

A GUIDE TO TINFOIL COOKING
A WOOD BADGE TICKET ITEM BY
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N1-227-16-1

TINFOIL COOKING

This cookbook will aid Scouts in the production of delicious, healthy, tinfoil-cooked meals cooked with tips, tricks, and scrumptious recipes.

For many reasons, cooking with tinfoil- also called aluminum foil- is very popular, especially while camping. You can make some delicious food with an easy clean up, and tinfoil is so light and portable! However, despite its popularity, there remains a few problems with the execution of tinfoil cooking.

For example:

- Scouts typically use ground beef and vegetables, whereas there is no shortage of other ingredients that can be successfully foil cooked.
- The aluminum foil used is thin and burns during cooking or only a single layer of foil is used, and the lack of strength leads to ripped packets and wasted food. Use heavy duty aluminum foil.
- Scouts fail to label their tinfoil creations, leading to tinfoil packet switching. This is a problem when there are food-related allergies.
- Sometimes scouts forget to add the water that steam-cooks the food.
- Scouts are impatient and fail to wait the required cooking time. They open up the packet or poke holes into tinfoil. Upon learning the food is not cooked they cannot properly close the tin foil, which allows the steam to escape.

HOW TO MAKE A FOIL PACKET

1. Lay a large sheet of heavy-duty aluminum foil or a double layer of regular aluminum foil on a flat surface. (Use nonstick foil when appropriate.)
2. Put the ingredients in the center of the foil.
3. Add a few drops of water.
4. Bring the short ends of the foil together and fold twice to seal.
5. Fold in the sides to seal, leaving room for steam.

TIPS AND TRICKS

- Use thick, heavy duty, or a double layer of tinfoil to avoid breakages.
- Put your initials on your packet or use colored metal clips to differentiate which packet belongs to whom.
- Don't forget to add some water to the tinfoil packet! The water creates the steam that cooks the food.
- Give your food enough time to cook! Although it can be tempting to peek, puncturing the tinfoil interrupts the cooking process.
- Don't forget! Food can be prepared at home and then reheated at the campsite.

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BREAKFAST

1. **CAMPFIRE BREAKFAST BURRITOS:** Stuff a tortilla (or tortillas) with egg, ham, cheese, green chilies, and a dash of black pepper. Put in foil packet and heat through. These can be prepared at home and then reheated at the campsite.
 - a. Lightly spray tinfoil with oil cooking spray.
 - b. Layer sausages and/or thick sliced bacon (meat on the bottom is best, as it needs the most cooking), frozen hash browns or diced cooked potatoes, some butter for extra flavor (not required), and two eggs. You can also add diced tomatoes, onion, salt, pepper, Cajun spice, Adobo seasoning, or your preferred seasoning.
 - c. Close the packet and put on the fire/grill.
 - d. Cook for 15-20 minutes or until meat is completely cooked (the thicker the meat, the longer the cooking time).
 - e. Pre-cooked ham could be substituted for the meat, which would decrease cooking time.

