

EDITOR'S CHOICE BOOK REVIEW

By Carol Hardin

CAMPING RECIPES, Foil Packet Cooking by Bonnie Scott

(available at Amazon) is the book I chose to review for this month. It has 100 foil packet recipes for campfires and grills (or just to make in your oven at home, if you like.)

First the author gives some good tips:

1. Don't be frugal with the amount of foil you use. It is much better to have too much than to use too little and have your food running into the fire. You can always fold over extra.
2. Spraying the foil with non-stick cooking spray (like Pam) works so well to keep your food from sticking!
3. The best foil to use...especially for outdoor cooking...is heavy duty aluminum foil. If you only have standard aluminum foil, just use at least two thicknesses for each packet.
4. Always put meat on the bottom when adding ingredients because meat will take longer to cook.
5. Place your packets on hot coals or a campfire grill but never directly in the fire itself. Charcoal will take about 30 minutes after lighting to be ready to use.
6. Rotate the packets $\frac{1}{4}$ turn a couple of times during cooking. Open the packet and check the food when it should be finished, being very careful of the steam and of tearing the foil should it need further cooking.
7. Cut all vegetables about the same size so they will cook evenly and cut them keeping in mind the amount of time you estimate your meat will cook so it all comes out at the same time.
8. When food is cooked, open one end of the foil packet carefully or cut a large X across the top of each one to allow steam to escape; open top or fold back foil...**CAREFULLY!**
9. Remember that campfires and grills will vary in heat so it is best to check with a meat thermometer for safe cooking... The USDA recommends the following internal temperatures as a minimum for safe eating: This is not necessarily the degree of doneness you want for your meat but the **MINIMUM SAFE TEMPERATURE** for eating the meat.

Ground meat & meat mixtures: Beef, pork, veal or lamb---160 degrees F. Ground turkey or chicken---165 degrees F. Fresh beef, pork, veal or lamb ---steaks, roasts and chops---145 degrees F. Ham---Fresh (raw)---145 degrees F. Precooked (to reheat).140 degrees F. Poultry: Chicken and Turkey, whole...165 degrees F. Poultry pieces....165 degrees F. Duck or goose....165 degrees F. Stuffing (cooked alone or in bird).165 degrees F.

There are flat packets and tent packets. The flat packet is best to cook meat and fish as it doesn't allow for as much steam as the tent packet. Meat and fish require browning rather than steaming. Then she tells you how to make a flat packet.

Next, the author addresses tent packets which are best used to cook veggies or fruits and meats combined with vegetables. This is because this method allows for more steam to circulate throughout the packet. She gives an excellent step-by-step explanation of how to build a tent packet. Both the flat and tent packets have good illustrations to show you exactly how to build them.

Here are some of the yummy sounding packet recipes:

Oriental Chicken; Spicy Jerk Wings; Lemon Barbecue Chicken; Italian Style Chicken; Chicken with Mushrooms; Tropical Chicken; Chicken Salad on a Bun; Ranch Chicken Pouches; Chicken & Stuffing; Butter Baked Chicken; Chicken Fajitas and Spanish Chicken.

For fish, she offers recipes for: Teriyaki Fish; Italian Fish; Salmon Supreme; Sea Bass with Veggies; Tuna Sandwich filling; Wrapped Shrimp and other fish dishes.

Some of the beef packets are: Supper on French Bread; Campfire Meatball Sandwiches; Pizzaburgers in Foil; Grilled Chuck Roast; Hobo Dinner and Corned Beef Brisket.

A few of the pork meals are: Chinese Glazed Ribs; Ham and Cheese Rolls; Squash with Pork Chops; Grilled Ham with New Potatoes; Cheesy Sausage Bundles and Ham and Swiss Sandwiches.

Lots of vegetable recipes include: Cheesy Bacon Potatoes; Stuffed Tomatoes; Spicy Potatoes; Fire Roasted Broccoli; Sweet Potatoes with Cran-Apples; Roasted Corn on the Cob; Grilled Mushrooms; Sweet Potatoes Grillers; Grilled Acorn Squash; Herbed Zucchini and Foiled French Fries.

For Breakfast, you may choose to make: Bacon, Egg and Cheese Muffins; Bogota Bread Omelet; Eggs in Foil or Breakfast Hole in One among others.

Ready for Dessert? Try S'Mores in Foil; Apple Crisp; Cinnamon Stuffed Apples; Hawaiian Rum Oranges or Honey Glazed Pineapple!

Some other extras available to try are: Bits and Pieces Bread; Popcorn in Foil; Hot Turkey Buns; Herbed Italian Bread; Veggie Burgers; Turkey Hobo Dinner; Pizza Bread or Grilled Cheese Rolls.

The recipes sound delicious and...remember, you can make them in your oven if you aren't a camper!!

Other books by Bonnie Scott are: Pies and Mini Pies; 100 Easy Recipes in Jars; Soups, Sandwiches and Wraps; Slow Cooker Comfort Foods; Fish & Game Cookbook; Cookie Indulgence: 150 Easy Cookie Recipes and Holiday Recipes. All titles are available in Paperback and Kindle versions at Amazon.