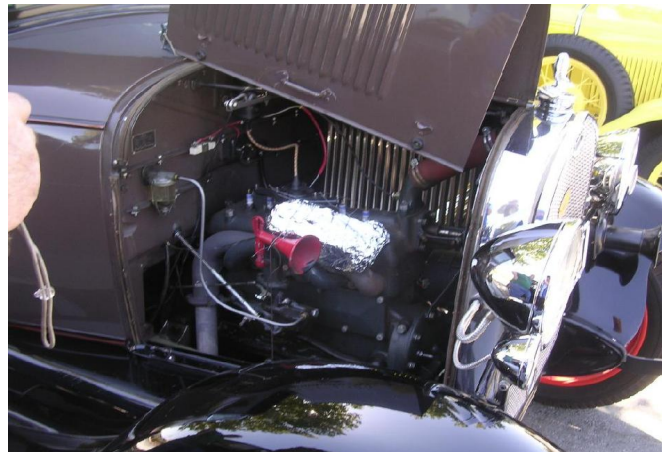
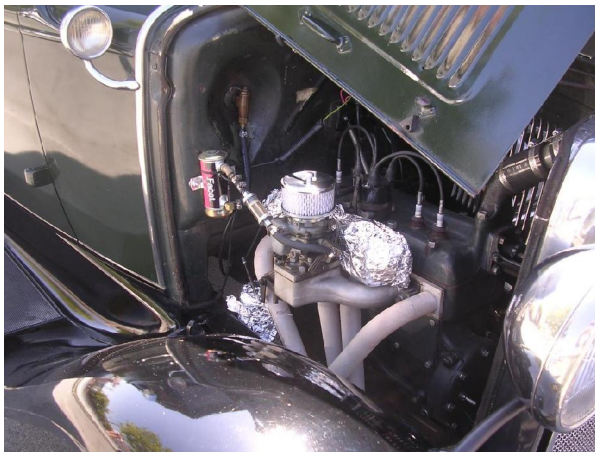


Cooking on your Manifold

First + Edition

John O. Kopf, editor (kopfj@att.net).

Cooking on club tours



More recipes solicited! (Credit will be given!)

Cooking on your Manifold

John O. Kopf

These cooking tips and recipes were collected from various sources, primarily the internet (just Google "Manifold Cooking"). These are presented by the Santa Clara Valley Chapter of the Model A Ford Club of America (MAFCA).

Aluminum Foil

Aluminum foil is used for cooking a meal on your manifold.

Many people have had unhappy experiences with aluminum foil. These unhappy experiences have been due primarily to one of three reasons:

1. the aluminum foil was improperly sealed;
2. the foil was broken at some place; *or*
3. the food was kept on the heat too long.

These difficulties can be prevented. When they are, the result is a satisfying meal, ready in a relatively short time, with little cleanup. Try aluminum foil on your manifold sometime.

Weight of Foil

The recipes in this book call for standard weight aluminum foil, folded double. I personally prefer standard weight although many others prefer and use double weight. I believe that with double thickness of standard weight you have some extra protection against punctures. If you haven't tried aluminum foil, you might try both standard and double weight, as well as some of the special types, and decide for yourself which you prefer,

Sealing Food in

Sealing is the key to success in cooking in aluminum foil. What you want to do is to close the aluminum foil so that there is little possibility for the liquid to escape. You want to cook the food in its own liquid or the liquid that is added. Not only that, you want also to do the cooking "under pressure". If you have a proper seal without any breaks in the aluminum foil, you will have a miniature pressure cooker. When you cook "under pressure", much less time will be required to cook than in an unsealed package. This is important to remember when you use aluminum foil.

A puncture or improper seal will mean loss of liquid. With little or no liquid in the package, the only result that can be expected is burned food. Be careful and do not puncture the foil or otherwise break the seal.

When you seal food in aluminum foil, follow the steps shown below (and remember that the Model A's manifold limits width to 3 inches):



1. Cut a piece of foil that will be large enough to make your seal. If you are using single weight, have piece large enough to fold in half for double thickness.¹



2. Place food in center of foil.



3. Bring sides of foil up over the food loosely.



4. Fold the top ½ inch down onto itself. This **can** be creased.



5. Fold the top down onto itself again. Do **not** crease.



6. Fold top down flat.

¹ A good idea is to cut one piece first and check on size before you cut your total needs. Do not skimp on the amount of aluminum foil you use to make your seal.



7. Press ends together.



8. Fold corners over.



9. Fold the pointed ends over 1/2 inch.



10. Fold the end over again.



11. This is now ready to go onto the manifold.



12. If you fear the package coming off while driving, you can use a bicycle clip to hold it on.

When sealed, aluminum foil packages can be placed on the manifold. Turn packages as directed in the recipes. A pair of gloves makes it relatively easy to turn packages. Tongs or pliers can also be used, but with these two utensils there is some danger that the aluminum foil will be punctured.

