

Foil Dinner Recipes

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These recipes were sent to me in response to my plea for help with an upcoming Fall Camporee. I needed some suggestions for variations on the "classic" hamburger foil dinner. Enjoy!

FOIL COOKERY HANDBOOK

From: Jess Olonoff; With Thanks to The Indian Nations Council Pow-Wow Book

Foil Cooking Hints

Use two layers of light-weight, 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. 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.

A shallow bed of glowing coals that will last the length of cooking time is necessary.

Cooking Times:

- Hamburger: 8-12 minutes,
- Carrots: 15-20 minutes
- Chicken pieces: 20-30 minutes
- Whole apples: 20-30 minutes
- Hotdogs: 5-10 minutes
- Sliced potatoes: 10-15 minutes

HELPFUL HINTS

From: Jess Olonoff

Do 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 necessary moisture.

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.

“CLASSIC” 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.

TIN FOIL BURGER DINNER (Silver Turtles)

Ingredients: Meat (Hamburger patty, Chicken, Steak-some kind of beef), Potato (1 large per person), Carrots (as much as you like), Onion, Bell Pepper, Butter, Salt & Pepper

Preparation: Wash and peel potatoes (or leave skin on), carrots. Slice potatoes, carrots, onion and pepper thinly.

Tear off large piece of tin foil (around 2 foot). With the shiny side of the foil facing in, place a layer of potato to cover bottom of meat. Put meat on top of potatoes, add salt and pepper, then add the onion and pepper, and then add layer of carrots and more potatoes. Add two large pats of butter. Fold sides of foil to make large envelope, Fold edges twice to seal top, then roll ends right up to the contents. Use shovel to clear a little area in hot coals leaving a few, with gloves place food package in space, cover with hot coals all over. In about 30 minutes (medium size package) or 45 minutes (large “man-size” package), use shovel to carefully remove from fire. Use gloves to shake ash from package and open. Steam from package could burn w/out gloves. Shape tin foil into plate or pour contents on to separate plate.

VARIATIONS ON THE HAMBURGER FOIL DINNER

- 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 food in foil. Do NOT use rhubarb leaves!
- A little catsup helps for some boys. I also add 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.
- Skip the butter and add some soup. Cream of mushroom or something like that. When cooked slow it is wonderful.
- How about BBQ sauce, Worchester sauce, or even Italian dressing?
- Spices ... a measuring teaspoon of Italian seasoning, curry powder, or chili powder wouldn't hurt.
- Substitute Mrs. Dash, garlic pepper, Montreal seasoning, Lowry's Seasoned Salt (and/or Lowry's Seasoned Pepper), or any other favorite general- purpose seasoning for the pretty dull salt and pepper usually found in a foil dinner.
- Try adding Heinz 57 sauce. It is the boys' secret ingredient. It really makes a big difference.
- Also consider adding soy sauce, teriyaki, or plain old steak sauce
- Instead of hamburger, try stew meat, cubed steak, pork loin, or boneless chicken or turkey breasts cut into stew meat sized cubes.
- Vary the vegetable ingredients to include slices of tomato, celery, green beans, onions, and/or bell peppers. BBQ sauces may be included also.
- If you use chicken, try pineapple slices with mild BBQ sauce.
- Ground turkey can be used instead of ground beef, and is "more healthy".

BURGERS IN LEAVES

Place three layers of cabbage leaves directly onto the hot embers and put the burgers or mince patties on top of them. After approx. 10 minutes, turn the meat over, putting it onto three new cabbage leaves. Repeat this process until the meat is cooked.

HAM DINNERS

From: Jim Sleezer

Upside Down Ham, from Mark Michalski

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

Ham & Potatoes Au Gratin:

Cubed Ham, chopped Potato, Onions, Grated cheese of your choice.

FOIL FAJITAS

From: Mark Michalski

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

SHRIMP BARBECUE

- 4 lbs Large Green Shrimp
- 1 Cup Butter or Margarine
- 1 Large Clove Garlic, Minced
- 1/2 tsp black pepper
- 1 tsp salt
- 1 cup parsley, minced

1. Peel and clean shrimp
2. Cream butter; add remaining ingredients to the butter and mix well
3. Cut 6 9-in strips of heavy duty aluminum foil. Then cut each strip in half.
4. Divide shrimp equally on each piece of foil.
5. Top each with 1/12 of the butter mixture, bring foil up around shrimp; twist tightly to seal
6. Place shrimp packet on embers
7. Cook 5 minutes

STUFFED POTATOES

From: Mark Michalski

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

SPUD EGG/EGG IN A POTATO

Cut the top off a potato and scoop a hole in the middle. Crack the egg into the hole; put the top back in place and secure with small wooden pegs. Bake until the potato is cooked.

CABBAGE HOT DOGS

Lay sliced onion on a cabbage leaf, add a sausage/hot dog or two and place more onions on top. Wrap up the cabbage leaf tightly and secure with a number of small green sticks. Place in embers for about 7 to 10 minutes, turning occasionally.

PIZZA POCKET

From: Don Izard

I have seen a pizza pocket dinner, made with those packages of 'flat' dough (those tubes from The Dough Boy). You 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.

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.

DESSERTS:

CHOCOLATE BANANA

Cut a slit lengthways in the banana and insert some pieces of chocolate. Wrap the whole lot in foil and place in the embers. Eat once the chocolate melts.

BANANA BOATS

For One Boat

- 1 Banana
 - 12 Small Marshmallows
 - Chocolate Chips (small handful)
1. Peel back a long strip of banana peel on the inside of the curve, leaving one end attached to the banana
 2. Scoop out some of the banana and fill with marshmallow, chocolate (and raisins if you like)
 3. Replace the strip of peeling and wrap in foil
 4. Bake in the embers (about 15 to 20 minutes) until banana, chocolate and marshmallows are melted and blended.