

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

Easy Outdoor Cooking



SPENCE

often heartier when you eat outdoors, so be sure to cook large enough portions. Planning a well-balanced picnic meal is just as important as planning any indoor meal. To help ensure a properly balanced outdoor meal include a vegetable in the meal-in-a-package. This will also add

For easy fixing and good eating, feature a meal-in-a-package the next time you cook outdoors. A complete, balanced meal of meat, vegetable and sometimes fruit can be cooked together in an aluminum foil package. Individual foil packages are a clean, convenient way in which to prepare food at home, carry it, cook it and eat it — all in a single container which is easily disposed of. The packages also allow for individual taste preferences.

Here is a good idea for those lazy days at the beach when you plan to cook out. The foods can be arranged in their foil packets hours earlier and stored in the refrigerator or cooler until cooking time. Appetites are

to the flavor. Almost any variety of meat or vegetable may be used.

When foil is wrapped around food in an airtight package, it becomes a small scale waterless cooker. A single thickness of the heavy-duty aluminum foil is sufficient; if you use the regular weight household foil, use a double thickness. For each serving, tear a sheet of foil large enough to fold over the food with enough left over around the edges to fold

over three times. Be sure to allow some space for expansion. From 20 to 30 inches of foil will be needed for each serving, depending on the particular foods being wrapped.

The packets may be cooked on the coals themselves or on a grill above the coals. The coals should be hot, but never blazing. Blazing coals might burn a hole through the foil. If the packets are cooked on the grill, allow 10 to 15 minutes additional cooking time. Use a shovel, utility tongs or work gloves to turn the packets. Do not poke holes in the foil. When the food is done, do not make a hole in the wrap, but tear off the crimped edges, zipper fashion. The contents can then be eaten directly from the wrap.

A slice of pre-cooked ham makes a delicious combination with a slice of pineapple and slices of sweet potato. You might top the ham slice with two tablespoons orange marmalade and stick a clove or two into the pineapple slice. The ham slice can also be spread with a mixture of two tablespoons brown sugar and one teaspoon prepared mustard. Cook on coals for eight minutes per side.

A foil-baked hamburger dinner has an appetizing blend of flavors. Put a hamburger patty, seasoned to your taste, on the foil; add

sliced raw potatoes, thinly cut carrots and sliced onions. Seal and cook approximately eight minutes on each side.

Use tender cubes of beef or veal for an especially tasty meal-in-a-package. If you use a less tender cut of beef for the beef cubes, add a meat tenderizer before cooking. Combine with a small ripe tomato, several rings of green pepper and onion slices. Season with butter, salt, pepper and a pinch of oregano. For a chuck wagon special, combine the meat cubes with a pared and quartered potato, onion slices, thinly cut carrot and chopped celery. Use two tablespoons chili sauce and two teaspoons flour in each package as a sauce. Cook for an hour on a grill, turning once or twice.

Chicken is a barbecue stand-

by; make it the easy meal-in-a-package way. Place a chicken piece or two just off center on the foil; add a small pared potato, a small ripe tomato, onion slices, two mushroom caps and two green pepper rings. Sprinkle with two tablespoons packaged precooked rice, one teaspoon Worcestershire sauce, salt, pepper and paprika. Cook until tender, turning the package every half hour.

For additional menus you might try pork chops combined with half an acorn squash or fish fillets combined with bacon, potato, onion and seasonings.

You can even make Submarines on the grill. Here's how: Use a long loaf of Italian or French bread. Cut each loaf in 4 to 6 inch length,

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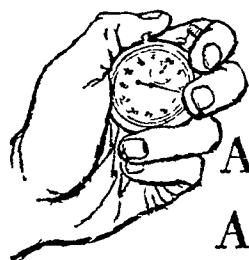


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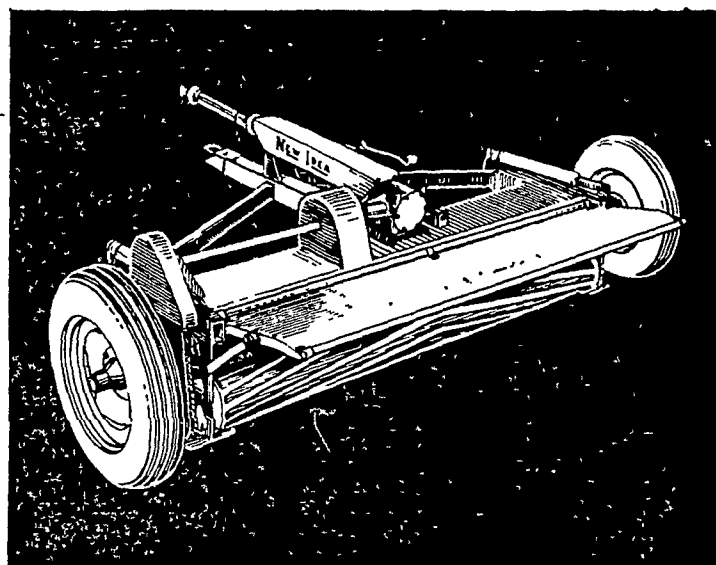
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