

Foil Cooking Drugstore Wrap

1. Place food in the center of a sheet of heavy duty aluminum foil large enough to permit adequate wrapping.
2. Bring sides of foil up over food. Fold down loosely in a series of locked folds allowing for heat circulation and expansion.
3. Fold short ends up and over again: crimp to seal. You may want to double-wrap if the embers are very hot. Write girl's names on foil.
4. Place packets in hot embers or on grill rack over embers. Rotate using long-handled tongs.

Stick Cooking

Stick cooking requires patience and an understanding of safety precautions. A wood fire needs to cool down to embers before doing stick cooking to minimize danger from flames and smoke. Time is also needed to cook foods thoroughly. The food may catch fire and burn on the outside, but still be raw and cold on the inside.

Safety Precautions:

- Only small groups of four – five girls should be around the fire at one time. One or two adults should be supervising.
- All safety rules relative to fire building should be observed.
- Metal roasting sticks can become very hot.
- If a marshmallow catches fire, blow it out! Do not wave it in the air. Sticky, flaming marshmallows can fly through the air, resulting in burns.

Pie Iron Cooking

Pie irons are two-piece pans with long handles. They are designed to seal fillings between two slices of bread, creating a warm, handheld meal.



1. Place two slices of bread, buttered side DOWN in each pie iron pan. Press the bread so it is completely inside the pie iron (edges will not burn). Top one piece of bread with a filling. Close the pie iron.
2. Any ingredient will expand the pies or sandwiches when heat is applied so DON'T OVERLOAD.
3. Place on coals (do not place directly in the fire) and occasionally turn and check to ensure even browning until golden brown on both sides.
4. After each use, simply wipe with a paper towel and wash off any filling that may have spilled out. Always clean irons before storing.

Notes:

- Pie irons get very hot after their initial use – do not place them on plastic plates or table cloths.
- Have girls walk carefully to a table set aside for the pie irons – have a place to place the used pie irons until they cool.
- Walk with the pie iron pointed to the ground and watch for tripping hazards.
- Pie irons can melt if they get too hot.