LUNCH/DINNER

- **JERK CHICKEN WINGS:** Toss 6 split chicken wings, 1 Tablespoon of vegetable oil and 3 Tablespoons of Jerk seasoning on a sheet of foil. Form a packet. Grill over high heat for 25 minutes, turning once. Top with cilantro and serve with lime wedges. Make sure the chicken is cooked through.
- **QUESADILLAS:** Sprinkle shredded pepper jack cheese and cheddar on one half of a flour tortilla; top with chopped rotisserie chicken and cilantro and fold in half to close. Repeat to make more; seal in individual foil packets. Grill over medium heat, turning once, 5 minutes.
- **GARLIC SHRIMP:** Mix 1/2 stick softened butter, 1 cup chopped parsley, 2 chopped garlic cloves, and salt and pepper. Toss with the juice of 1 lemon, 1 pound unpeeled large shrimp and a big pinch of red pepper flakes. Divide between 2 foil packets. Grill over high heat, 8 minutes. For an added kick, add Parmesan cheese to the packet before cooking.
- **LOBSTER SCAMPI:** Make the butter mixture for Garlic Shrimp (see above). Split 4 thawed frozen lobster tails lengthwise; spread the cut sides with the butter. Divide between 2 foil packets. Cook over high heat, turning once, 10 minutes.
- **POT ROAST PACKET:** Add about 1 lbs of cut beef bits (slightly smaller than stew size), cut **carrot** sticks from about 2 carrots (depending on carrot size and personal preference), one large bell pepper cut into strips, one large or two smaller potatoes cleaned and cut small/thin, 1 small diced onion, a dash of garlic powder or some minced garlic, about 2 Tbsp of butter, and salt and pepper to 4 or 6 tinfoil packets. It is best to put the meat on the bottom, where it will be closest to the heat. Seal the packet and cook over coals, about 20 minutes. While this is cooking, a brown gravy could be made in a pot over the fire. Alternatively, bake in an oven at 350° for about 20 minutes.

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- **SALMON WITH HERBS & LEMON:** Use 1 salmon filet per tinfoil packet. On top of the filet, add sea salt, cracked black pepper, 1 Tbsp of Dijon mustard, lemon slices, either a sprig of fresh dill and tarragon, some minced garlic, 1 Tbsp of butter, and drizzle with olive oil. Cook for 6-8 minutes, or until fish is cooked.
- **CAMPFIRE PHILLY CHEESESTEAK SANDWICH:** Spray one side of the tinfoil with oil cooking spray. Slice almost in half a loaf of sub bread or French bread. Butter the inside of the bread. Layer roast beef, mozzarella cheese, provolone cheese, and caramelized onions and/or peppers (optional). Add black pepper to taste. Wrap the sandwich in the tinfoil with the oiled side facing the bread, and place near the coals (but not all the way in the fire). Cook about 30 minutes.
- **BBQ CHICKEN:** Clean 2 chicken breasts and cut into filets or cubes. Add BBQ sauce, enough to coat the chicken and more if desired. Fold the packet and place on the coals for 15-25 minutes, until chicken is cooked through.
- **CAMPFIRE PIZZA LOG:** Roll into a flat rectangle a ball of pizza dough (either homemade or store bought). Spread tomato sauce onto the dough. Add a layer of mozzarella cheese, and whichever toppings are preferred (pepperoni, mushrooms, olives, anchovies, leftover meats, etc.). Starting at one end, roll the dough into a log. The pizza log and can be made at home, frozen, and taken on a camping trip or made fresh. Wrap in tinfoil, bake over fire, turning often.

SNACKS, SIDES AND MORE

- **JALAPENO POPPERS:** Remove the stems from 8 jalapenos; scrape out the seeds and stuff with Muenster cheese. Toss with olive oil, salt and 1/4 teaspoon each ground cumin and coriander on a sheet of foil. Form a packet. Grill over medium-high heat, turning often, 10 minutes.
- **SPICED NUTS:** Toss 2 cups salted mixed nuts, 1 teaspoon chipotle chili powder, 1/4 teaspoon each ground cumin and pepper, and 1 tablespoon butter on a sheet of foil. Form a packet. Grill over medium heat, turning often, 8 minutes.
- **TOMATILLO-PINEAPPLE SALSA:** Toss 3/4 pound diced husked tomatillos, 1/2 cup diced pineapple, 1 each minced jalapeno and shallot, and 1 tablespoon olive oil on a sheet of foil. Form a packet. Grill over high heat, 12 minutes. Stir in some chopped cilantro.
- **ROASTED GARLIC:** Slice the point off 1 head garlic to expose the cloves. Coat with 2 teaspoons olive oil and season with salt and pepper. Seal in a foil packet. Grill over medium-low heat, 45 minutes.
- **SPICY OLIVES:** Toss 1 cup olives, 1/2 teaspoon red pepper flakes and 1 minced garlic clove on a sheet of foil. Form a packet. Grill over medium-high heat, turning often, 15 minutes.