When you remove the package from the manifold, check to see if the food is done. When you open the package, do this carefully so that the aluminum foil is not broken. If you started with a large enough piece of foil, you can usually reseal the package if you find that the food requires more cooking.

Notes:

- *Three* layers of foil are better than one or two – even if one (or) two layers are punctured, the package will still not leak.
- Be aware that food is likely to burn where in contact with the manifold. Spraying the foil with Pam® helps.
- Recipes, for convenience, call for trademarked products (e.g., “Jiffy®”, “Pam®”), but *any* equivalent product may be used.
- If the recipe contains fluids (water, sauces), you’ll need to contain these while folding the foil. You can either:
 - Fit the flat foil to a dish to contain the contents;
 - Form the foil into a container and then wrap that; *or*
 - Pour the liquids in through the last end to be formed, after all the other joints have been made.
- Recipes are presented here in order of ***Cooking time*** – early recipes for short tours, later recipes for longer tours.
- There is also a book available:
Manifold Destiny: The One! The Only! Guide to Cooking on Your Car Engine!
 (Paperback) by Chris Maynard (Author), Bill Scheller (Author).
 Available from Amazon (<http://www.amazon.com/Manifold-Destiny-Guide-Cooking-Engine/dp/0375751408>)
- **NEVER** let the food interfere with the engine's moving parts! We want a great meal here, not a wrecked engine. And who would want to explain to the local mechanic why there's a piece of rump roast stuck in the fan belt? Always choose places that are static, and ensure they are not going to move. The boys have put together this handy list of things to avoid. (ref: <http://www.wisebread.com/cooking-great-meals-with-your-car-engine-the-heat-is-on>)

A number of recipes are available on the Internet.

Rather than reproduce these here, I'll just list them with a pointer to the site where you can find them. Note that these don't provide a cooking ***time***; instead they provide a cooking ***distance***, based on an average speed of 65 mph...unlikely in most Model A's.

(At: <http://www.wisebread.com/cooking-great-meals-with-your-car-engine-the-heat-is-on>)

- | | |
|---------------------------------------|---------------------------------|
| ▪ Good & simple Cajun Shrimp/Crayfish | Cooking distance: 35 miles |
| ▪ Eggs On Cheese Pie | Cooking distance: 55 miles |
| ▪ Pat's Provolone Porsche Potatoes | Cooking distance: 140-200 miles |
| ▪ Cruise-Control Pork Tenderloin | Cooking distance: 250 miles |
| ▪ Pork Tenderloin | Cooking distance: 250 miles |

(At: <http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2001/06/06/FD129871.DTL>)

- | | |
|------------------------|-------------------------------|
| ▪ GARLIC SHRIMP | Cooking distance: 35-40 miles |
| ▪ SALMON WITH DILL | Cooking distance: 40-45 miles |
| ▪ CHICKEN WITH PEPPERS | Cooking distance: 60 miles |

Complete recipes

Big Deal Omelet

15-20 minutes

Ingredients:

- Non stick spray
- ¼ cup lean ham cut into cubes
- ¼ cup fresh vegetables, diced (green peppers? red?)
- ½ cup original flavor Egg Beaters®
- ¼ cup Low fat cheddar cheese, grated
- Mrs. Dash seasoning, to taste

Spray foil with Pam®!!! Add vegetables and ham, top with low fat cheese and sprinkle on Mrs. Dash to taste. Fold all but last end. Pour in Egg Beaters and finish sealing. Once eggs are done, you can open and add pieces of bread or tortilla to each to make a quick and tasty breakfast sandwich.



Big Deal Omelet



Thunder Bay Special

Thunder Bay Special

20 minutes

Ingredients:

- Food release spray
 - 3 Slices of Canadian Bacon
 - ¼ c- Egg Beaters® or equivalent
 - ¼ c- Non-fat milk
 - ¼ t- Sugar
 - ¼ c- all-purpose Flour
 - ¼ c- Cornmeal (yellow or white)
 - 1 t- baking powder
 - Ground black pepper to taste
 - Barbecue sauce for topping
- or- ½ package Jiffy® Corn Bread mix

In a mixing bowl combine all ingredients except bacon. Spray foil with Pam®. Place the Canadian bacon slices on the foil and pour batter over the slices. Drive for 20 minutes or until batter is set. Serve with barbecue sauce on side for a square breakfast.

