



http://eartheasy.com/play_campfire_cooking.htm

How to Build a Campfire for Cooking

The object is to have all the wood turn into coals at the same time. This gives an even fire with no flames reaching up to burn your food or blacken your cookware. It also yields the longest cooking time from the coals.

Prepare the site

- Select a fire site at least 8' from bushes or any combustibles. Be sure no tree branches overhang the site.
- Make a U-shaped perimeter using large rocks or green logs. If using logs, they'll need to be wet down from time to time. If breezy, have back of firepit face the wind.
- Put a large flat rock at the rear of the firepit to act as a chimney. The "chimney rock" will help direct the smoke up and away.



Lay the kindling

- Fill the fire area with crumpled paper or tinder.
- Lay kindling over paper in layers, alternating direction with each layer. Use thin splits of wood or small dead branches. Do not put kindling down "teepee style". The whole fire area should be covered with the kindling stack.
- Set a bucket of water near the fire area. Light the paper to start your fire.



Build the fire, grade the coals

- When kindling is ablaze, add firewood. The wood should be all the same size, as much as possible. Use hardwood or hardwood branches if available. Distribute wood evenly over fire bed.
- As soon as the last flames die down leaving mostly white coals, use a stick to push the coals into a higher level at the back end and lower level at the front. This will give you the equivalent of 'Hi', 'Med' and 'Lo' cook settings. Or, level the coals to your preference.



To cook, set the grill on rocks or wetted green logs. Put food directly on grill or in cookware and prepare your meal. If cooking directly on the grill, a small spray bottle or squirt gun is handy for shooting down any rogue flames, usually caused by food drippings.

As the fire diminishes, bank the coals to get the most heat from them.

After cooking, add wood for your evening campfire. Before retiring, extinguish thoroughly and soak with water. Turn rocks in on fire bed. It will be easy to reassemble the next day if required.





137th Ottawa
Bring on the Adventure



Campfire foods you can cook with tinfoil

1. Quesadillas

Use one tortilla, pile on your ingredients, fold it almost like a burrito, and wrap it in foil. Then stick the foil packet on the grate, and let it cook until the cheese is melty and the tortilla slightly crisp.

Ingredients:

- soft-shelled tortillas
- salsa
- grated cheese
- Other favorites you wish to add, such as chicken

2. Bannock

Simple to make, four basic ingredients, one bowl to wash. This kids' favorite is tasty, nutritious and fun to cook on a stick over the campfire. It can also be cooked in a skillet. Bannock can be a meal in itself.

Ingredients:

- 2 - 3 cups flour
- 1 - 2 Tbsp baking powder
- 1 tsp salt (optional)
- 2 - 3 Tbsp oil, butter or lard
- 2/3 cup warm water

Directions: Put everything but the water in a bowl and mix with your fingers until crumbly. Slowly add water and mix until dough feels soft. It may seem that you don't have enough water, but keep working the dough till it holds together. Don't add more water!

Take a small handful and wrap around the end of a green stick, like a marshmallow roast. Knead it so it stays together. Cook over coals for about 10 - 12 minutes, rotating to cook evenly. Eat as is, or add a bit of jam or honey. Can also wrap around wieners and roast over fire

3. Campfire Potatoes

This meal pretty much cooks itself - just leave it in the coals! Be sure to count how many potatoes you put in the fire, because the foil becomes covered with ash, and blends in well with the coals.

Ingredients:

- large baking potatoes
- whole onions, red or yellow
- dill, parsley, bacon bits

Directions: Slice potato almost all the way through, but leave enough to hold it together. Slice the onion, and put one slice in between each potato slice. Sprinkle with bacon bits and a little dill. Wrap well with heavy aluminum foil and bury in the coals of the fire. Leave untouched for about 45 minutes, and test for doneness by piercing with a fork - the fork should lift out without lifting the potato. Cooking time depends on size of potatoes and strength of fire. Serve with pat of butter and a few sprigs of parsley.



137th Ottawa
Bring on the Adventure



4. Batter Fish Fillets

If you've had luck fishing, do the catch justice with this simple, mouth watering recipe. Be sure to dry the fillets on the outside so the batter will stick while cooking. Cook over medium heat.

Ingredients: Allow 1/2 pound fish fillets or two small, cleaned pan fish per person.

