

Solar Cooking



Cooking with the sun in a solar oven is great fun!

Whether you find yourself stranded in the wilderness somewhere without access to an oven or stove, find yourself left for seven days and nights without power (as we were here in Virginia Beach a couple of years ago after Hurricane Isabel), find yourself on a leisurely camping trip with your family and friends, or simply do not feel like heating up the house on a warm day by cooking - you will find this knowledge "good to know." Make yourself a solar oven, and you will be "good to go." I made one that folds up and put it in my attic. That way, it is out of the way, but if I ever need it, I have it.

Make yourself one and practice a couple of the recipes below. It is fun, and it really does amaze me that you can cook almost anything that way! There are numerous websites that offer plans for building your solar oven. All it takes is cardboard and aluminum foil! Look up "Cooking with the sun," "solar cooking," etc. and you will find numerous places to look for information. That is where most of these recipes came from. (*I did not create these recipes.*)

With solar cooking, the truly neat thing is, you prepare your meals early in the day and then forget about it... You know, like the commercial - "Set it and forget it." By late afternoon, when you are ready to relax from working all day - it is so much fun to find the sun has prepared your dinner for you.

The following "Tips and Instructions" came from the www.solarcooking.org website. There's some very helpful information here. Read it and then enjoy trying your hand at solar cooking!

"Most food, with the exception of cookies and open-faced cheese sandwiches, are cooked in containers with the lids on. The dark, porcelain-coated round and oval roasters are the best for most of the cooking and baking in the solar cooker. (The 9-inch round roaster makes a beautiful round loaf of bread). Be sure to use hot pads when removing the pots from the oven; the food will be hot!

If this is your first attempt at solar cooking, start with something easy such as chicken, hamburgers, rice, baked potatoes, zucchini, or a gingerbread mix. Food such as roasts, stews, casseroles, poultry, potatoes, carrots, pot roasts, and rice are almost impossible to overcook; therefore, the timing on the food is not critical. Chicken will still be juicy and will fall off the bone when solar cooked four hours instead of the needed two hours. The major advantage of solar cooking is the flexibility in cooking times. You can remove the food any time after it is done.

In cooking fresh fish, you can judge when the fish is cooked thoroughly when juice begins to drop. If you cook fish on a rack, it is easy to see this change. Then check to see that the fish is cooked to the bone in the thickest part.

For best results, do not overcook the following food: green vegetables, cookies, cakes, and bread.

Use dark covered pots or pans with tight fitting lids. With rare exceptions (e.g., cookies) the lid is kept on the pot while cooking."

"The golden rule of solar cooking is:

GET THE FOOD ON EARLY, AND DON'T WORRY ABOUT OVERCOOKING."

- You do not need to stir food while cooking. However, it's OK to check the food if you quickly replace the lid.
- Place the hard-to-cook or larger quantity items in the back of the cooker where they will receive more direct sun.
- When using several pots, place the easy-to-cook food in the front of the cooker.
- The solar oven will be hot! Use pot holders when removing lids or pots.
- To keep the food hot after the sun goes down, add several bricks or heavy stones when you begin cooking.
- To bake cakes or bread, preheat the cooker for at least 1/2 hour before adding the food. Preheating the oven with several bricks or pieces of tile inside will also provide a source of heat.
- If you are cooking a large amount of food, it will

cook more quickly if distributed between two or three smaller pots instead of one large pot. •Several small, uncovered bowls may be placed inside a large covered pot to cook. •Leftovers are easily reheated in the solar cooker.”

Cooking Guidelines

“Most recipes take slightly less liquid when cooked in a solar oven. Time for cooking depends on the temperature of the food as it is placed in the oven, as well as the brightness of the day. Allow plenty of time. Foods hold well in the solar oven without scorching or drying out. Focus oven and check food about once an hour when you’re just getting started. Later, you’ll relax and tend the cooking only once every two or three hours. Most recipes calling for a higher temperature will do fine if you give them more time.

High altitude adjustment: The temperature of boiling water is reduced as the altitude increases. For instance the boiling temperature of water is only 203F degrees at 6,000 ft. and this slows the cooking. Vegetables and dried beans may be difficult to cook at high altitudes because of this effect. You may try cooking your food in darkened canning jars with regular canning lids and rings tightened. The rubber seal allows excess pressure to be released but a low increase in pressure is retained and speeds cooking. We only recommend standard canning jars and lids as they are designed for pressure.”

Types of Solar Cooking Days

GOOD: Clear and sunny.

Oven will preheat to 275° - 300°F

FAIR: Hazy or partly cloudy.

Oven will preheat to 200° - 225°F

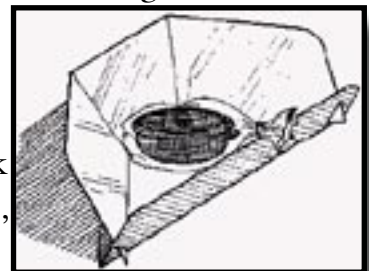
BAD: On a completely cloudy day one cannot cook with the sun. If the clouds move in and completely block the sun while cooking, simply finish the cooking in a non-solar way. *(If food partially cooks and then rests in incubation temperatures, pathogens may grow in 2 or 3 hours. Partially cooked food should be removed from the cooker as soon as feasible.)*

CHARACTERISTICS OF HOW FOOD COOKS IN A SOLAR OVEN

Easy to Cook: (If started early, will be done on a fair day.) Rice, whole grains, rolled grain flakes, cereals, most egg dishes, chops, ribs, fish and most poultry, puddings, crackers, cookies, brownies, fruits, green vegetables, shredded vegetables.

Medium to Cook: (If started early, ready by noon on a good day or by evening on a fair day.) Corn bread, gingerbread, medium-sized roasts, quick breads, yeast rolls and buns, soufflés, root vegetables such as potatoes, turnips, some beans such as lentils, black-eyed peas, black beans.

Difficult to Cook: (If started early, ready for late lunch or dinner on a good day.) Whole turkey, large roasts, stews and soup and bean pots (unless brought to a boil before placing in solar oven), most yeast breads and cakes, pre-soaked pinto beans, field peas, garbanzo beans, small navy beans, soybeans, kidney beans, red beans, yellow peas, dried peas, split green or brown peas.



Solar Recipes

Beverages

Solar Mint Tea

1 gallon water

Several sprigs of freshly picked and washed mint

Crush the mint slightly before adding it to the water. Leave in sun all day. A jar can be painted black to increase temperature and keep an “off taste” from forming.

Solar Tea

1 gallon water

2 to 3 teaspoons loose tea or tea bags

Pour water into gallon jar. Add tea into a tea ball and drop into a gallon jar. Place a lid onto the jar

loosely (to allow more expansion while the jar heats) and place the jar on the cardboard sun reflector facing the sun. Set tea in sun all day and then cool it overnight outdoors (this keeps the tea from becoming bitter).

*Tip - using the black painted jar and sun reflector increases the amount of heat generated in the jar and prevents photochemical reactions from giving the tea an off flavor - which occurs when sunlight shines directly on the tea. The off taste that develops sometimes is caused by growth of bacteria and this is a danger in the classic “sun tea” which sits outside all day at modest temperatures. Bring the brew (both water and herbs used) to pasteurizing temperature by a short solar box exposure before setting it in the sun simple reflector. Or the tea can be brewed completely inside the solar box cooker.