Hawaiian Chicken Stew**20 minutes****Ingredients:**

- 1- 7 oz. Package precooked diced chicken breast (e.g., Tyson®)
- 1 Small (8 oz.) can green beans, drained
- 1 Small can crushed pineapple
- ¼ t- Ginger
- ¼ t- Ground cinnamon
- ¾ c- Minute Rice®
- ½ c- Water
- 1 Orange, peeled and sliced across grain into rounds

Mix all ingredients except orange slices. Lay orange slices on top, wrap in foil and place on manifold.

One big, or two light-meal servings.



Hawaiian Chicken Stew

Too TACO Dipper**20 minutes****Ingredients:**

- ½ lb. turkey burger
- 1 small onion, chopped
- 1 pouch taco seasoning mix
- 8 oz. non-fat sour cream
- 6 oz. 2% milkfat cheddar cheese, shredded
- 1 can refried beans
- 1 bottle Picante Sauce

Mix the meat, onions, and taco seasoning. Lay down a layer of mix, the sour cream and then cheddar cheese. Cover with refried beans. Then another layer of mix, cheese and sour cream. Cover with beans. Wrap in foil and place on a medium-hot part of the engine. Cover cooked dip with Picante Sauce. Serve with reduced sodium taco chips.

Steak Topper Vegetable Packet**20-25 minutes****Ingredients:** (Serves 4)

4 red onion slices
 1 medium red bell pepper, cut in thin strips
 1 medium yellow bell pepper, cut in thin strips
 1 package (8 oz.) fresh baby portobello mushrooms, halved
 2 cloves garlic, minced
 2 tablespoons chopped fresh basil
 1 tablespoon balsamic vinegar
 1 tablespoon olive oil
 Salt and black pepper to taste

Center onion slices on Aluminum Foil. Combine peppers, onion, mushrooms, garlic, basil, vinegar, olive oil, salt and pepper in a large bowl. Arrange vegetable mixture over onions in an even layer.

Bring up foil sides. Double fold top and ends to form one large foil packet, leaving room for heat circulation inside.

Nutrition Information:

(Per Serving)	
calories	74
grams fat	4
% calories from fat	40
milligrams sodium	6
grams carbohydrates	10
grams fiber	3
grams protein	3

Baked Beans**20-25 minutes****Ingredients:**

Food release spray
 1/3 cup diced green bell pepper
 1/3 cup diced onion
 1 15 oz. can of baked beans
 1/3 cup chili sauce

Spray foil with PAM®. Sauté veggies until tender. Stir in all other ingredients. Cook thoroughly until hot.

Ham and Cheese Spuds**30-35 minutes****Ingredients:**

1 large potato, peeled and shaved into thin slices
 4 oz. lean ham, diced
 1/3 cup 2% milk cheddar cheese, grated
 1 med. onion, thinly sliced
 3/4 cup non-fat milk
 2 tbsp. flour
 salt & pepper to taste

On the foil, layer potato, ham, cheese and onion. In a bowl, mix milk, flour and salt & pepper. Pour this mixture over the food in the pan.

Kristof's Swiss Chicken Special**40 minutes****Ingredients:** (Serves 2)

- 2 boneless, skinless chicken breasts
- 1 Tbsp. olive oil
- Spices to taste (mix in bowl):
 - Garlic powder
 - Onion Powder
 - Parsley
 - Rosemary
 - Thyme
- 1 Portobello mushroom cap, sliced
- 1 medium Vidalia onion, sliced
- 1 red or green Bell Pepper, seeded and sliced into circles
- 2 slices Baby Swiss Cheese

Rub chicken with oil and dredge in spice mixture. Place on foil side-by-side and cover each with mushroom slices followed by the onion and pepper. Lay cheese on top. Seal foil and cook.

Corny Clucker Pot Pie**40-45 minutes****Ingredients:**

- 1- 8.5 oz package instant corn muffin mix (like Jiffy®)
- ¼ c- Non-fat egg substitute
- 1/3 c- Non-fat milk
- 1 Carrot - peeled and shaved
- 1 Medium potato - peeled and shaved
- 1 Can chicken gravy
- 1 Package pre-cooked chicken breast (e.g., Tyson®)
- 1 Stalk celery- diced

Mix muffin mix, non-fat egg substitute, and milk in bowl. Set aside. Using a vegetable peeler, shave a carrot into thin curls. Do the same with a medium potato.

Mix vegetables, gravy, and chicken in a bowl; transfer to foil. Pour cornbread batter over top and smooth evenly.

BBQ Pork Chops & Beans**40-45 minutes****Ingredients:**

- 1 Large onion, peeled and sliced
- 2 medium center cut pork chops (about ½ - ¾ in thick)
- 1- 15 oz can baked beans
- ¼ c- Barbecue sauce

Place onions in layers on foil. On top of onions, place the chops. Pour barbecue sauce over chops and onions. Pour beans over all.

