

Montana Rural Home

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Holiday Picnic, Backyard Barbecue?
Try These Ideas for Effortless

Outdoor Cooking

EVERYONE AGREES that food cooked out-of-doors tastes better than any prepared under a roof. But maybe you think outdoor cooking involves too much fuss and bother, not to mention expensive equipment. Now you can forget these problems and settle down to the serious enjoyment of outdoor dining . . . the secret is aluminum foil, nothing more!

If you're using a portable grill or a rotisserie, aluminum foil can be used underneath the fire. It will reflect the heat back up on the foods, increase the efficiency of cooking and, in addition, catch juices, melted fats and keep the equipment clean.

If you're broiling hamburgers or hot dogs, you'll find it much easier if you form a shallow pan by turning up the edges of a sheet of aluminum foil. Punch holes in the bottom of this pan with a fork if you want charcoal flavor to penetrate and place the food in the pan. It will broil without falling through into the fire! This is an excellent way of doing fish also, but remember to grease the foil, since fish sticks to almost anything it touches.

Serve hot bread or rolls to go with the other food. Just wrap them in aluminum foil and place at one side of the fire. Turn once or twice and they will heat while the main part of the meal is broiling.

Potatoes, corn and most easy-to-cook vegetables such as peas, carrots, summer squash, zucchini, even mushrooms can be cooked in aluminum foil either on the grate over an outdoor fire or by placing on coals to one side of the hottest part of the fire.

Potatoes need only to be wrapped. Corn, we give a recipe for. Other vegetables are placed on a square of heavy duty foil, butter and seasonings added and the foil sealed to make a tight package. Turn these packages once or twice and allow about the same time as for cooking by the usual method.

In addition to all these uses of aluminum foil that simplify outdoor cooking and serving, you might like to try whole dinners, each portion individually wrapped in foil and to be eaten right from the foil.

Chicken Dinners in a Package. Purchase chicken cut for frying with legs and second joints separated, etc. Remove broken or protruding bones as much as possible. Rinse and pat dry with paper towel. Place sufficient for a serving in centers of large squares of aluminum foil. (Use 2 thicknesses of standard weight foil or one of heavy duty). Add one or two small onions, quartered and several spears of partially defrosted frozen asparagus. Season with salt and pepper, add 1 tablespoon water and a pat of butter to each. Bring foil up over chicken, seal edges together with a tight double fold. Seal ends in same manner to make tight package. Place on grill over moderately hot fire and cook, turning once or twice, for about 50 minutes. Chicken browns through the foil . . . wonderful gravy forms . . . eat right from the foil package.

Foil Roasted Corn. Save space at one end of grill for roasting corn, or cook while chicken is being eaten. Husks may be left on or removed. If left on, pull back and remove silk, spread with softened butter and sprinkle with seasonings. Replace husks, wrap in foil, twisting ends to secure. If husks are removed, spread corn with softened butter and sprinkle with seasonings. Double wrap in standard weight foil. Place on grill over a medium hot fire and cook turning 2 or 3 times. Takes about 30 minutes, less if the fire is quite hot.

Meatball Dinner in Foil. Season chopped beef and form into individual portion balls. Tear off large squares of heavy duty aluminum foil. (Use two thicknesses of standard weight foil or one of heavy duty). Place meatball in center of each. Surround with quick cooking vegetables of your choice. Small onions, potatoes, cut in lengthwise quarters, zucchini, cut in slices, carrots, cut in lengthwise strips. Season each with salt and pepper. Add a pat of butter or margarine, a spoonful of steak sauce, if desired. Form foil into a package, sealing edges with a tight double fold. Place over a medium hot fire and cook, turning once, about 45 minutes. Beef will brown through the foil, vegetables will be delicious!

Barbecued Chicken. Purchase broiler-fryer chickens and have them split and back bones removed. Have them cut again making two pieces from each half. Remove any small or protruding bones that can be easily pulled out.

Rinse and dry. Have fire in grill with heat of medium intensity. Brush chickens with melted butter or margarine. Place them on the grill, skin side down and broil about 5 minutes on a side or until nicely browned. While chicken is browning, form a pan from heavy duty aluminum foil. Turn edges of foil up about 1 inch all around and miter corners. Have this pan ready at one side of the grill. When chicken is brown, transfer to the pan with kitchen tongs and slide the pan into position over the fire. Cook the chicken about 45 minutes longer basting with the barbecue sauce. If chicken is larger than usual or not as tender as desired, a piece of foil may be placed

over the top of pan to hold in some of the steam while chicken is cooking. When done, the foil pan may be placed on a larger platter and the chicken served right from the foil. This method of barbecuing chicken on an outdoor grill really cooks the chicken so that it is moist, tender and ready to almost fall off the bone.

Quick Barbecue Sauce. Combine ½ cup tomato catsup, ¼ teaspoon tabasco, 1 tablespoon vinegar, 2 tablespoons brown sugar, 1 teaspoon dry mustard, 1 teaspoon salt, 1 medium sized mild onion, finely chopped, and 2 tablespoons butter or margarine. Simmer 5 minutes. (Enough for 1 chicken). Eat right from the package.

Safe Swimming

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SWIMMING is one of the most relaxing and pleasant of all sports, yet many tragedies are associated with this activity during the summer months when public pools, beaches and lakes attract thousands of men, women and children.

Apart from its relaxing effect, swimming is an excellent bodybuilder. It not only provides mental relaxation and muscular activity, but encourages body coordination. The buoyancy of the water gives to the body the sensation of having greater muscular strength and resiliency than really exists. For this reason, swimming and exercise in supervised pools have proved of great therapeutic value in rehabilitation, particularly in such conditions as poliomyelitis and arthritis.

Swimming, on the other hand, can be dangerous. Not all deaths and accidents attributed to this sport are in non-swimmers. Excellent swimmers

have developed leg cramps which incapacitate them, frequently resulting in death by drowning. Proficient swimmers too have lost their lives when a practical joker has thrust them, still clothed, into the water.

Pushing, Ducking

A practical joker is a social nuisance at all times, but particularly so when his victim is at a disadvantage. A dangerous practical joke is pushing or ducking others into the water. In a young child this can inspire a fear of water which, frequently, cannot be overcome. And tragic results can stem from being held forcibly under the water too long.

Everyone should learn to swim. The knowledge is also a safety device and a lifesaving measure if a person is involved in a water accident of some kind, such as an upturned canoe or row boat. The ability to keep afloat until a rescue has been achieved has saved numerous lives.

Children should be taught to swim early in life.

Swimming can be fun, but there are some conditions that can develop if proper precautions are not taken. For example, children and older people who are subject to ear difficulties should swim only with their physician's permission. No one with a discharging ear or a perforated eardrum should attempt to swim. Violent nose blowing to remove water should be avoided. These precautions may prevent a permanent hearing loss.

Clean Water

Swim in safe places. Be sure the water is free of contamination and pollution. Don't leave yourself open to infection. From a standpoint of health, water in which one bathes should be just as free from disease germs as the water one drinks.

Don't dive into unknown waters. Hidden stumps and rocks have resulted in broken necks. Don't overdo. Don't try for the shore across the lake the first time out. Take it easy. As in everything else, use moderation and good sense. Avoid swimming when chilled, overheated or exhausted.

Learn to swim. Teach your child to swim. Then be careful. Let the sport give you the enjoyment it affords, as well as exercise and relaxation. Don't be an accident statistic. Swim safely so that you can return again and again to one of the favorite of all outdoor sports.



Get out of doors, mother. It's cool under the trees and you'll find these foil-packaged meals of meat and vegetables easy to cook.