Appetizers

Sherry Chutney Chicken

4 halves skinned & boned chicken breasts

2 cups half & half

1 1/2 cups mayonnaise

3 tbsp. Mango chutney

2 tbsp. dry sherry

1 tbsp. Sherry vinegar

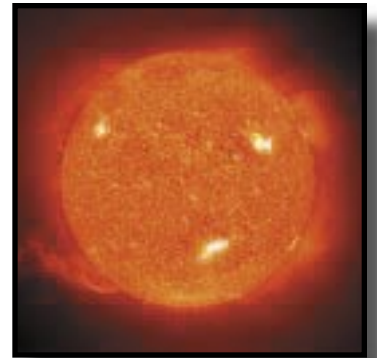
2 tbsp. plus 1 tsp. curry powder

1 tsp. turmeric

2 cups finely chopped salted roasted peanuts

Preheat oven to 350° F. Place chicken breasts in a shallow baking dish just large enough to hold them. Pour half and half over them and bake for 30 minutes. Let cool and cut into 1” cubes. Process mayonnaise, chutney, sherry, vinegar, curry powder and turmeric in a blender or food processor.

Dip chicken pieces into the curry mayonnaise and roll in the chopped nuts. Refrigerate 30 minutes. Arrange on a serving plate with fancy toothpicks. *This recipe is from “One Million Recipes” CD-Rom located at <http://www.acrlc.com>



Soups

30-Second Bean Soup

1 cup of mixed beans (7-bean, 10-bean etc. - frequently sold in bulk bins)

1 bouillon cube (chicken, beef, vegetable, etc.) or 1 teaspoon bouillon broth powder

The ‘30 seconds’ refers to how long it takes to prepare this soup. I’m really lazy, and almost never pre-soak the beans. Put beans and bouillon in 32 oz. black-painted mason jar. Fill jar with water to within 1 inch of neck line. Seal with black-painted ring and lid (oil the inside parts of the lid and ring first). Cooks in 2.5 to 8 hours depending on conditions, solar cooker type, etc.

Many spaghetti sauces come packed in 26 oz. canning jars. If you’ve converted one of these ‘free’ jars into a cooking jar (by painting it black), follow the same recipe except use only 3/4 cup beans.

60-Second Split Pea and Potato Soup

1 cup split peas (frequently sold in bulk bins)

1 bouillon cube (chicken, beef, vegetable, etc.) or 1 teaspoon bouillon broth powder

1/2 cup diced potato pieces

Put peas, potatoes, and bouillon in 32 oz. black-painted mason jar. Or, if using a 26 oz. jar, use only 3/4 cup of split peas. Fill jar with water to within 1 inch of neck line. Seal with black-painted ring and lid (oil the inside parts of the lid and ring first). Cooks in 2.5 to 8 hours depending on conditions, solar cooker type, etc.

Note that texture of soup will vary with cooking time. Thoroughly cooked pea soup will have almost no pea chunks in it -- they all dissolve! So watch the soup carefully after the first 1.5 hours if you like your soup with a few remaining split peas.

Snacks

Granola

- 6 cups rolled oats
- 1 cup almonds or walnuts (finely chopped or ground in blender)
- 2/3 cup honey
- 1 cup soy flour
- 1 cup powdered non-fat milk
- 1 cup wheat germ
- 1 cup salad oil

Mix together the first 5 ingredients. Add salad oil and honey and stir. Cover. Bake 2 to 3 hours in solar oven at 230°F to 250°F. (Coconut, raisins, sesame seeds, cinnamon, etc., may be added.)

Cheese Crispiers

- 1 package corn chips
 - 1/4 pound cheddar cheese, grated
- Place corn chips on a tray. Layer grated cheese over top of chips. Place in solar oven and remove when cheese has melted.

Pretzels

- 2 1/4 cups baking mix
 - 2/3 cup milk
 - 2 tablespoons vegetable oil
 - 1 egg, beaten
 - Salt
- Place the baking mix in a bowl. Add milk and oil stirring only 20 times. Gently smooth the dough into a ball. Knead 5 times. Divide dough into 32 parts. Roll each into pencil-like strips, then twist into a pretzel shape. Brush all twists with beaten egg and sprinkle with salt. Cover and bake in solar oven until done, about 20 to 30 minutes.

Roasted Nuts

Place nuts on a cookie sheet. Bake uncovered. Almonds need about an hour (they will scorch with longer cooking). Peanuts can bake for 2 hours without scorching.

Pizza

- 4 - 8 Can Biscuits
 - Pizza Sauce
 - Shredded Mozzarella Cheese
 - Pepperoni
 - Other meats and vegetables of choice
- Pre-heat oven. Mold the biscuits into a round, flat pie shape. The number of biscuits depends on the size of your oven and/or the number of people to feed. I used a wire circular grill under the pizza while cooking. My oven was at 150F / 65.56C and it took 30 minutes to cook.
- You can also easily use a frozen pizza from the store. Rule of thumb, just double the conventional oven cooking time. Keep in mind, the more items on the pizza the longer it will need to cook.

Salads

Perfect Potato Salad

- 6 medium potatoes (2 pounds) unpeeled
- 1/2 cup mayonnaise
- 1/4 cup milk
- 2 tsp. cider vinegar
- 2 tsp. minced onion (dehydrated)
- 1-2 tsp. prepared mustard
- 1/2 tsp. salt

- 1/8 tsp. coarsely ground black pepper
 - 2 large celery stalks, thinly sliced
 - Lettuce leaves
- Wash the potatoes and pierce the potatoes with a fork to allow moisture to escape. Place in solar oven. Place in cooker and let bake at 350° until tender (about 1 hour). Allow potatoes to cool, then peel and cut into bite-sized chunks.
- In a large bowl, whisk together the mayo, milk, cider vinegar, onion, mustard, salt & pepper. Mix well.
- Add the potatoes and the celery to the mayonnaise mixture. Toss gently to coat. Line a bowl or platter with lettuce leaves and serve.



Casseroles

Cheeseburger Pie

- 1 1/2 cups plus 2 tablespoons of Bisquick
 - 1/4 cup plus 2 tablespoons water
 - 1 pound ground beef
 - 1/2 cup onion, chopped
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 tablespoon Worcestershire sauce
 - 2 eggs
 - 1 cups small curd cottage cheese
 - 2 fresh tomatoes, sliced
 - 1 cup (4 oz.) shredded cheddar cheese
- Mix 1 1/2 cups Bisquick with water until soft dough forms; beat vigorously 20 strokes. Gently smooth dough into ball on floured cloth-covered board. Knead 5 times, roll dough to fit bottom of 9-inch dark roaster pan. Ease into pan. Bake covered 1 hour, then add other ingredients.
- Bake ground beef and onions, salt, pepper for one hour in dark round roaster; drain grease. Add 2 tablespoons Bisquick and Worcestershire sauce to the meat. Blend thoroughly, and then add the mixture to top of baked bottom crust. Mix eggs with small curd cottage cheese, pour over beef mixture. Arrange slices of tomatoes on top, sprinkle with shredded cheddar cheese. Cover and bake 1 to 1 1/2 hours.

