

Decorating the Palate; Tin Foil Cooking

BY IAN MITCHELL

With Christmas fast approaching, conversations around my home turn to decorating our house with homemade baubles and bells, most of which glimmer and shine. Of course foil, in almost every colour, becomes the prize of every shopping extravaganza as it is used to cover almost anything that can resemble happiness and cheer.

Recalling my younger days in Scouting, I used foil in another way during the cold and white winter; it was the way we cooked our meals when winter camping. I can still remember the smell of smoke as our dinner cooked and the snow fell. And I can still remember my mother saying “Get those clothes off and into the washer”, as I came through the door smelling like I had spent the last couple of days in a smoke house.

As a challenge for your Venturers, why not have them plan a weekend camp where the only cooking method to be used is foil (it’s winter so they will likely have a fire going anyway). By using extra heavy aluminum foil, any meal can be prepared. Here are a couple of samples to entice them into this challenge.

(P.S. Inform the parents before they go to camp so mom can have the washer ready to go when they return.)

Breakfast Nests

Ingredients:
sausage patties
hash browns
eggs
cheese
salt & pepper

Method:

Lay out pieces of foil that are approximately three times as large as your sausage patty. In the center of the foil, place a sausage patty. Then add hash browns around the edge of the patty making a nest like shape (leave the center of the patty open). Crack the egg into the center and sprinkle on a bit of salt and pepper. To finish up, fold the foil into a pouch. Cook for about 30 minutes over coals.

When cooked, you can add cheese, if desired, and enjoy.

Spam™ Bake Lunch

Ingredients:

1 can of Spam™ sliced into
5 mm (1/4 inch) thick slices
1 can of crushed pineapple
1 can white potatoes
yams
15 ml (1 tbsp) butter
250 ml (1 cup) dark brown sugar

Method:

Place the Spam™ slices in the middle of a large, doubled up, piece of tin foil. Cover with the potatoes and yams. Now, working in layers, place 125 ml (1/2 cup) of brown sugar, then some pineapple, then another layer of brown sugar and the butter. Fold the tin foil from the top until it is tight around the contents. Now do the same at each end. Cook for 10 minutes on coals, then turn, and cook another 10 minutes.

Note: Be careful when opening the foil as the liquid may be hot. This meal can be put together in advance and kept in a large baggie until ready to be cooked.

Gourmet Chicken Supper

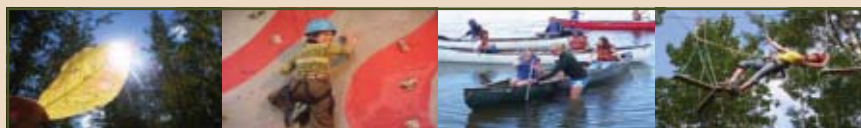
Ingredients:

1 small green pepper; chopped
1/2 small red bell pepper; chopped
10 mushrooms; chopped
1 can pineapple slices
5 ml (1 tsp) butter/margarine
Garlic powder
Salt & pepper
4 boneless chicken breasts

Method:

Grease the center of four large pieces of heavy foil (about 40 cm square) with the butter. Add equal amounts of the peppers and mushrooms to the center of each. Top with a chicken breast and slice of pineapple and add garlic powder, salt and pepper to taste. Fold the tin foil from the top until it is tight around the contents. Now do the same at each end. Cook on coals for 10 — 15 minutes. Turn and repeat. X











— Ian Mitchell is the national Program Director of Scouts, Venturers and Rovers. He still recounts many interesting stories of cooking over a fire when he was young.



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