

DO'S & DON'TS OF MANIFOLD COOKING

- Keep your recipes simple. One thing to remember is to avoid recipes that involve a lot of liquid, since this will make the foil packages easier to puncture, and messier if they do.
- Be sure that the foods you wrap can be contoured against hot parts of the engine, preferably with the bulky foil seam on the outside.
- Don't use cuts of meat, fish, or poultry that are too thick. And bones, if left in, will make packages too rigid - as well as increase cooking time.
- Make sure nothing you're wrapping is going to poke through the foil.
- Wrap everything three times in aluminum foil. It makes checking for doneness a bit of a pain, but it virtually guarantees a hermetic seal that locks flavor in and dirt out. Remember, three times. No more, no less.
- Leave enough foil on the sides to make a secure, overlapping fold. Bring the foil up around the top of the food and make a flat, interlocking seam. You might try alternating the direction of the seams on each successive wrapping, but if all your seams run on top of each other, be sure to put the seamless side of your package against the engine for better heat distribution.
- Be careful when unwrapping, since you may want to rewrap to continue cooking.

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