Chili Pie

- 2 cans of chili
 - 1 small can sliced olives
 - 1 cup shredded cheddar cheese
 - 3/4 cup Bisquick
 - 1 1/4 cup milk
 - 3 eggs (beaten)
- Butter a dark oblong or dark round roaster pan. Spread chili on bottom, then layer the olives, then layer the cheese. In a separate pan, mix Bisquick, milk, and eggs and pour over the cheese. Cover and bake until brown, about 1 1/2 hours.

Salsa

- 1 small onion, chopped
 - 1 16-oz. can stewed tomatoes
 - Salt and pepper to taste
 - 1/4 teaspoon garlic powder
 - 1/4 teaspoon oregano
- Combine ingredients in dark pan. Cover and bake 1 hour.

Broccoli Casserole

3 eggs
3 tablespoons flour
2 teaspoons salt
8 oz. cottage cheese
1 cup grated sharp cheddar cheese
2 packages chopped broccoli

In a dark round roaster, mix together eggs, cottage cheese, grated cheese, flour and salt. Thaw broccoli, drain and mix into egg mixture. Cover and bake 1 hour. (may use 1 large or 2 small heads of fresh broccoli).

Casserole of Fish Fillets

Fish fillets
Wheat germ
Salt and pepper
Lemon pepper
Celery salt
Green onions, chopped
Butter
Lemon juice

Place fish fillets in oiled dark casserole, sprinkle with seasoning and green onions. Dot the top of fish with butter and lemon juice. Cover. Cook briefly, until tender. If using frozen fish, you will need liquid - try some soy sauce.

Zucchini Casserole

1 and 1/2 pounds zucchini, cut in 1/4 inch rounds
1 teaspoon garlic or seasoned salt
1 teaspoon crushed oregano
(1) 10 1/2-oz. can cream of mushroom soup
1 cup grated sharp cheddar cheese
1 pound ground beef
1 cup instant rice
2 cups small curd cottage cheese

Cook zucchini in boiling, salted water until barely tender. Drain well. Sauté beef until meat is lightly browned. Add rice and seasonings. Place half the zucchini in bottom of 2 1/2 quart shallow dark casserole. Cover with beef mixture and cottage cheese. Cover with remaining zucchini. Then spread soup over all. Sprinkle with grated cheese. Cover. Bake about 1 hour until bubbly and hot.

Lentil - Rice Casserole

6 to 7 cups water or soup stock
1 cup lentils
1/2 teaspoon garlic salt
1 cup uncooked brown rice
1/2 teaspoon kelp powder
1/2 to 1 tablespoon brewer's yeast
2 onions, chopped
1 1/2 cups shredded cheddar cheese

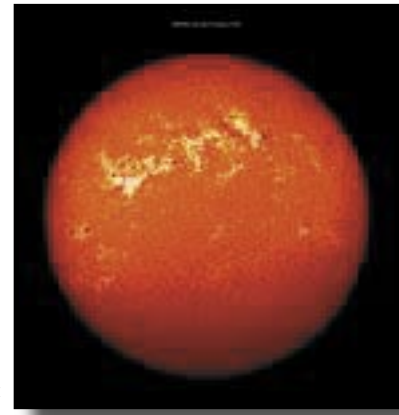
Mix all ingredients, except cheese, in a dark colored pot. Cover and place in solar cooker all day or all afternoon (3 hours minimum).

Top with cheese or yogurt just before serving. Optional: 1 cup almonds or other nuts, carrot pieces, chopped celery, shredded cabbage, Brussels sprouts, beets or water chestnuts may be added.

Walnut Loaf

1/2 cup onion, finely chopped
1 1/2 cups walnuts, ground
2 eggs, beaten
1 cup tomato juice
1 cup celery, finely chopped
3 cups whole wheat bread crumbs
1/2 cup parsley, finely chopped
In a large bowl, mix all ingredients together. Bake in a buttered 8 x 14-inch dark loaf pan. Cover with foil, then place a black cookie sheet over the top to attract the sun's rays.

Serve with tomato sauce or mushroom gravy. Season to taste.



Grits Deluxe

1 cup quick grits
1 teaspoon salt
2/3 pounds cheddar cheese, grated
Tabasco sauce, a few drops
4 cups boiling water
1/2 cup butter or margarine
1 teaspoon savory salt
2 eggs, well beaten

On surface unit, slowly stir quick grits into boiling, salted water. Reduce heat to low. Cover pan and cook 4 to 5 minutes, stirring occasionally. Remove from heat and add butter, cheddar cheese, savory salt, and Tabasco. Stir. Add eggs and mix well. Pour into greased baking dish, sprinkle with paprika, cover and back in solar oven for 2 to 3 hours (garlic and chilies are interesting additions).

Chili Rellenos Casserole

2 7-oz. cans whole green chilies
1/2 pound jack cheese, shredded
1/2 pound cheddar cheese, shredded
3 eggs, beaten
3 tablespoons flour

1 small can evaporated milk
Cut chilies lengthwise, wash, remove any seeds and membrane and pat dry on paper towels. Spray a 9-inch dark casserole pan with non-stick. Layer half of chilies and then cheese, repeat layers, reserving 1/2 cup cheese for the topping. Beat eggs, add flour and milk until blended. Pour over chilies and cheese. Bake, covered, one hour or until set in center.

Chicken-Broccoli Casserole

4 chicken breasts
1 cup sour cream
1 teaspoon curry
2 cans cream of chicken soup
1 teaspoon lemon juice
Broccoli, cut in pieces
Bread crumbs
Cheddar cheese, shredded

Preheat solar oven. Bone and fry 4 chicken breasts using conventional heat. Do not overcook. Set aside. In a mixing bowl, mix together undiluted soup, sour cream, lemon juice and curry. Set aside. In a dark rectangular pan, line the bottom with broccoli. Cut up the chicken and place it over the broccoli. Top with sour cream mixture. Top everything with shredded cheddar cheese and bread crumbs. Cover and place in oven. Bake about 1 to 1 1/2 hours.

Vegetables

Eggplant Parmigiana

1 Eggplant (cut into 1/4 inch slices)

1 to 2 eggs

1 to 2 cups breadcrumbs

Olive oil

1 block of mozzarella cheese (sliced thin)

Grated parmesan cheese

Jar of spaghetti sauce (or homemade, whichever you prefer)

Preheat solar oven. In shallow bowl, beat eggs with fork. In another bowl, place breadcrumbs. Preheat skillet and coat with olive oil.

Dip eggplant slices in eggs, then coat with breadcrumbs. Brown in skillet. Save on plate.

In casserole dish, layer bottom with 1/2 of the portion of browned eggplant slices, cover with 1/2 of the spaghetti sauce, then layer with cheese, repeat with eggplant slices on top of cheese, pour remainder of spaghetti sauce over eggplant and top with cheese slices.

Put casserole in solar box oven until cooked through and cheese is bubbly and brown on top (no need to cover).

Serve with parmesan cheese. Goes great with salad and garlic bread!

Corn-on-the-Cob

Husk the corn and place in a dark colored pan. Do NOT add water. Cover and bake for 1 hour.

Zucchini

Zucchini, Butter, Oregano, and Garlic.

