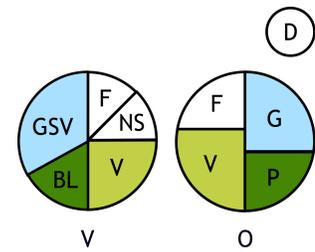


FIRE



FOIL DINNER INSTRUCTIONS

Possible Ingredients

Select at least one protein, one grain or starchy

vegetable, and one vegetable. Adding some spices and

aromatic ingredients will lift the flavor of your packet, even if you don't eat them!

Proteins

- Hamburger patties
- Precooked chicken pieces
- Hot dogs
- Pork chops
- Canned navy beans
- Canned chickpeas
- Canned black beans
- Veggie dogs or sausages
- Tempeh
- Soy chicken pieces
- Marinated tofu cubes

- Prepared tubed polenta
- White rice and ice cubes

Vegetables

- Broccoli
- Zucchini
- Tomatoes
- Bell peppers
- Mushrooms

Spices and aromatics

- Onion, yellow or red
- Garlic
- Basil leaves
- Salt
- Pepper
- Oregano

Grains/Starchy Vegetables

- Carrots
- Potatoes
- Ears of corn



- Basil
- Thyme
- Rosemary
- Smoked paprika
- Sweet paprika

For the packets

- Heavy-duty aluminum foil (lightweight can do in a pinch)
- Sharpie
- Whole cabbage leaves (optional)
- Canola or avocado oil (optional)

Preparation

1. Light a fire or charcoal to cook over (with Fireguard supervision). While the fire is burning down to white-hot coals, prepare the packets.



2. Arrange a relatively clean cooking preparation area in which you can keep any raw meat you might have separate from everything else and then wash your hands.



3. Choose the best knife for the job and cut or mince all the ingredients into small pieces of approximately equal size. If you have raw meat, remember to use separate prep areas, knives, and cutting boards for the raw meat to prevent bacterial contamination of other ingredients. Remember to wash your hands after handling raw meat.

4. Prepare the foil. Cut two layers of lightweight foil or one layer of heavy-duty foil. A square sheet the width of the roll will work just fine, shiny side up. Some folks smear a layer of butter or margarine on the foil to start. If you like, you can line the foil with cabbage leaves to prevent burning.

6. Layer the ingredients you would like in the center of your foil. If using rice, add a handful of rice; just add a few ice cubes with the rice, and it will turn out great! Even if you don't intend to eat it, adding some onion adds great flavor to everything else in the packet. Add any other seasonings. Make sure you leave all of the edges of the foil exposed so you can fold and crimp the packet to seal it.

7. Fold the foil packet. Holding the two sides together at the top, fold them down once, crease gently, then fold down again and crease. This is known as a "flat pack." The object is to seal the moisture in the package. Try not to rip the seams, but if you do, finish wrapping and then repeat with another layer of foil. You'll want the packet completely sealed so you can turn it during cooking. Also, if the packets have too many air gaps, the food inside won't be able to steam and cook. To be able to identify your foil pack later, your name on the pack with a permanent marker or scratch your name into a small piece of foil and leave it near the outside.





8. Spread the white-hot coals shallowly, and distribute the packs evenly on top. Cook the packs for 10 to 30 minutes, depending on what's in them and how large the pieces are.

9. While the dinners are cooking, watch for steam venting from a seam. If that happens, seal the pack by folding the edge over or wrapping it in another piece of foil. Turn the packs twice during the recommended time. When it's close to the completion time, open a corner of a pack and check to see if the food is done, with a food thermometer if your packet included raw meat. Minimum safe temperatures are in the table below.

<p>Poultry (chicken, turkey, etc.): 165°F</p> <p>Ground meat (beef, pork, veal, lamb): 160°F</p> <p>Fresh beef, veal, lamb, pork, fish: 145°F</p>
--

Cooking times are approximate and will be affected by the depth of the charcoal bed, altitude, temperature of the food, etc. Frozen packs may be put directly on the fire, but they will take longer to cook.

<p>Hamburger: 15–20 minutes</p> <p>Hot dogs: 5–10 minutes</p> <p>Carrots: 15–20 minutes</p> <p>Zucchini cubes: 20 minutes</p> <p>Potato slices or cubes: 10–15 minutes</p> <p>Chicken pieces: 20–30 minutes</p>	<p>Pork chops: 30–40 minutes</p> <p>Ears of corn: 6–10 minutes</p> <p>Beans: 10–15 minutes</p> <p>Polenta slices: 10 minutes</p> <p>Tempeh: 15 - 20 minutes</p> <p>Tofu cubes: 10 minutes</p>
---	---



Put any unused ingredients into food storage containers and into the pack cooler once everyone is done eating.



