

Food Ideas

You really need to experiment with the foods that you like.

TRY... Potato, Onion, carrots, mushrooms all need to be sliced thinly so that they cook evenly. You can also use frozen peas, corn, carrots etc. straight out of the bag.

Bear in mind that the meat you use doesn't really brown. A hunters pack is more of a steamed / casserole type meal. Smaller pieces of meat cook more thoroughly.

Chicken breast skinned and chopped is good, or a chicken portion on the bone eg. drumstick. Make sure chicken is very well cooked. Don't use frozen meat - defrost it first!

A small piece of fish with some vegetable soup powder for seasoning and sliced potato, onion, mushrooms and peas makes a tasty meal. You could even use tinned tuna.

Potato and onion with grated cheese is a tasty vegetarian meal or as side dish with meat cooked on the BBQ.

IF YOU WANT MORE SAUCE / GRAVY YOU NEED TO ADD MORE WATER BUT MAKE SURE YOUR PACK DOESN'T LEAK! A WELL WRAPPED PACK CAN BE TURNED OVER ON THE FIRE FOR MORE EVEN COOKING. IF YOU ARE WORRIED ABOUT IT SPLITTING USE HEAVY FOIL OR 2 LAYERS OF FOIL.

A good desert 'pack' is Chocolate Banana. Make a deep slit down one side of a banana with its skin still on. Stuff with pieces of chocolate or brown sugar (or raisins if your the healthy type) wrap the banana in foil and cook on hot embers.



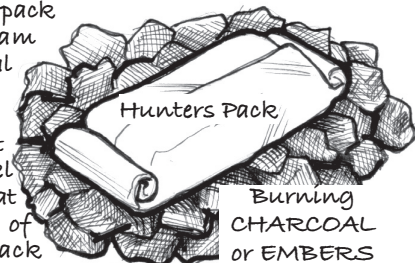
How to make a Hunters Pack

A Hunters Pack is a 'Ready to Cook' meal in a parcel. It uses fresh uncooked foods and it is cooked slowly on either the hot embers left after the fire has burned down or on a barbecue.

Out on a hike, or at camp, each person will make and take with them their own Hunters Pack, this means that you can prepare a meal made up of foods that you like.

The food inside the pack is cooked in steam created by the natural juices in the food, the moisture in the cabbage leaf or wet paper in the parcel and the water / oil that you add. The length of time a Hunters Pack needs to cook on the fire

will vary depending on its contents, size and how hot your fire is, a rough guide is that you need your coals to stay hot for at least 40 minutes. Be very careful to make sure that raw meat is cooked through properly.

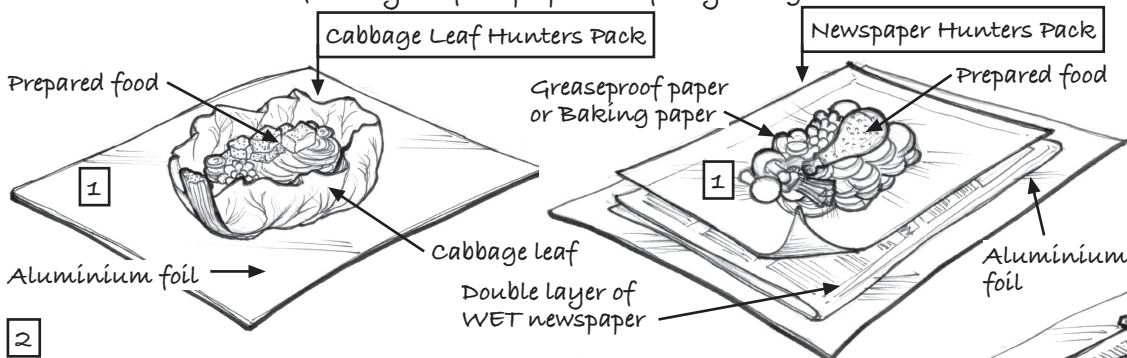


A hunters pack is not a good cooking method for instant food eg. noodles or pasta, use fresh vegetables, meat and cheese. If there is a group of you it is a good idea to write your name on your Hunters Pack with permanent pen then you get the right meal when it is cooked!