Cut zucchini into 1/2 inch diagonal slices; place in dark enamel pan, and season with butter, oregano and garlic. Do not add water. Cover and bake 45 minutes.

Corn-on-the-Cob for freezing

Fresh corn with husks

1 tablespoon water

Pull back the husks, but do not remove. Clean corn and remove silks.

Fold up the husks to cover the corn. Place in a black roaster and add water. Cover and bake 45 minutes. Drain the husk and submerge corn in ice water. Drain, cut the kernels from the cob, package and freeze.

Zucchini Quiche

2 medium zucchini, chopped or shredded

2 cups Swiss cheese, coarsely shredded

3 to 4 eggs

1 cup biscuit or buttermilk pancake mix

1/4 cup salad oil

1/4 teaspoon Italian seasoning

1/4 teaspoon nutmeg

1/2 cup chopped onion

Diced mushrooms

Salt and pepper

Lightly oil a dark 9-inch round roaster. Beat eggs, stir in the biscuit or pancake mix and seasonings in the bottom of the pan. Add zucchini and shredded cheese and stir lightly with a fork. Cover and bake in a preheated solar oven about 2 hours or until a knife inserted in the center comes out clean. Makes 6 servings.

Cheesed Onions

5 to 6 medium onions

2 cups grated cheddar cheese

2 cups milk

1/4 cup butter or margarine

3 tablespoons flour

1/2 teaspoon salt

Slice onions and place in a dark round pan. Blend milk, butter, flour, salt and cheese together. Pour over the onions. Cover and bake 1 to 2 hours.

Whole Stewed Tomatoes

Whole tomatoes

Bread

Cheese

Italian seasoning

salt

Pepper

Place each whole tomato into a greased custard cup and cut tomato into four sections. Spread cheese onto bread and tear into small pieces. Add cheese/bread pieces to the tomato. Sprinkle with Italian seasoning and pepper. Cover and bake about 45 minutes.



Beets

Place fresh beets in a black pot. Cover and bake for one hour or so. The skins slip right off. The beets are ready for chilling or adding to salads.

Baked Potatoes

Clean potatoes and rub with shortening or butter. Place in a dark dish. Cover and bake 3 hours or until done.

Scalloped Potatoes

4 cups thinly sliced potatoes

1/4 cup finely chopped onion

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 cup butter or margarine

1 can cream of mushroom soup

1/4 to 1/2 cup milk

grated cheddar cheese (optional)

In a greased 2-quart dark casserole dish, arrange 1 layer of potatoes. Dot with butter and sprinkle with some of the grated onion, salt, and pepper. Make about 4 layers. Mix soup and milk together and pour over the layers. Cover and bake about 2 hours or until a fork goes through potatoes easily. Sprinkle grated cheese over the top. Before serving, replace cover for a few minutes to melt the cheese.

Pineapple and Sweet Potato

1 large sweet potato, peeled and diced

1/2 cup pineapple chunks, unsweetened

1 tablespoon pineapple juice

1/4 teaspoon cinnamon, optional

Combine ingredients in a dark casserole dish. Cover. Bake in solar oven until sweet potato is soft.

Solar Mexican Beans

2 cups pinto beans
2 cloves garlic, chopped
1 8-oz. can tomato sauce
1 or 2 tablespoons chili powder
1/2 teaspoon oregano
1 sliced onion
1 or 2 fresh chili peppers, chopped
1 teaspoon cumin
Salt



Soak beans overnight. Drain. Cover beans with fresh water. Add onion and garlic. Stir. Cover. Place in oven and bake about three hours. Combine 1 can of tomato sauce, chili powder, cumin and oregano and add to beans. Cover and cook another 4 hours. Check to see if beans need more moisture. Add salt to taste.

Quick Baked Beans

1 can pork and beans or B & M baked beans
1/2 cup brown sugar
1/4 cup Worcestershire sauce
1/4 cup mustard
Combine ingredients and mix well. Place in a dark 9-inch round roaster or amber glass dish. Cover and bake for 2 hours.

Black Beans

1 pound package black beans
6 cups water
2 16-oz. cans diced tomatoes
2 ounces of picante sauce
Place clean and sorted beans in a black pot. Add water to cover top of beans by 2 inches. Cover and cook approximately 9 hours (start beans anytime before 9:00 a.m. and add tomatoes and picante sauce after 4:00 p.m.) Variations: serve over white or brown rice or top servings with shredded cheddar cheese.

Brown Rice

1 1/2 to 1 3/4 cups water
1 cup rice
1 tablespoon butter
Salt
Soy sauce
Pour desired amount of rice into a dark pot. For every cup of rice, add a tablespoon of butter. Pour hot water over the rice and butter. Add spices as you wish, except for salt or soy sauce (add salty spices after cooking). Cover. Cook 1 1/2 hours if starting with a hot oven. Cook 2 hours, starting with a cold oven. You may substitute white rice in this recipe, using 1 cup of water for every cup of rice.

Green Bean Casserole

1 10 oz. package French green beans, frozen
1 can cream of mushroom soup
1 small can French fried onion rings
Combine beans, soup and 1/2 of the onion rings. Place in a dark pan. Top with remaining onion rings. Cover and bake 1 1/2 hours.

Stewed Okra

1/2 lb. Okra, rinsed...don't cut!
1 large can of whole tomatoes with juice
1 medium yellow onion, halved and sliced
1 teaspoon salt
1 teaspoon pepper

2 tablespoons oil or bacon fat
1 tablespoon sugar

This dish is great when slowly cooked in a SBC all day long. The smaller the better when it comes to the okra. Put salt, pepper, onion and tomatoes with juice in heavy saucepan. Crush tomatoes with hands. Stir in sugar and oil. Cook in solar box cooker until okra is tender. Serve with steamed rice.

Note: Small okra pods are more tender. Recipe from article in "Natural History" magazine.

Polenta del Sole

1/2 cup corn meal
1/2 cup chopped onions
2 3/4 cups water
2/3 cup grated cheese
Herbs
Seasoned salt

Combine first 3 ingredients and cook until soft (45 min. to 2 hours, depending on conditions.) Stir in remaining ingredients, and return to cooker for 15 to 30 minutes. It can be enjoyed while still hot and soft, or let the polenta set and cut into squares. Eat warm or cold.

Scalloped Eggplant

1 large eggplant, peeled & diced
1 onion, minced
1 cup Saltine crackers crushed
2 teaspoons baking powder
2 tablespoons butter, melted
2 eggs
2 1/2 oz. evaporated milk, to moisten
Salt and pepper
Parmesan cheese, grated

Mix all ingredients except cheese in greased covered pot and solar cook until the consistency of pudding. (2 hours?) Sprinkle cheese on top and cook for 15 minutes more.

Poor Man's Lentils

Lentils
Water
Onion
Garlic
Vegetable Oil

Soak lentils in the water overnight or for a few hours. Drain and place them in a pan. Add the same quantity of water in the pan, season with salt & pepper. Chop onion and add it too. Also add a small amount of vegetable oil. Optional, add 1 or 2 sliced cloves of garlic and bay leaves. Optional, a carrot finely sliced may be added. Stir thoroughly all the ingredients with a wooden or plastic spoon. Cooking time: 6 to 9 hours, depending of the sun & the quantity of food.

