

BAKING IN A BOX

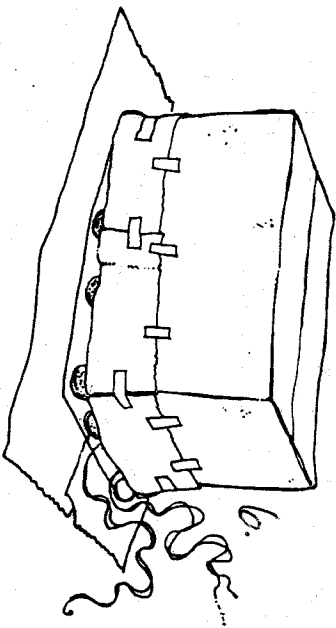
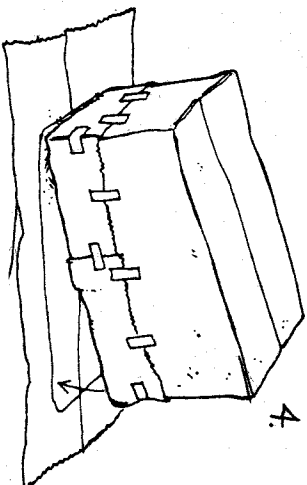
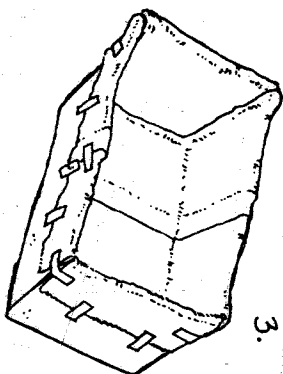
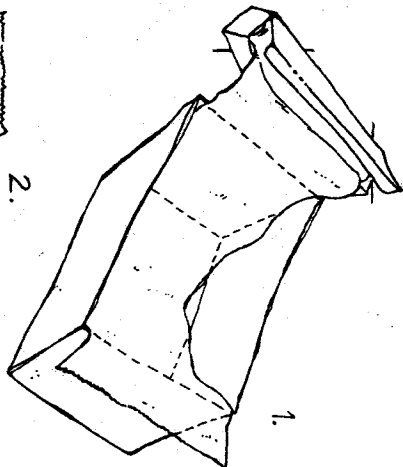
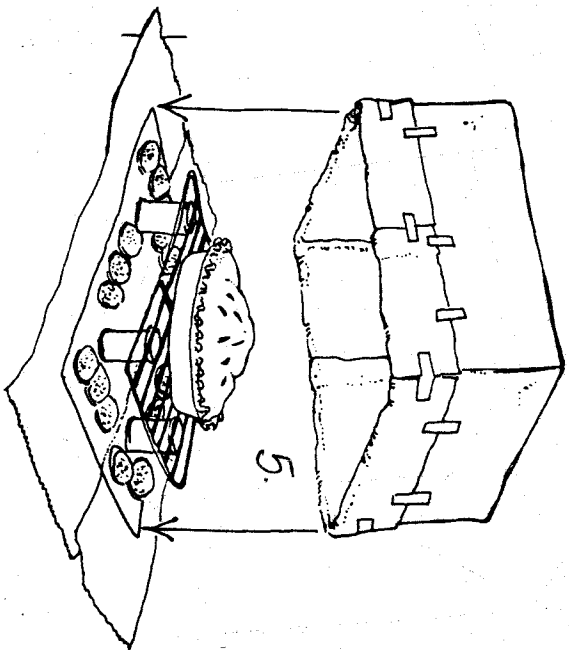
To Make the box - you will need:

- a large cardboard box, 18" long x 12" wide by 12" high, or whatever size you can find that will fit around your pan with room to spare on all sides.
- aluminum foil
- a stapler (not absolutely necessary)
- masking or scotch tape

This oven is made from ordinary cardboard, the kind you can find in a grocery store. Cut off the flaps so you have four straight sides and a bottom. The bottom of the box will be the top of the oven.

Line the inside of the box with long sheets of foil, shiny side out. Make the first sheet long enough to cover both short sides and the bottom, with some foil hanging over each side. (1) If your box is wider than the foil, you may need two strips laid end-to-end. Just overlap them and use your fingers to poke the extra foil into the corners. About 3 pieces of foil, overlapped, should be enough to cover the longer sides, going across the inside bottom each time and hanging extra foil over the outside. (2) It doesn't matter if the foil looks a little messy, but it is important to cover every part of the inside completely with foil.

Use tape to fasten the foil firmly to the outside of the box. (3) Don't use tape inside. It will burn. Turn the box upside down to check. If the foil starts to come loose, use a stapler to fasten each strip to the side of the box. Make sure the ends of the staples are inside the oven, so you won't scratch yourself on them.



To Use the Box - you will need:

- A box oven
- 4 6-ounce all-metal cans, empty, with the label torn off
- A small rack from a baking pan
- Foil
- Tongs and portholders
- Hot charcoal
- A stick or a pencil
- A small pebble

Find a place that is smooth and level and out of the way. A driveway, patio, concrete porch or bare ground are all good places to use a box oven. First, cover the spot with a sheet or two of foil, shiny side up. (4) The foil helps reflect the heat up into the food and keeps the area clean.

Next set the four metal cans in a square in the middle of the foil. They are used to hold up the food, so heat can flow under and around it. If you have a rack, set it across the tops of the cans. Or if you are using one can, set the can in the center of the foil. Set the oven down over the cans, and carefully draw around it with a pencil or stick. The mark you make will show where the box sits. (5)

Use tongs to line up hot briquets just inside the outline of the box on all four sides. You will need one briquet for every 40 degrees of temperature. To find out how many briquets to use, divide 40 into the temperature you need. For example, 400 degrees divided by 40 equals 10 briquets. If the division doesn't come out even, use one extra briquet.

Set the box down gently on its outline. None of the charcoal should touch the box. Slide the pebble under one edge of the oven to lift it slightly off the ground. (6) Charcoal must have some fresh air to be able to burn.

Let the oven heat for two or three minutes. Then lift it gently and set the food you want to bake on the rack or the can. Put the oven and the pebble back, and you are ready to bake. About the same amount of time is needed to bake in a box as in a regular oven. If the recipe calls for twenty minutes, wait that long before peeking.

If the recipe calls for more than 45 minutes cook time, you will need to add more hot charcoal. Don't take out the old briquets, just add fresh ones.