Blue Plate Chicken**40-45 minutes****Ingredients:**

- 1 boneless, skinless chicken breast
- 3/4 cup pre-cooked rice
- 1 sweet red bell pepper, cut into thin strips
- 1 green bell pepper, cut into thin strips
- 1 carrot, peeled and cut into strips
- 1/4 tsp. dried basil
- salt & pepper to taste

Place chicken on foil and surround with rice (you can pre-cook Minute Rice® using some hot water in a measuring cup according to package directions). Sprinkle with basil. Lay vegetables on top and season with salt and pepper.

Cajun Chicken**45 minutes****Ingredients:**

- 1- 16 oz can chopped okra, drained (or 1 3/4 c chopped fresh or frozen okra)
- 1- 15 oz can whole tomatoes
- 1/4 t Thyme
- 1/4 t Basil
- 1/4 t Garlic powder
- 3/4 c Minute Rice®
- Cajun Spice Rub
- 2 Chicken breasts (w/ skin & bones)
- 1/2 c Water

In a pot, mix all ingredients except chicken, Cajun spice rub and water. Rub chicken breasts with spice and place on top of vegetable mixture on foil. Fold and then add water through end before final sealing.

Shroomy Chops n' Spuds**45 minutes****Ingredients:**

- 2 center-cut loin chops, boned
- 1 packet mushroom soup (single-serving size) and hot water to prepare
- parsley, chopped
- 1 large potato, peeled and sliced

If possible, brown chops in a little oil. If not, don't worry. Mix water and soup powder. Place chops on foil. Pour mushroom soup over top. Sprinkle with parsley. Lay potato around edge.

Lanai Ground Loin**45 minutes****Ingredients:**

- 6 ounces ground pork loin, uncooked
- ½ teaspoon salt (optional)
- 1 small Vidalia (sweet) onion, diced
- 1 sweet red pepper, diced
- ¼ teaspoon dry mustard
- 1 egg, beaten
- ½ cup unseasoned bread crumbs
- ½ cup crushed pineapple

Combine all ingredients in bowl. Turn into lightly greased oven pan and bake in medium (300 to 350 degree) oven 45 minutes. Serve with fresh sliced summer squash or zucchini.

Here's a quick meal for your lunchbox oven. If you are watching your sodium, this one's right for you. And, for diabetics who are counting their carb servings, Lanai Ground Loin comes in at just under 5 for your meal.

Nutrition Information:

(Per Serving)
 Calories: 597
 Carbohydrate: 70 g (4.6 servings)
 Protein: 49 g
 Sodium: 613 mg (25% of RDA)
 Total Fat: 13 g
 Saturated Fat: 4 g (31% of RDA)
 Fiber: 5 g

Big Red Chicken**1–1¼ hours****Ingredients:****(serves 2)**

- 2 boneless, skinless chicken breasts (about 6 oz. @)
- paprika
- 1 15 oz. can diced tomatoes
- celery flakes
- onion powder
- oregano

Place chicken on foil (side-by-side). Liberally sprinkle paprika over the bird. Pour tomatoes around the meat...do not cover. Again, liberally sprinkle remaining spices on tomatoes and the chicken.

Test chicken to determine if cooked. Meat is white throughout when you cut it with a knife.

Not The Cold' Pork Shoulder Roast**1.5 hours****Ingredients:****(Serves 3 or 4)**

- 1 lb. pork shoulder roast (boneless roast OK)
- 1-plus tablespoons caraway seed
- salt and pepper to taste
- 1 15 oz can of sauerkraut, drained

Rub outside of roast with spices. Spread kraut evenly onto foil. Place roast on top, wrap with foil. Serve with spiced apple slices.

Tamale Pie Stuffed Peppers**3 hours****Ingredients:****(Serves 2 or 3)**

- 1 lb. extra lean ground beef.
- 1 envelope taco seasoning
- 1 can rotel tomatoes with green chilies
- 1 pkg. corn muffin mix (Jiffy® works great)
- 1 can mexicorn
- 2-3 sweet red bell peppers, tops cut off and de-seeded.
- 1 can small olives
- 1 small can green enchilada sauce.

Mix meat, taco seasoning and tomatoes together and set aside. Use the liquid from the canned corn plus enough water to make 2/3 cup liquid; mix with muffin mix until moist and stir in corn.

Put a spoonful of corn mix in bottom of peppers. Add a few olives. Pack with meat mixture almost to top, adding olives. Make hole down center and spoon more corn mix on top and into hole. Place peppers on foil. If there is leftover meat and corn, layer around peppers and add rest of olives. Pour enchilada sauce over top and close foil. Cook for at least 3 hours or until all liquid absorbed.

Tip: If no fresh peppers available, use a jar of fire roasted peppers and layer between meat and corn mix. (try not to eat all of the olives while you're putting it together! ;)