

# *A Quick Guide to the World of* **Solar Cooking**

## **What is Solar Cooking?**

You can use the free energy of the sun to bake and cook meals in a Sun Oven. The Sun Oven uses mirrored reflectors to concentrate heat in an insulated box. Temperatures in a Sun Oven can easily reach 350 degrees. On a sunny summer day in Oklahoma, you can cook your lunch, a loaf of bread, and dinner in your solar cooker! Best cooking times are between 9 am and 6 pm (summer) and 10 am to 2 pm (winter).



## **What can I cook in a Sun Oven?**

You can cook fish, chicken, banana bread, muffins, cookies, manicotti, lasagna, quiche, casserole, rice, beans, eggs, potatoes, soups, chili, hot water for tea, etc. Some things cook faster than others, but many dishes can be cooked in 1 - 2 hours in the summer.

## **What types of solar cookers can I get?**

You can buy or make a solar cooker or Sun Oven - different designs are available.

- ... Tulsi Hybrid Sun Oven (Retail \$220 - 250)
- ... Global Sun Oven (Retail \$225 - 250)
- ... Others (\$100+)
- ... Handmade Cookers (Plans available in [Cooking with Sunshine](#) & other books)

## **What do I need to cook with the sun?**

1. A purchased or handmade solar cooker/ Sun Oven
2. A spot receiving several continuous hours of sun between 9 am and 5 pm (summer) and 10 am to 2 pm (winter)
3. Oven gloves and sunglasses
4. Dark colored pots or pans with dark-colored lids



## **What's the advantage to Solar Cooking?**

1. Solar cooking uses no fossil fuels or wood fuel, so it doesn't cause pollution or contribute to global warming
2. Solar cooking doesn't heat up your house in the summer
3. Solar cookers can be used during power outages
4. Solar cookers can be used at "off-grid" locations like campsites or homesteads
5. It cuts down on energy bills - from using less of the cooktop, oven, and A/C

## But does a Sun Oven really work???

Here is a list of meals cooked by an OKC family in their Sun Oven during Summer 2008:

September 2nd Banana bread	July 11th Banana Bread
September 1st Eggplant parmesan	July 7th Herbed carrots, corn on the cob, baked beans
August 28th Roasted Buttercup squash	July 6th Couscous for Tabouli Nachos
August 25th Sweet potato, Apricot nut bread, Pasta bake	July 4th Mexican pizza
August 15th Corn and zucchini enchiladas	July 3rd Nachos & Quesadilla stacks
August 13th Ratatouille and basmati rice	July 1st Sweet potato and black bean burritos Basmati rice, chickpeas and vegetables
August 12th Banana bread & roasted sweet potato	June 29th Banana bread Couscous and roasted marinated vegetables
August 2nd Deep dish veggie pizza	June 28th Margherita pizzas
August 1st Chile relleno casserole	June 26th Baby food - Sweet potatoes & carrots Vegetable quesadilla stacks
July 29th Sweet potato and black bean burritos	June 25th Spinach enchiladas
July 25th Ratatouille and basmati rice	June 23rd Baby food - Sweet potatoes and carrots
July 22nd Veggie pasta bake	June 22nd Cajun Tilapia Peach Cobbler and Roasted Baby Potatoes
July 21st Cornbread, baked beans and sweet potato	June 20th Baked Potatoes & Sweet Potatoes
July 18th Zucchini casserole	June 19th Spinach Lasagna
July 16th Brownies Ratatouille and basmati rice	
July 14th Black bean & sweet potato burritos	