

ture is raised to 400 degrees. There should be plenty of juices for making the gravy.

For older birds this method seems superior to that of partly cooking them in water and finishing in the oven. It is an excellent way of dealing with large birds, such as turkeys, which are often too big for a covered roasting dish and tend to burn in an open pan because of their height in the oven.

Temperatures are those normally used. No extra time is needed when food is cooked in foil, there are no hard-to-clean roasting dishes in the wash up, and oven cleaning is reduced to a minimum because there is little or no sputtering during cooking.

Remember that food will not brown while covered with foil. To brown uncover for the last 20 to 30 minutes' cooking.

Fish and Small Meat Cuts

Fish and smaller cuts of meat are best cooked in a foil packet. Place on a square of greased double foil. Draw the two long edges together above the food and fold down twice on to it. Flatten the ends and roll in toward the centre to make a completely airtight packet. (See illustrations on page 539.) This is referred to as the "drugstore wrap" in American home freezer handbooks and is one method by which food is wrapped for home freezing. Bake as usual with the packets on the oven tray.

Packet Dinners

Individual packet dinners are a boon when the family has to come in for a meal at different times or when dinner has to be left ready for them. For each dinner arrange the food on a large square of doubled foil buttered in the centre. A good meal would be:

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| 2 mid-loin chops or a piece of grilling steak | 1 serving of a seasonable root vegetable, diced |
| 1 medium potato, halved | 2 or 3 small tomatoes |
| 1 onion, sliced or chopped | Seasonings |

Place the trimmed meat in the centre and surround with the root vegetables. Pre-cook the onion lightly in butter and place on top with the halved tomatoes. Season each layer with salt and pepper and, if desired, mix a little chutney, pickle, or tomato sauce with the onion to give additional flavour.

Seal with the "drugstore wrap" and place the packets, sealed edge uppermost, on a baking tray in the centre of the oven set to 350 degrees. They will take one hour to cook at this temperature. Those needed a little later can be cooked more slowly lower in the oven, or, if it is more convenient, the dinners can be cooked longer at a lower temperature. Each dinner is opened when needed and eaten straight from the packet with a quickly cooked green vegetable or a salad to complete the meal.

For dessert, apples or pears would bake in the same time at 350 degrees, or a cold pudding could be left ready to eat.

Be careful not to tear the foil with sharp bones, or the meat juices and melted butter will leak out into the oven.

This idea can be adapted for picnics and barbecues with great success, either for small numbers or for large-scale entertaining. The packets are placed in the hot coals or on a grid over the fire. Potatoes and other root vegetables, apples, corn on the cob, and even eggs cooked in this way can all be good.

Suggestions for Barbecues

Potatoes

Scrub the potatoes and peel if desired. Slice into four crosswise and insert slices of cheese or onion between the pieces. Season well and wrap each potato closely in buttered foil. Cook about one hour.

For several people, peel and slice the potatoes required to about the thickness of a penny. Arrange in layers on well buttered foil, seasoning each layer with salt and pepper (and finely grated cheese if liked). Pour over the whole $\frac{1}{4}$ cup milk. Seal with the "drugstore wrap" and bake about one hour. Several smaller packets are preferable to one very large packet.

Tomatoes

Use small tomatoes whole or larger ones halved. Seal in a packet and cook for 10 minutes.

Apples and Pears

Core and stuff, if desired, with chopped dried fruit and brown sugar topped with $\frac{1}{2}$ teaspoon of butter. Wrap individually in buttered foil and cook for about 45 minutes.

Bananas

Choose medium firm bananas. Cook whole or slit the skin lengthwise on the inside curve, but do not peel. Make a lengthwise cut in the flesh, sprinkle with lemon juice, and stuff with either 2 tablespoons of grated chocolate or a mixture of 1 tablespoon of brown sugar and $\frac{1}{4}$ teaspoon of cinnamon. Wrap and cook for 10 minutes, turning once.

Eggs

Break each egg directly on to greased foil. Season each and seal closely. Cook over the fire for three to five minutes. Add 1 tablespoon of grated cheese and 2 tablespoons of milk to each packet before cooking if savoury eggs are wanted.

Cooking without a Saucepan

Small servings of vegetables can be cooked without a saucepan if a flat cooking surface is available. Place

... ALUMINIUM FOIL HAS MANY USES

the prepared vegetable cut small on a square of doubled foil. Gather up the edges. Add salt and sufficient water to prevent burning. Twist the top to seal and flatten on to the hot surface. Cook for the usual time.

It is possible to cook several vegetables at the one time in only the one saucepan if they are wrapped individually to prevent their flavours from mingling. Place each variety (prepared and seasoned) on a square of foil. Twist at the top to form a bag and put the bags in 1 in. to 2 in. of boiling water in a large saucepan. Keep the lid on and allow time for steaming vegetables.

Asparagus is difficult to cook evenly, but the heads can be kept from flopping if the asparagus stems are placed in boiling water and the heads rested on crumpled foil, where they cook more slowly in the steam. Use a saucepan with a wide base and keep the lid on.

FOIL IN KITCHEN EQUIPMENT

Some of the newer stoves now being produced overseas have a removable foil oven lining which can be changed easily by the housewife, so virtually eliminating oven cleaning. The value of this has not yet been proved conclusively, but many experienced New Zealand cooks line their grill pans and roasting dishes with foil to save on the washing up.

Pie Plates to Individual Design

Pies, small fancy tarts, and pastry cases can be made any size or shape by rolling the pastry out thinly on doubled foil to a circle of the required size. Mould the foil and pastry together to form a shell, trim away the excess foil with kitchen scissors, and flute foil and pastry together round the edge. Bake as usual. Shrinkage during cooking is prevented because the pastry is not stretched to fit the pie plate.

The filling can be baked in or the shell can be baked "blind". This is a work-saving way of making pies for packed lunches. The pie plate can be screwed up when the pie has been eaten, making one dish less to bring home and wash, though the foil can be saved, smoothed out, washed, and re-used.

Wrappings and Moulds

Sandwiches which have to be made ahead will remain soft and moist if they are wrapped and sealed in foil, but because fillings made with egg or mayonnaise should not come into contact with the foil, it is advisable to wrap sandwiches filled with these in greaseproof paper first.