Mixed Spring Vegetables

Take a mixture of vegetables, like leeks, courgettes, French beans, peas, carrots, potatoes, onions, pepper, tomatoes or any other type. Wash and slice them and place in a pan. Add water to cover the vegetables, season with salt and pepper. Add 1 or 2 sliced cloves of garlic and a bay leaf. Add a little vegetable oil. Cooking time: 6 to 8 hours.

Solar Broccoli

Cut fresh broccoli into spears and place into dark pot with lid. Add butter and seasoning to broccoli. Do not add water. Cooking time varies depending on desired texture (approximately 2 hours for tender broccoli).

Minty Green Peppers

2 chopped Green Peppers
1 clove of Garlic
1 tablespoon of Butter
1 teaspoon of Mint
dash of salt
dash of pepper
half a cup of water

Put everything in a jar and leave for two hours if you like your peppers a bit crunchy, if not leave it longer.



Spaghetti Squash

1 spaghetti squash
1 tbsp butter/margarine
1 cup water
spaghetti sauce of choice
parmesan cheese

Cut squash in half lengthwise and remove seeds. Coat inside with butter/margarine. Place skin side up in small roaster. Pour in 1 cup water. Cover, place in solar oven for 2 hours. Remove insides from skin, serve with spaghetti sauce and parmesan cheese.

We use a global sun oven...temps in Jan. in Arizona desert country get to 320F at altitude of 850 feet. This serves 2...1/4 squash each. A whole squash could be done the same after cleaning and buttering.

Eggs and Cheese

Puffed Eggs

1 egg
2 tablespoons milk
1/4 cup shredded cheddar cheese
seasonings

Beat egg with milk. Add seasonings and cheese and put in large, buttered, dark-colored ramekin. Cover lightly (cover may raise) and bake 1 hour.

Crustless Quiche

1/2 cup buttered bread crumbs (include the crusts)
2 eggs
1/4 cup milk
Dash of seasonings as desired
1/2 cup grated cheese
1/4 cup diced cooked ham (or canned ham chunks)
Line bottom of small dark pan (5-inch) with buttered bread cubes. Mix remaining ingredients and pour over bread cubes. Cover and bake until puffy; about 1 to 1 1/2 hours. Serves 2.

Poached Eggs in Spanish Sauce

1/4 cup onion, chopped
1/4 cup celery, chopped
1/4 cup green pepper, chopped
1 can 8-oz. tomato sauce
Spanish seasonings
5 eggs

In a covered casserole, soften onion, celery and butter at 250°F about 30 minutes. Add one small can of tomato sauce and Spanish seasonings. Heat thoroughly. Break eggs into a bowl, uncover the casserole and gently pour eggs into the sauce. Cover and cook until eggs are firm.

Spinach Quiche

1/2 cup chopped onion
1/2 cup mushrooms, sliced
1 cup Swiss cheese, shredded
1 10-oz. package frozen spinach, thawed and drained
3 eggs
1 can evaporated milk
3/4 cup Bisquick
1/4 teaspoon nutmeg
Salt and pepper, to taste

Butter a 9-inch round dark roaster pan. Combine onions, mushrooms, cheese and spinach in a round roaster pan. Beat together the remaining ingredients. Pour over the vegetables. Cover and bake for 2 1/2 hours.

Special Fried Eggs

Add some oil to a pan or saucepan, but not too much. Carefully place the egg & season with salt. Place the pan or saucepan (without lead) on the solar cooker. Cover the pan with a plastic bag, in such a way that the egg can be seen (it is possible to cook 2 eggs at a time). Leave it under the sun until the white of the egg becomes really white. (If left longer the yoke will harden). Cooking time: 30 minutes.

Hard Boiled Eggs

Wash the eggs and place them in a pan. Cover with water and add a bit of salt. Cooking time: 3 to 4 hours.

Asparagus Quiche

9 eggs
1 cup shredded cheddar cheese
Approximately (25) 3-4" asparagus tips, raw
1 teaspoon paprika
1/2 teaspoon salt (optional)
freshly ground black pepper to taste

Spray the pie pan with oil. Place eggs into a bowl and wire whisk them until well beaten. Stir in all the rest except the asparagus tips. Pour mixture into pie pan. Gently place the asparagus tips in a wheel-spoke design around top of quiche. Crush more black pepper over top if desired.



Poultry

Spanish Chicken

1 chicken, skinned and cut in pieces
1/2 bell pepper
1 tomato, cut in 6 pieces
1 medium onion
2 gloves garlic
2 bay leaves
Ground pepper
1 cup white wine

Place vegetables & seasonings in heavy Dutch oven with chicken on top. Add white wine. Cover. Cook 2 to 3 hours. Thicken gravy. Serve over rice.

Chicken Dinner

- 5 to 6 chicken breasts, skinned
- 1 package Italian salad dressing mix
- 1 cup long grain white rice
- 2 cups water

1 tablespoon butter or margarine

Place chicken breasts in a roaster. Sprinkle package of Italian salad dressing mix over pieces of chicken. Cover. In another pot, place rice with water and butter or margarine. Cover. Place in solar oven at noon and remove at 5:00 p.m.

Chicken in the Pot

- 4 chicken breasts, halved and skinned
- 4 medium potatoes, quartered
- 2 large carrots, cut in 1-inch chunks
- 2 stalks celery, cut diagonally in 1-inch chunks
- 1 can Swanson's chicken broth
- 1/4 teaspoon pepper
- pinch of basil
- pinch of rosemary

Place chicken in a 3-quart pot or casserole. Arrange vegetables over the top. Sprinkle with seasonings. Add chicken broth. Cover and cook approximately 1 1/2 to 2 hours. Stir a couple of times while baking. You may substitute thighs for chicken breasts and add other seasonings.

Chicken Teriyaki

- 1 medium fryer, cut-up and skin removed
- 1/4 cup white wine
- 1 to 2 tablespoons sugar
- 2/3 cup soy sauce
- 1 clove chopped garlic
- 1/2 tablespoon ginger

Place chicken in a pot and add the remaining ingredients. Cover pan and bake 3 to 4 hours, turning chicken once or twice. Cook rice in another pan at the same time. In place of fryer pieces, you may use a half-chicken breast for each person to be served.

Soy Sauce Marinated Chicken

- 2 to pounds chicken, cut-up into serving pieces and skinned
- 1/2 cup soy sauce or tamari
- dash paprika
- 1/8 teaspoon garlic powder
- 3 teaspoons Tabasco, optional
- 1 1/2 teaspoons ginger, optional

Place all ingredients in a large bowl and add chicken pieces. Cover with foil and marinate in refrigerator overnight. Turn occasionally. Place chicken in dark casserole. Pour sauce over chicken. Cover and bake in solar oven about 2 hours. For additional flavor, add Tabasco and ginger.

No Peek Chicken

- 1 whole cut-up fryer or 4 chicken breasts
- 2 cans cream of mushroom soup
- 1 box Rice-a-Roni chicken mix
- 1 package onion soup

Preheat solar oven 30 to 45 minutes. Arrange chicken in a dark baking pan. Mix together the mushroom soup, Rice-a-Roni and onion soup. Pour the mixture over the chicken so it is completely covered. Cover and bake for 2 to 2 1/2 hours.