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- **ROASTED POTATOES:** Clean several potatoes and cut into small pieces. Add to a tinfoil packet with olive oil, sea salt and pepper. The olive oil keeps the potatoes from sticking to the bottom and burning. Fold the packet, but leave a pocket of air. Cook in coals for 15-20 minutes.
- **WHOLE WHEAT PASTA PACKETS:** The pasta is cooked ahead of time, rinsed in cold water and tightly packed into a resealable plastic bag. Toss the pasta with some tomatoes, fresh basil, garlic, salt and pepper. Divide the pasta between several pieces of tinfoil, dollop on goat cheese, seal, and set over the fire for about 12 minutes.

DESSERTS

- **S'MORES GRANOLA:**
 - Mix 3 cups rolled oats, ¼ cup oat bran (for texture, can be substituted with ¼ cup rolled oats), a dash of cinnamon, a pinch of sea salt, 1 tablespoon of either oil or butter, and ¼ cup maple syrup or agave.
 - Cook in a foil packet.
 - Top with mini marshmallows and chocolate chips.
- **CARROT CAKE:**
 - Coat a large sheet of tin foil generously with oil cooking spray and set aside. Make sure it is completely covered, including the edges.
 - In a large mixing bowl, combine 3 cups rolled oats, ¼ cup oat bran (for texture, can be substituted with ¼ cup rolled oats), a dash of cinnamon, desired amount of chopped walnuts or pecans, and a pinch of sea salt, and mix well. Add the Tbsp oil of choice (if using coconut, make sure it's melted) and ¼ cup maple syrup or agave and stir until fully incorporated.
 - Lay the mixture in the center part of the tin foil, preferably in a single layer, ensuring there is sufficient room to around the edges to wrap.
 - Wrap the granola up without any room for air- the idea is that the granola cooks, not steams. Heat for 5-10 minutes over fire. Using tongs, shake the foil pack roughly every 2-3 minutes to avoid sticking. Do not get burned.
 - Remove and carefully open the packet. Allow the tinfoil packet to cool for 5 minutes.
 - If desired, top with cream cheese frosting.
- **CAMPFIRE ORANGE CINNAMON ROLLS:** Cut one end off of an orange (or several, depending on how many you would like to make), and scoop out. Place an uncooked cinnamon roll in the orange. Put the top back on, wrap the whole thing in tinfoil. Place in the fire for the dough to cook, about 10 minutes (depends on the size of the orange/roll and the fire). The outside orange peel might be burnt, but the orange-infused cinnamon roll should be delicious.

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- **PINEAPPLE UPSIDE DOWN CAKE:** Spray tinfoil with oil cooking spray. Add a layer of pineapple chunks. Cut a pound cake into cubes, and place the cubes on top of the pineapple. Add a dollop of butter and brown sugar. Fold the packet up, and cook over hot coals for about 15 minutes. When done, dust with cinnamon powder and serve with whipped cream or ice cream.
- **CAMPFIRE CONES:** Fill an ice cream cone with a mixture of chopped strawberries, bananas, walnuts, mini-marshmallows, and semi-sweet or dark chocolate chips. Wrap in tinfoil and heat over a fire for about 5 minutes, turning twice.
- **BLUEBERRY COBLER:** Add a premade biscuit dough (Bisquick works well) to an oiled tinfoil packet. Top with blueberries or blueberry filling, some brown sugar, and a dusting of nutmeg. Close the packet and heat over a fire, about 12 minutes.
- **BANANA BOATS:** Slit open a banana from end to end. Stuff with strawberries, chocolate chips, marshmallows, Oreos, or any desired filling. Wrap with tinfoil. Place on coals for about 15 minutes.