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Making your Hunters Pack

Start by preparing your food. vegetables should be cut into small pieces or thin slices. If meat is not 'on the bone' this can also be chopped into small pieces. Get all your food prepared before you begin....

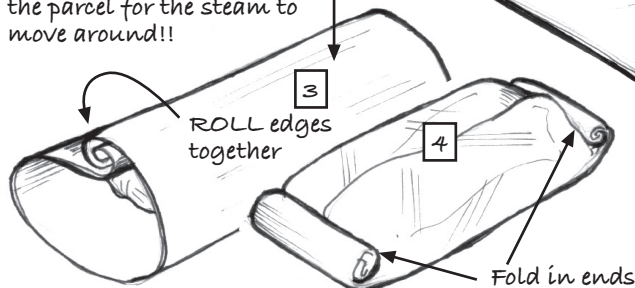


2 Wrap the cabbage leaf into a parcel after adding seasoning and oil / water (if it isn't big enough use two leaves)

SEASONING YOUR FOOD
Before you seal up your inner parcel (cabbage leaf or paper) you need to add...

1. Water approx. quarter of a cup
2. A table spoon or more of oil or butter.
3. Half a stock cube or some soup mix and / or other seasoning eg. chilli, garlic, salt and pepper as required.
A bit of trial and error is involved
practice makes perfect!

IMPORTANT
DON'T wrap tightly - leave plenty of SPACE in the parcel for the steam to move around!!



THERE ARE TWO WAYS OF MAKING A HUNTERS PACK...

1. A large cabbage leaf (or 2 smaller ones) is used to wrap the food in.
2. A piece of wet newspaper and a piece of greaseproof paper is used to wrap the food in.

NOTE: The moisture from the cabbage leaf or newspaper helps the food steam and not burn. Both types also need a piece of aluminium foil as the outer layer.

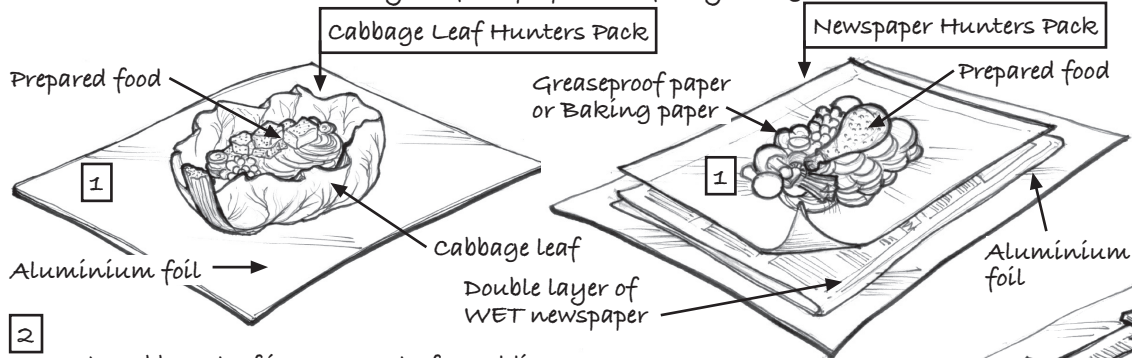
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Fold the layers of paper around the food to make a parcel after adding seasoning and oil. Add water to one open end of parcel before closing up.

Your parcel must not leak or split open. If the liquid / steam leaks out the food burns!

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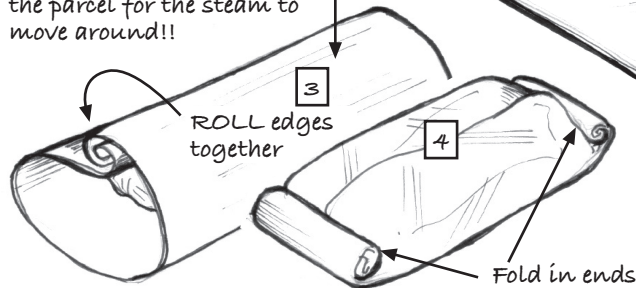
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