

MAKE A REFLECTOR OVEN

With a campfire reflector oven, you can cook just about anything that you can make in a regular oven. The food will have that special smoky campfire taste.

You'll need:

3 aluminum-foil roasting pans

a sharp nail

6 pieces of metal wire cut in 10-cm (4-in.) lengths, or
6 large twist ties with the paper or plastic removed

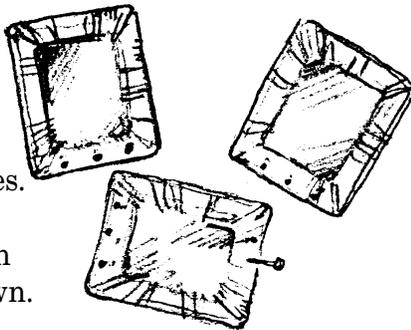
3 rocks

4 flat stones of equal height, pancake size

a small metal grill

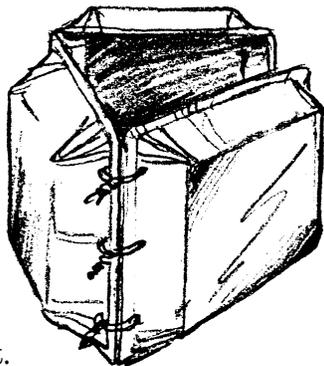
1.

One pan will form the back of the oven and the other two will be the sides. Use the nail to punch holes in each of the pans as shown.



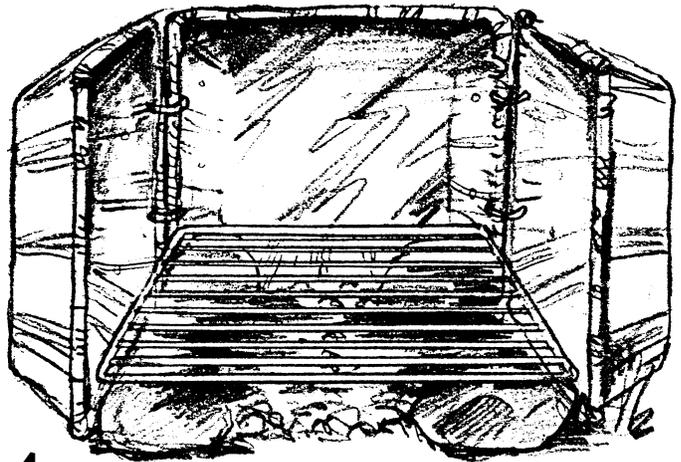
2.

Attach the oven back to the sides by threading the wires through the punched holes and twisting the wires together on the outside. Do not tie too tightly — you want to be able to adjust the angle of the sides to get the best heat.



3.

For a small fire, position the oven around three sides of the fire, with the oven's back to the breeze. Use the three rocks to steady the side panels and back. For a large fire, set up the oven beside the hottest side of the fire.



4.

Place four stones of equal height in the middle of the oven to support the grill. A cake rack makes an excellent campfire grill. Metal shelves from old refrigerators or barbecues are the perfect size and are sturdy too.

5.

You can warm food in a pot or foil container placed on the grill or cook right on the grill. Turn to pages 3 and 4 for some reflector oven recipes.

QUICK AND EASY REFLECTOR

This reflector can be reused many times on cookouts and camping trips.

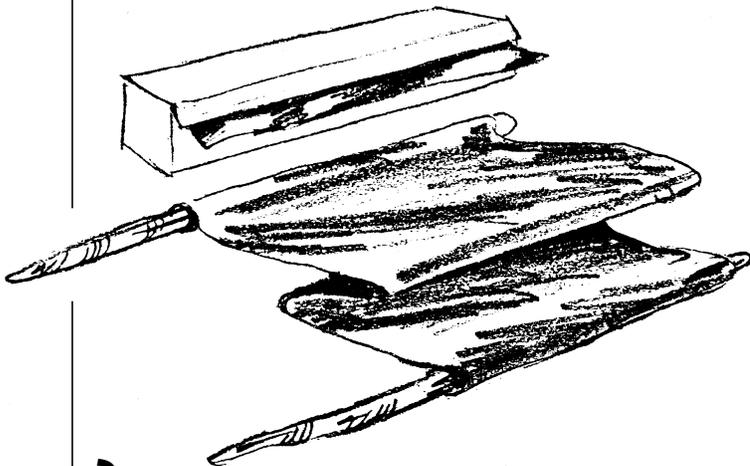
You'll need:

heavy-duty aluminum foil

2 sticks, as thick as a broomstick, 1.5 m (5 ft.) long

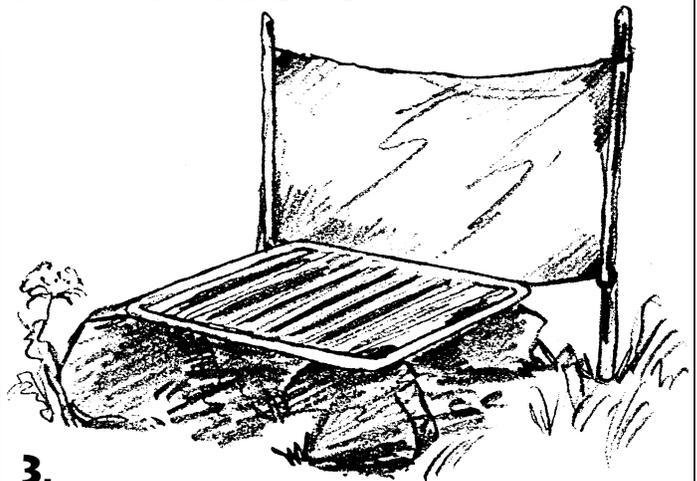
1.

Tear off 75 cm (30 in.) of aluminum foil.



2.

Roll each end of the foil around the sticks, as shown.



3.

Push the sticks into the ground on one side of the fire so that the breeze blows towards the back, or less shiny side, of the foil reflector. For fires built on rock, use several stones to hold the sticks in place. To store the reflector, roll the foil around one of the sticks as you would a scroll.



NATURAL REFLECTORS

Campfires can be built with natural reflectors by siting the fire beside a rock face. The rocks will heat up and bounce the heat back towards the fire. Food can be placed between the fire and the rock to take advantage of the heat. This is great for heating up food such as baked beans.



REFLECTIVE RECIPES

You can cook your favorite campfire foods in your reflector oven, or try baking these reflector oven specialties.



ORANGE RIND MUFFINS

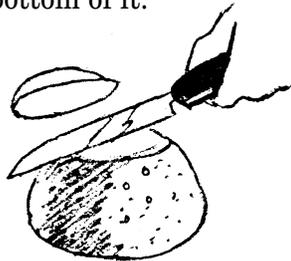
You'll need:

6 oranges
a paring knife
a large spoon
muffin mix
a measuring cup
a bowl or pot
pot holders
a poker

1. Slice the oranges in half and scoop out and eat or save the fruit. Use a large spoon to scrape out any leftovers.



2. If the orange half doesn't sit level, cut a sliver of rind from the bottom of it.



3. Prepare the muffin mix according to the directions on the package. Half fill the orange halves with muffin mixture.



4. Place the oranges on the grill and watch them bake. Cooking times will vary depending on the heat of the fire, but the muffins should be done in 20 to 25 minutes.

5. Remove the orange rind muffins from the grill using pot holders and a poker. Allow them to cool for several minutes before eating.
You can cook your favorite cupcake mix in orange rinds too.

CAMPFIRE COBLER

You'll need:

500 mL (2c.) berries such as blueberries or raspberries

aluminum foil

50 mL (1/4 c.) brown sugar

a bowl or pot

a spoon

50 mL (1/4 c.) brown sugar

125 mL (1/2 c.) flour

125 mL (1/2 c.) oatmeal

1 mL (1/4 tsp.) salt

50 mL (1/4 c.) margarine

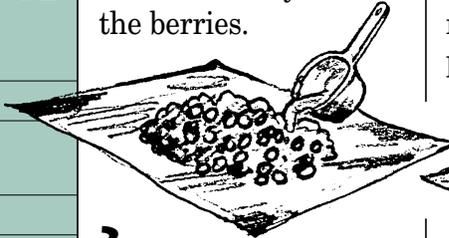
2 pokers

1.

Place the berries in the centre of a piece of foil, about 30 cm (12 in.) long, shiny side facing up.

2.

Pour the honey over the berries.



3.

In the bowl or pot, mix everything else except the margarine together with a spoon.

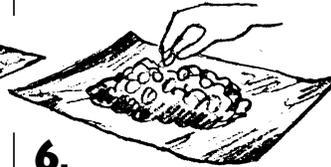


4.

Pat the mixture over the berries.

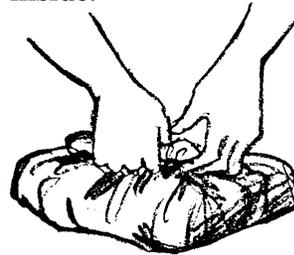
5.

Dot the top of the mixture with small pieces of margarine.



6.

Fold the foil around the berries and topping, sealing it all inside.



7.

Place the foil package on the grill for about 30 minutes.

8.

Remove it with two pokers and allow the foil to cool slightly before opening your campfire cobbler to eat. This recipe feeds four to six people.