Barbequed Chicken

- 1/2 cup vinegar
- 2 tablespoons Worcestershire sauce
- 1 teaspoon dry mustard
- 1 teaspoon paprika
- 1 tablespoon sugar
- 1/2 cup catsup
- 1/2 teaspoon pepper
- 1 clove garlic, minced

Place chicken pieces in a dark pan. Combine ingredients and pour over the chicken pieces. Cover and bake in solar oven for 2 to 3 hours.

Chicken and Vegetables

- Potatoes
- Carrots
- Onions
- Turnips
- Green beans
- Any fresh vegetables
- Chicken pieces
- Salt
- Pepper

Place cut-up vegetables in bottom of dark casserole. Rub chicken pieces with salt and pepper. Place chicken pieces, (fat side up) on top of vegetables. Bake about 2 to 2 1/2 hours.



Roast Turkey with Bread Stuffing

- 1 turkey, 8 to 10 pounds
- 14 cups bread cubes
- 2 eggs, slightly beaten
- 1/4 cup minced parsley
- 1 cup chopped onions
- 1 1/2 cups chopped celery
- 3/4 cup butter or margarine
- 1 cup slivered almonds (optional)
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper

Sautee onions and celery in butter. Add remaining ingredients. Mix well. Stuff turkey and place in black roasting pan; cover. Bake in solar oven for 6 to 8 hours (on a clear, sunny day). Bird is done when interior temperature reaches 180°F on meat thermometer.

Chicken a la Sun

- 1 cup brown rice
- 3 chicken breast halves, boned
- 1 to 2 cups cheddar cheese, grated
- 1 1/2 to 2 cups mushrooms, sliced
- 1 can of cream of mushroom soup, undiluted
- Paprika
- Garlic powder
- Salt
- Parmesan cheese

Place brown rice in bottom of dark roaster. Add chicken breasts. Layer with grated cheese, then mushrooms and pour soup over top. Sprinkle with remaining ingredients. Cover. Bake for 3 hours or longer.



Solar Sweet and Sour Chicken

- 1 15-oz. can sweet and sour sauce
- 1 8-oz. can pineapple chunks or tidbits, drained
- 1 chicken breast or 2 chicken legs

If using chicken breasts, cut them in half and remove skin. Cut into small chunks. Place in dark pan. Add sauce and pineapple. Cover and bake for 2 to 3 hours. Serve over brown or white rice.

Roast Duckling

- Duckling
- Sweet-sour, orange or cranberry sauce
- Onion or apple

Refer to a cookbook for the preparation of duckling. Rinse duck, put an onion or apple into the unstuffed body cavity, and then tie the legs together. Using a sharp fork, puncture skin 1/4-inch deep all over so the body fat will drip out. Place on a trivet as high as possible above the bottom of the roasting pan. Cover and cook all afternoon or for approximately 2 1/2 hours until internal temperature reaches 160°F-170°F.

Turkey Legs

- Turkey legs
- Sherry
- Celery stalks with leaves
- Sliced onions
- Halved garlic cloves
- Salt and pepper

Place turkey legs in a black enamel roaster with other ingredients to suit your taste. Cover and bake for 4 hours or more. When done, discard vegetables make gravy from broth.

Meat Dishes

Op' Sol Meatballs

- 1 pound ground chuck
- 1 egg
- 1/4 teaspoon nutmeg
- 1 8-oz. can tomato sauce
- 1/2 cup chopped onion
- 1/4 teaspoon granulated garlic
- salt and pepper to taste

Mix all ingredients (1/4 cup tomato sauce) so mixture sticks together in walnut-sized balls. (If mixture is too sticky, add bread crumbs, oatmeal or crushed crackers.) Place meatballs in 9-inch dark round roaster or an amber glass dish; pour remaining tomato sauce on top. Cover. Bake in solar oven approximately 1 hour.



Hawaiian Supper

- 1 1/2 pounds ground chuck
- 1 teaspoon salt
- 1 egg
- 1/2 cup bread crumbs
- 1/4 teaspoon pepper
- 1/2 cup milk
- 2 tablespoons margarine
- 2 cups tomato juice
- 1/2 chopped medium onion
- 2 tablespoons flour
- 3/4 cup barbeque sauce
- 1 13-oz. can pineapple chunks
- 1/4 cup sliced olives (optional)
- 1/2 cup cheddar cheese, shredded (optional)

Combine meat, salt, egg, bread crumbs, pepper, and milk and shape into small balls. Place in a 9-inch dark roaster pan. Melt margarine in saucepan and add flour. Stir well. Add tomato juice, barbecue sauce, onion and pineapple chunks. Pour mixture over meat balls. Cover roaster and place in preheated solar oven. Cook approximately 2 1/2 hours. If desired, olives and cheddar cheese may be added during the last 30 minutes of cooking time. Serve over rice.

Sunshine Chili

- 1 pound small red beans (dry)
- 1 pound ground chuck
- 2 medium onions
- 1 small green pepper
- 1/2 cup fresh parsley, minced
- dash of salt and pepper
- 1 28-oz. can tomatoes (may be blended first)
- 4 cups V-8 juice
- 1 tablespoon chili powder

Soak red beans in water overnight. Brown ground chuck, onions, green pepper, parsley, salt and pepper. Drain well after about one hour. Add tomatoes, red beans, V-8 juice and chili powder. Cover and bake about 4-5 hours in solar oven; serves 10. You may add more V-8 juice as cooking proceeds.

Swedish Meat Balls

- 1 pound ham (ground)
- 1 1/2 pounds fresh pork (ground)
- 2 cups bread crumbs
- 1/2 cup vinegar
- 2 eggs
- 1 cup milk
- 1 teaspoon dry mustard
- 1 cup water
- 1 tablespoon flour

Mix together the ham, pork, bread crumbs, eggs and milk. Shape into balls about the size of an egg. Place in round dark roaster pan. Combine the dry mustard, brown sugar, vinegar, water, and flour. Pour over the meatballs. Cover and bake in solar oven 3 to 4 hours or until meat is done.

Pork Chops

- 1/2 cup chopped celery
- 1 clove garlic
- 1/2 cup onion, sliced
- 6 to 8 mushrooms
- 1 bell pepper, sliced
- 1 can mushroom soup
- 4 pork chops

Combine ingredients except pork chops. Make a thin layer on the bottom of the pan. Place pork chops on top of the ingredients. Pour remainder of ingredients on top of meat. Cover and cook 2 to 3 hours. Pour off juice and save for gravy. Add mushroom soup, cover and cook 1 hour longer. Gravy may be thickened by adding flour.



Pot Roast with Vegetables

- 2 to 3 pound chuck roast (1 1/2 to 2 inches thick)
- 3 to 4 carrots, cut in 3-inch lengths
- 3 to 4 potatoes, peeled and cut in 1/2 inch lengths
- 2 tablespoons water
- 1 package dry onion soup mix

Place vegetables in bottom of dark granite pan and sprinkle with water. Put meat on top and sprinkle with package of soup mix. Cover and bake 3 to 4 hours or longer. Thicken gravy if desired.