Ingredients:

- 1 cup buttermilk pancake mix
- 3/4 cup ginger ale
- 1/4 cup cooking oil
- parsley, dill, lemon

Directions: Using a small bowl, blend the buttermilk pancake mix with the ginger ale, using a fork. Whip the batter until smooth and the consistency of heavy cream. Blot the fillets dry using a napkin or paper towel, and dip in the batter. Heat the oil in a skillet and fry the fillets until golden brown on the outside. The meat should be moist and shiny on the inside. Be careful not to overcook - fillet should flake easily when tested with a fork. Serve with a sprinkle of dill and garnish with parsley and lemon slice.

5. Pocket One-ders

Here's a wonderful method for campfire cooking which is simple, versatile and doesn't even require cookware or a grill. All you need is some heavy-duty tin foil.

Tear off a 12" sheet of foil and fold it back over your fist, making a "pocket". Roll the sides in a few turns so the pocket is only open at the top, and roll a turn or two up from the bottom for extra strength. The pocket needs to be leak-proof, and formed well enough to withstand cooking directly in the coals. If your foil is thin, you may need two layers.

Start by lining the bottom of the pocket with thin slices of lemon. This helps keep the food contents from burning, and imparts flavor to the meal. Chop potatoes and carrots (cut small enough to cook all the way without overcooking everything else), tomatoes, mushrooms, peppers, onions, green beans, etc. and stuff the pockets. Add garlic, salt and pepper, olive oil, and a dash of cayenne. Add 1/4 cup of water, fold the top edges of the pocket closed and set directly into the hot coals....it takes anywhere from 20 to 40 minutes, depending on how everything's cut. All the veggies slow roast in their own juices!

6. Heavenly Fish

Here's a recipe that the entire family will enjoy! Start with heavy duty foil and tear off a square, if using thin foil, double it up. Place a fish fillet in the foil, trout's the best to use for this recipe, but any fish will do. Place halved cherry tomato, halved small lemon, and a pinch of garlic and lemon salt in the foil. Pure about 1/3 cup of Sprite or 7up in the foil. Seal the foil tightly and place the pocket on the coals for approximately 10-15 minutes. Remove from coals and watch the reaction from the entire family!

7. Simple Meal-in-one

In the center of a large piece of heavy duty aluminum foil place a hamburger patty (venison or chicken breasts would also work). On top of the burger, place a thin slice of onion. Wash potatoes with skins on, slice thinly and add a layer of potatoes on top of the onions. Add salt, pepper, garlic and a large spoon of canned baked beans (Bushes hickory bacon are my favorite). Bring edges of foil together and fold down to seal then roll ends to finish sealing. Place in hot coals for 30 to 45 min until done.



137th Ottawa
Bring on the Adventure



8. Campers Stew

On a 15 " strip of aluminum foil, crumble hamburger and top it with finely chopped potatoes, onions, carrots, broccoli, mushrooms, and any vegetable you have on hand. Add salt, pepper and a tsp of butter to the top. Wrap it up tight and stick on a bed of hot coals. When it's done add Tabasco or ketchup.

Simple Campfire Desserts

1. Chocolate-filled apples

apples
chocolate spread

2. Upside-down pineapple cake

In tin foil, place pineapple rings. Add cake donuts on top of the pineapple. To the top of the pineapple and cake, add a good dollop of butter and brown sugar. Fold up the packet and place on fire for about 15 minutes...until the butter has melted with the brown sugar and formed a sauce over the pineapple in the bottom of the packet.

3. S'mores

Put a marshmallow on a stick and hold it over the fire until it is just right, then get two graham crackers and two pieces of chocolate; put the chocolate in between the crackers and slide the marshmallow on and you have a smore.

4. S'mores cone

waffle cones
mini marshmallows
chocolate chips

5. Choco-nana

Cut a banana in 2 (so you have 2 half moons), sprinkle chocolate over the flesh of the banana. Wrap the banana in tinfoil, put the banana in the fire/coals. Leave it there for about 10 minutes or so: result: nice soft banana with delicious chocolate sauce.

6. Apple-sweet

Make a hole in an apple, so the seeds are gone. Put apple on top of a piece of tinfoil. Then mix some sugar with cinnamon. Pour the cinnamon mixture into the hole in the apple. The tinfoil prevents it from running away. Then wrap the tinfoil around the apple. Put it for 10-15 minutes in the fire: Result: a nice soft apple-sauce in an apple skin.

7. Orange Brownies

Take an orange, and cut about half an inch off the top, keep the top. Take a spoon and scrape out the insides, then fill the orange with brownie mix. Put the top back on the brownie and completely cover the orange in foil. Then let the orange cook in the coals for about 20 minutes or until the brownie is done. Enjoy the brownie