies. They provide the moisture and flavor the meat. Foil cooking times in minutes

Hamburger	8-12	Chicken pieces	10-30
Wieners	5-10	Pork chops	15-20
Whole potatoes	45-60	Ears of corn	10-15
Potato slices	10-15	Carrots	15-20
Whole apples	20-30		

DRUMSTICKS

Stick & Foil

1 lb. hamburger **1 cup cornflakes** **1 egg** **1/2 chopped onion**
salt & pepper **1 tsp. mustard** **1 tbl. ketchup**

Crush the cornflakes and mix with all the rest of the ingredients, except egg shell. Wrap a handful around a green stick and wrap aluminum foil around meat and stick. cook 20 - 30 min. over bed of coals, turning slowly. Makes about 6-7 drumsticks.

FOIL BAKED FISH

Ed Bailey *Foil*

filleted fish **onion** **salt & pepper**
lemon **tomato**

Lay out a strip of heavy doubled foil and butter generously. Lay out a filleted fish on the foil. Sprinkle with salt and pepper. Cover with onion rings, lemon slices, tomato slices. Seal tightly with foil and place on a grill over the coals. When steam balloons the foil prick it once. A large filleted fish is ready to eat in 20-30 minutes. **Chef's secret:** If your fish tend to be dry, add a can of tomato sauce.

FOILED ONIONS

Ed Bailey *Foil*

Large onion **margarine** **salt & pepper** **bacon** **foil**

Peel a large onion and cut in half. Place a pat of margarine on the cut side and sprinkle with salt and pepper. Top with a half strip of bacon on each half onion. Wrap each in double heavy foil and seal tightly. Bake on coals 35-45 minutes. (1 onion for 2 persons)

FOIL WRAP

1. Cut 2 pieces of lightweight foil or 1 piece of heavy-duty foil, twice the circumference of the item to be wrapped.
2. Place food in middle of foil, shiny side in. Food must be moist or add 4 Tbl. of fluid.
3. Bring opposite sides of foil together, and fold 1/2 inch, repeat turning down to item.
4. Flatten top of package, Fold corners of open ends in and roll ends in small folds into center. The edges must seal to keep steam in.

GREAT OUTDOORS POTATOES

Reggie Levack, Brantford, Ontario

6 Potatoes	1/4 c Olive oil	
2 tsp. Lemon juice	1/2 tsp. Corriander	
1 tsp. Dijon mustard	1 tsp. Minced onion	
1 Pureed garlic clove	1/2 tsp. Fresh ground pepper	1 tsp. Paprika

Scrub potatoes and cut into quarters, keeping skins on. Boil until tender, and coat them with the dressing which you can prepare in advance. Wrap the potato quarters in tin foil, and place on coal to brown. Delicious with meat or fish.

Origin: Ms. Reggie Levack, Brantford, Ontario. From Canadian Living magazine, Alcan Tin Foil Ad. Shared by: Sharon Stevens

HOT CHICKEN SANDWICHES

Ed Bailey *Foil*

1 can boned chicken	1 cup chopped celery	
1/4 cup sliced ripe olives	1/4 cup shredded jack cheese,	
1/4 cup mayonnaise	1 tsp. dry onion flakes	hamburger buns

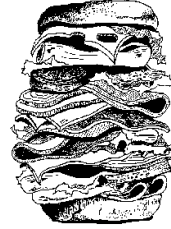
Combine 1 can boned chicken, 1 cup chopped celery, 1/4 cup sliced ripe olives, 1/4 cup shredded jack cheese, 1/4 cup mayonnaise, 1 tsp. dry onion flakes, and spread on hamburger buns. Wrap in double heavy foil and heat over coals 15-20 min.(serves 3-4)

MOUNTAIN MELTS

Foil

Rolls (any kind)
Cheese (sliced)

Meat (thinly sliced)
Mustard



Cut and butter rolls. Fill to taste with cheese, meat, and roll in foil. Place rolls on the edge of the coals or on grill about 1/2 to 1 hour.

mustard. Wrap each above the coals for

PI-CHEE HAM

Ed Bailey

Foil

1 can candied yams
a pat of butter

1 can SPAM,
dash brown sugar

Slice SPAM into a double or triple layer foil pack. Put in candied yams, the SPAM, a pat of butter and sprinkle some brown sugar on top. Seal the pack and heat on the coals for eight minutes a side. Tastes like candied ham and yams.

RICE ON THE COALS

Foil

1 1/2 cups minute rice
1/2 tsp. salt

1 1/2 cups water
dash pepper

1 T. margarine
4 tsp. instant bouillon

Place two sheets of foil (14" sq.) on top of each other in a cooking pot. Press into a bowl or pouch. Add ingredients and seal tightly. Remove from pot and place on coals for 15 minutes. serves 4

SUE'S GOULASH

Ed Bailey *Foil*

1/2 cup of Minute Rice **canned chicken, beef, or chopped ham**
dried onion flakes **dry seasoning, or gravy ingredients**

Form three (3) sheets of foil into a bowl shape. Put in the bottom, sprinkle and mix dried onion flakes, dry seasoning, or gray ingredients. Add some canned chicken, beef, or chopped ham. Pour in 1/2 cup water. Seal and place on coals for 15 minutes.

SAUCED DOGS

Ed Bailey *Foil*

1/2 LB hot dogs **1/2 cup cheddar cheese**
1 hard boiled egg **2 Tbs. chili sauce**
1 Tbs. pickle relish **1/2 tsp. mustard**
1/2 tsp. garlic salt

At home, grind together: 1/2 lb. hot dogs, 1/2 cup mild cheddar cheese. Add 1 chopped hard boiled egg, 2 T. chili sauce, 1 T. pickle relish, 1/2 tsp. mustard, 1/2 tsp. garlic salt. At camp spread this mess, I mean mixture, on buns. Wrap in double heavy foil. Heat on coals 10 min. (serves 3-4)

SWEET, SWEET POTATOES

Ed Bailey *Foil*

Serves: 3 to 4

1 can sweet potatoes **margarine** **maple flavored syrup**

Remove completely the top from a 18 oz. can of sweet potatoes. Strip off Label. Drain some of the liquid into a cup, and add 1/4 cup maple flavored syrup and 1 T. margarine. Return liquid to cover the sweet potatoes. Cover can with foil. Place on a grill or near coals and heat until bubbly, about 20 min.

TEXAS TATORS

Troop 421

Foil

4 large potatoes
BBQ sauce
Butter or margarine

Chopped Beef (pre-cooked)
Cheese
Heavy duty Foil

Poke a few holes in the potatoes with a fork. Wrap potato in foil and place on hot coals for about 1 hour, turning each 30 minutes. Mix BBQ sauce and pre-cooked beef. Heat Mix. When potatoes are done top with ingredients to taste.