Meatloaf

- 1 1/2 pounds ground beef
- 1/4 pound crackers, crumbled
- 1 package onion soup
- 2 eggs
- 1 teaspoon Worcestershire sauce
- 3 slices of bacon (optional)

Mix together meat, crumbs, soup mix, eggs and sauce. Shape into a loaf and place in a dark loaf pan. Top with bacon slices. Put loaf pan inside a dark roaster, cover and bake for 3 hours.

Moussaka

- 1 pound lean chili meat
- 1 pound ground lamb
- 3 large or 4 medium eggplants
- 1 medium onion, chopped
- 3 or 4 cloves of garlic, minced
- ground cinnamon to taste
- ground cloves to taste
- salt to taste

- 1 6 oz. can tomato paste
- 1 tablespoon olive oil
- fresh ground black pepper to taste

Slice eggplants crosswise (excluding ends) into round slices about 1/2" thick and place in a pot with heavily salted water. Let eggplant soak in the salted water to draw out bitterness. While eggplant is soaking, heat olive oil in a skillet on high heat, then brown onions and garlic. Lower heat to medium and add chili meat, lamb, cinnamon, and clove, and cook until browned, then turn off heat. Rinse eggplant and place in a dark cooking vessel, 3 1/2 to 5 quart capacity. Place meat on top of eggplant, then top with tomato paste. Place cooking vessel in solar cooker and cook at about 250F for 2 to 4 hours. When done, add salt and pepper and stir contents to blend ingredients and flavors. Makes 8-12 servings.

Moussaka was cooked in Cookit using a dark blue 5 qt. enamel clad steel pot with a glass lid. Cooked August 21st, 1PM-4PM, in San Antonio, Texas (29.5 N). The city is about 300-350 ft. above sea level. Weather: Few clouds, very light winds, high humidity. Air temperature 95-98F.



Tamale Pie

- 1 pound ground beef
- 1/2 cup onion, chopped
- 1 envelope taco seasoning mix
- 1 cup corn, frozen
- 1 8-oz. can stewed tomatoes (drained) or fresh tomatoes
- 3 eggs
- 1 1/3 cups milk
- 2/3 cup Bisquick baking mix
- 1/3 cup yellow cornmeal

Place ground beef and onion in dark pan. Cover and cook for one hour. Drain. Add seasoning mix, corn and tomatoes. Beat together the remaining ingredients and pour over the ground beef mixture. Cover and bake for 1 1/2 hours. Optional: 1 8-oz. can of dark olives, 3 tablespoons of taco sauce and 1 cup cheddar cheese may be added.

Pork Spareribs

- 3 pounds pork spareribs, cut into serving size pieces
 - Salt and pepper to taste
 - 1 jar barbeque sauce
- Cover and bake in preheated solar oven 4 hours. Coat with barbeque sauce and cook for another hour.

Solar Stew

- 1 pound beef stew meat
- 1 medium onion, chopped
- 3 potatoes, diced
- 3 carrots, diced
- 6 to 8 ounces stewed tomatoes (or vegetable liquid or tomato juice)
- Seasoned flour
- 1 bay leaf
- 1 parsnip
- 1 green pepper
- fat for browning

Indoors, using conventional stove top, heat "Dutch oven" or other suitable browning/stewing utensil that has a dark exterior. Mix seasonings with flour and shake onto meat. Place fat in "Dutch oven", add meat and brown on all sides. Add onions and carrots. Turn heat off. Combine the remaining ingredients and pour over meat. Cover and cook in solar oven for about 3 hours.

Roast Beef

- 2 1/2 pounds top round roast
- Garlic
- 1 can mushroom soup
- 1 medium onion, sliced
- 1 cup celery, chopped

Slit roast and put garlic cloves into slits. Place in a dark pan, cover and bake 3 hours. Pour off liquid and save for gravy. Add remaining ingredients, cover and cook 1/2 to 2 hours longer.



Baby Back Ribs

- 1/2 slab baby back ribs (about 10 ribs)
- Chili seasoning

Rub the chili seasoning on the ribs. Place the ribs in a plastic bag. Place the plastic bag with the ribs in solar cooker. Cook at 275F-300F for 2 1/2 to 3 hours. This recipe was used in a Sun Oven for 2 1/2 hours at 300F between 12Noon and 2:30PM. Conditions: Clear, Temp 85F, Wind N 5-10, humidity 61%.

Breads

Helpful Hints: Use your favorite recipe, or frozen bread dough from the store. After dough has raised in a well-oiled dark pan with lid, put it into preheated 250°-300°F oven and bake 1 1/2 to 2 hours, refocusing once during cooking period (if convenient).

When crust is firm and golden brown, turn loaf out onto a rack to cool. The solar oven is an excellent place to raise yeast breads during the winter months.

Zucchini Loaf

- 3 eggs
 - 1 teaspoon vanilla
 - 1 cup oil
 - 2 cups grated zucchini
 - 2 cups sugar
- Beat above ingredients until light. Add:
- 3 cups flour
 - 1/4 teaspoon baking powder
 - 3 teaspoons cinnamon
 - 1 teaspoon baking soda
 - 1 teaspoon salt
 - Chopped nuts if desired

Place in dark pan. Cover. Cook for 2 to 3 hours in a solar oven. Let bread cool in pan for 10 minutes and then remove from pan.

Dutch Rye Bread

4 cups rye meal
1 1/2 teaspoons salt
2 teaspoons molasses
3 to 3 1/2 cups boiling water
1 cup cracked wheat
1 tablespoon kelp powder
2 tablespoons oil

Mix all ingredients together. Cover and let stand overnight. Add more wheat flour if necessary in order to shape loaf. Roll loaf in wheat germ. Place loaf in loaf pan and place in a dark colored pan, cover, and cook in solar oven all day or all afternoon. When completely cooled, wrap in moist towel, waxed paper or plastic, and refrigerate for one or two days before serving with butter, cream cheese, to accompany soups, etc.



Beer Bread

3 cups self-rising flour
2 tablespoons sugar
1 12-oz. can of beer, at room temperature
cheese slices

Mix first three ingredients together and place in buttered black pan with lid. Place cheese slices on top. Cover. Cook in solar oven for 2 or 3 hours.

Easy French Bread

1 package yeast
2 cups water
4 1/2 cups white flour
1 tablespoon sugar
2 teaspoons salt

Dissolve yeast in one cup lukewarm water. Sift flour with sugar and salt into a large bowl. Stir in dissolved yeast. Add just enough of the second cup of water to hold dough together. Mix until dough is sticky. Cover with a cloth and let rise until doubled. Butter or grease a round roaster and add dough to dark pan. Let rise another half hour. Cover. Bake in solar oven until golden brown, about 2 hours.

Foolproof Whole Wheat Bread

2 tablespoons dry yeast
5 cups hot water
2/3 cup oil
12 cups whole wheat flour
(or 7 cups whole wheat flour & 5 cups white flour)

1/2 cup warm water
2 tablespoons salt
2/3 cup honey or sugar
Sprinkle yeast into 1/2 cup warm water. Let stand 10-15 minutes. Add 1 tablespoon sugar. Combine the remaining 4 1/2 cups hot water with 7 cups whole wheat flour in a large bowl. Add salt, oil and honey or sugar. Continue mixing until well blended. Add 1 cup flour to mixture. Add prepared yeast to mixture and blend thoroughly. Add 3 to 4 more cups of flour. Knead for 10 minutes or until there is a consistency like cookie dough. A stickier dough will result in moister bread. Oil hands and divide dough into 4 parts. Mold into loaves on oiled counter. Place in oiled pans. Oil top of loaves if soft crust is desired. Cover loaves with damp cloth and let rise 1/3 in bulk. Place loaf pans in dark pans with lids, or insert an empty loaf pan on top of each loaf of dough. Cover. Place in solar oven by 11 a.m. Cook 2 1/2 hours.

