

Fires



Build a Reflector Oven

What you need:

Version 1. Cardboard box (good strong thick one), Heavy duty aluminium foil, Sheet of tin (or thick cardboard covered well with aluminium foil) wider than box and at least the width of distance indicated by dotted line in fig.2, knife

Version 2. Two sturdy forked sticks the same length as each other, Three sticks about 5cm wider than the aluminium foil, Two stones about fist size, Heavy duty aluminium foil.

Instructions:

Version 1. Cut cardboard box diagonally across both sides. Glue aluminium foil all over the inside of the box.

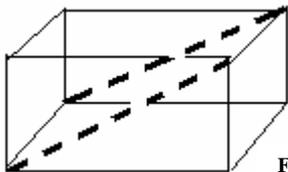


Fig 1

Cut a slit from the centre of the sides to the corners. Slide in shelf (tin sheet or covered cardboard). Angle oven so shelf is level using rocks.

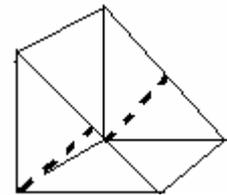


Fig 2

Version 2. Insert two forked sticks firmly into the ground and place rocks directly behind each. Place one stick on forks of two sticks. Place sheet of aluminium foil under rocks and over the top stick held by forks, continue towards the ground with foil using another stick placed behind forked sticks and on top of rocks to hold foil back (as illustrated), continue with foil towards fire around the outside of the third stick and back under the rocks to hold it firm.

Using your Reflector Oven

“A reflector oven needs a source of high, steady heat. The best kind of campfire for reflector baking is a log cabin-style fire, such as might be built for a ceremonial campfire. Ideally, the fire should produce steady flames that extend higher than the oven. Be sure to have lots of dry wood on hand, as you will need to keep those steady flames going for the entire time you’re are baking.

You will need to be VERY careful when you position the oven. You will have to work near the fire, as the oven should be placed about a foot or so from the edge of the fire. ***This is not the place to fool around!*** The oven gets VERY hot. You must use oven mitts when handling the hot oven or the pans you put in it. Treat the oven with the same respect you treat the oven in your kitchen back home! Before putting food on the shelf of your oven, be sure the oven is secure and the shelf is level. You do not want your food to slide down the shelf, nor do you want liquids such as cake batter to be distributed unevenly in the pan.” <http://www.usscouts.org/cooking/reflector.htm>

Do keep a close eye on your bakery. Reflector oven heat is not perfectly even. The edge closest to the fire is always hottest. You'll need to give the pan a quick quarter turn every now and then to get everything baked evenly.

Recipes for your Reflector Oven

Brownies

1 cup sugar	2 squares melted baking chocolate
½ cup shortening	½ teaspoon vanilla
2 eggs	pinch salt
½ cup flour	

Mix ingredients well. Pour into greased 8-inch square pan. Bake until knife inserted into brownies comes out clean. <http://www.usscouts.org/cooking/reflector.htm>

Coconut Cookies

60 grams margarine	1 egg
1 cup self raising flour	2 Tabs coconut
½ cup sugar	¼ teaspoon Bicarbonate of soda

Cream the margarine and sugar. Add the egg and mix to a smooth dough. Roll into 2cm diameter balls and place on greased tray and flatten with a fork till they are ¾ cm thick. Bake in reflector oven for 5 to 10 minutes.

Little Pizzas

English muffins	Grated mozzarella cheese
Pizza sauce	Your favorite pizza toppings

Lightly brown muffins in the reflector oven. Spread pizza sauce on each half. Crown with cheese and your favorite toppings. Heat on foil until the cheese is bubbly.

Real Scotch Eggs

Hard boiled egg	bread crumbs
ground sausage	

Take a Hard Boiled Egg and mold a shell of ground sausage around the egg, roll in bread crumbs and Bake 25-30 minutes in a reflector oven or Dutch oven. Rotate as needed.

Pineapple Ham Crescents

1 can 15.25 oz Pineapple Spears in Juice	8 thin slices ham, 2-inches wide
	8 slices Swiss cheese, 2-inches wide
1 can (8 oz) refrigerated crescent rolls	1 Tbs. Dijon mustard

Drain pineapple well, reserving juice. Reserve 2 spears for sauce; chop and set aside. Unroll crescent rolls. Wrap ham and cheese around pineapple. Place at widest part of crescent and roll-up. Bake, 12 to 15 minutes or until golden. In sauce pan, boil the reserved juice with mustard until thickened, about 10 min., stirring frequently. Stir in chopped pineapple. Serve with crescents. Makes 8 sandwiches.

Macho Nacho

1 can Chili, no beans	1/2 pk. tortilla chips
1/2 cup shredded cheese	

Spoon chili over chips. Sprinkle with cheese. Heat in microwave or reflector oven to melt cheese. Categories: Appetizer, Yield: 4