

Boiling is one of the best methods to use in that you can retain the juices that contain salts and nutrients.

If you do not have a metal container in which to boil your food, use a rock that has a hole in it. Or use a hollowed out piece of wood that will hold your food and enough water to cook it in. Hang the wooden container over the fire and add hot rocks to the water and food; remove the rocks as they cool and add more hot rocks until your food is cooked.

**CAUTION:** Do not use rocks with a high moisture content, such as those from streams or wet areas, as they may explode.

You can also use this method with containers made of bark or leaves, but these containers will burn above the water line unless you keep them moist or keep the fire low.

Other items you can use as containers for boiling food are coconut shells, sea shells, turtle shells, half sections of bamboo, complete sections of bamboo (figure 6-2), even a bag made from the stomach or skin of an animal.

**CAUTION:** A closed section of bamboo may explode when heated.

Rock frying is a method you can use when you do not have a frying pan. Place a flat or slightly concave rock on the fire. When the rock is hot, place grease and your food on it and heat until cooked.

Parching works especially well with nuts and grains. Place the nuts or grain in a container or on a rock and heat slowly until the nuts or grain is scorched.

Baking is cooking in an oven over slow, steady, moderate heat. An oven may be improvised using a pit under a fire, a closed container, or a wrapping of leaves or clay.

One method is to dig a pit and partly fill it with hot coals. Put your food with some water in a covered container. Place the covered container in the pit. Cover the container with a layer of coals and thin layer of dirt.

Another pit method is to line the pit with moisture-free stones. Build a fire in the pit, and as the coals burn down, scrape them back, put the covered container in, and continue as above.

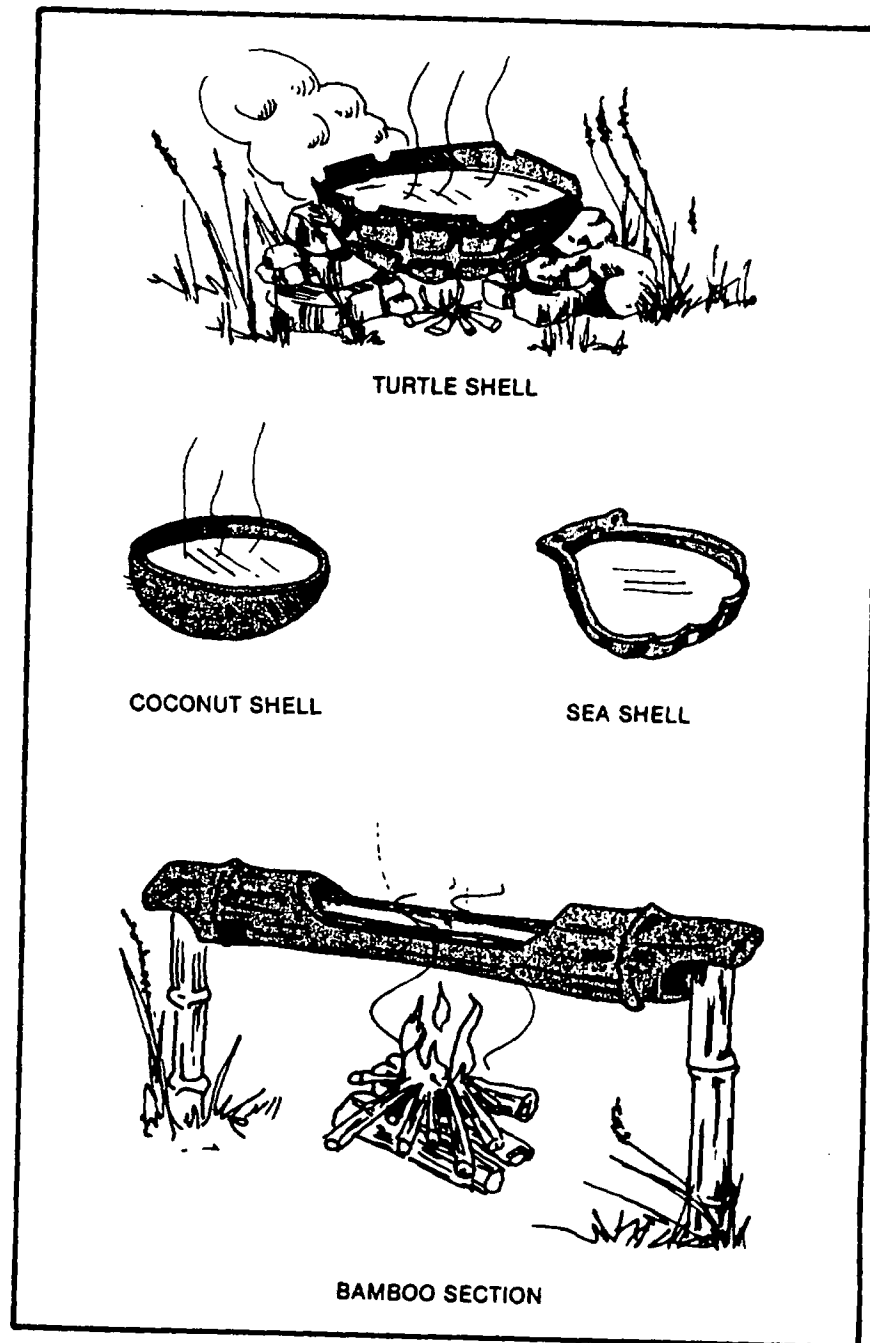


Figure 6-2. Containers for boiling food.