Cornbread A La Sol

Dry Ingredients:
1/2 cup corn meal
1/2 cup corn flour
1 cup white flour
2 tablespoons baking powder (preferably aluminum-free)
3 tablespoons sugar
pinch salt

Liquid Ingredients:
1 egg
3 tablespoons oil
1 cup milk

Blend the liquid ingredients together. Add the dry ingredients and mix thoroughly. Pour into a 7 x 11 inch pan (preferably one with the underneath painted black). Bakes in about 1 to 2 hours. Consider it done when 'fault lines' appear to be running along the top.

Pasta

Solar Oven Lasagna

1 32-oz. jar spaghetti sauce
1 pound ricotta cheese
1 pound mozzarella cheese, shredded
Parmesan cheese

8 oz. package of lasagna noodles

Spread 1 1/2 cups of sauce over bottom of dark roaster. Coat uncooked noodles with ricotta cheese and layer over the sauce. Add half of the mozzarella cheese. Repeat layers of sauce, noodles and cheese. Top with remaining sauce. Sprinkle Parmesan cheese over the top. Cover and bake for 3 hours. Optional: 1 pound of ground beef cooked in a separate dark pan may be added to the sauce before preparing the lasagna.

If ricotta cheese is unavailable, fat free cottage cheese can be substituted.

Desserts

Hot Fruit Dish

3 bananas
4 apples
Honey, to taste (or sugar)
Lemon
Water

3 teaspoons cinnamon
6 whole cloves

Slice bananas. Cut apples into eights (peel if desired) and place apples into lemon water to keep from discoloring. Drain. Mix fruit, cinnamon and cloves. Cover. Bake for 1 to 1 1/2 hours. Serves 4.

Quick Raisin Pie

1/4 cup butter or margarine
3/4 cup sugar
3 eggs
1 teaspoon vanilla
1 1/2 cups raisins
1/2 cup chopped walnuts
1 stick pie crust mix
whipping cream

Cream butter and sugar together until well blended. Beat in eggs and vanilla (mixture will be slightly curdled.) Add raisins and walnuts. Crumble the pie crust mix into filling mixtures, stirring until well

distributed. Pour into a greased 9-inch amber casserole or black granite roaster. Cover and bake in solar cooker approximately 1 1/2 hours. (It has a cake-like appearance when done. Cool and serve cold or warm with whipped cream or ice cream.

Solar Baked Brownies

- 1/2 cup shortening
- 2 1-oz. squares unsweetened chocolate
- 2 eggs
- 1 cup sugar
- 1 teaspoon vanilla
- 3/4 cup flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup broken walnuts

Melt shortening and chocolate together in solar cooker; cool. Beat eggs until light; stir in sugar, then chocolate mixture and vanilla. Add dry ingredients, mix well. Add nuts. Bake in greased 9-inch round dark roaster pan, covered, for one hour. Cut into squares.

Peach Pudding Cake

- 1/4 cup melted butter
- 1 package yellow cake mix
- 1 3 1/4-oz. instant vanilla pudding mix
- 1 egg
- 1 cup milk
- 1 16-oz. can peaches, undrained (or 2 cups)
- 1 teaspoon grated lemon peel

Melt butter in 13 x 9 inch pan. In large bowl, stir cake mix and pudding mix together. Add egg and milk. Beat until smooth. Add peaches with juice and lemon peel. Pour into baking pan. Cover. Bake two hours or until done.

Oatmeal Squares

- 1 egg, beaten
- 1/2 cup honey
- 1/2 cup melted butter
- 1 teaspoon vanilla
- 1/2 cup whole wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon nutmeg
- 1 cup quick-cooking rolled oats
- 1/2 cup chopped walnuts

In a small bowl, beat together egg, honey, melted butter, and vanilla. In another bowl, sift together flour, soda and nutmeg. Add oats and walnuts to the flour mixture. Stir. Add the egg mixture to dry ingredients. Mix well. Bake in a covered, buttered 9 x 9 inch pan. Raisins and/or carob chips may be added.



Blueberry Muffin Cake

- 1 package blueberry muffin mix
- 1 egg
- 1/3 cup brown sugar
- milk
- margarine
- 1 teaspoon cinnamon

Prepare 1 package of blueberry muffin mix following the instructions. Line the bottom of a 9-inch round roaster with a piece of wax paper. Pour in the blueberry muffin mix and cover with lid. Place in a preheated solar oven and bake for 1 hour. After removing cake from

oven, a mixture of brown sugar and cinnamon may be added to the top. Cover cake with lid for five minutes to let heat of cake adhere the topping. Remove lid, let cool. Run knife around edge, hold hand over cake with hot pad, invert and remove cake, peel off wax paper, invert plate over cake bottom and turn right side up.

Crustless Pie

- 6 apples (chopped or sliced)
- 1/3 cup sugar
- Cinnamon
- 1/2 cup butter
- 1 cup flour
- 1 cup brown sugar

Place apples and sugar in buttered round or oval black roaster. Work together the flour, brown sugar and butter and sprinkle over apples. Sprinkle cinnamon on top. Cover and bake in solar oven about two hours. Cool, serve with vanilla ice cream.

Apple Cupcakes

- 2 cups sugar
- 1/2 cup oil
- 2 eggs
- 6 cups apples
- 2 cups flour
- 2 teaspoons cinnamon
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon nutmeg

Combine sugar, oil, eggs, and apples. Sift together the flour, cinnamon, baking soda, salt and nutmeg. Add dry ingredients to the sugar mixture. Use paper cupcake liners in dark cupcake pan. Fill cupcake pans half full of batter. Bake in solar oven approximately 2 to 2 1/2 hours. If it is a sunny day, watch the baking time.



Brownie Pudding

- 1 cup flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 3/4 cup sugar
- 1/4 cup + 2 tablespoons cocoa
- 1/2 cup milk
- 2 tablespoons melted butter
- 1/2 cup chopped nuts

1 cup brown sugar
1 1/2 cups boiling water
In a large bowl, sift together the flour, baking powder, salt, sugar and 2 tablespoons cocoa. Add the milk, butter and nuts. Mix thoroughly. Spread in a greased 9-inch dark pan. Mix together the brown sugar and 1/4 cup cocoa and sprinkle over the batter. Pour the boiling water over the batter. Cover. Bake about 2 hours in a preheated solar oven. Fudge sauce forms under brownie like topping.

Rice Pudding

- 1 cup rice, cooked
- 3 eggs
- 1 1/3 cups milk
- 2 tablespoons brown sugar
- 5 tablespoons sugar
- 1 tablespoon butter
- 1 teaspoon vanilla

1/2 teaspoon lemon juice
fresh lemon rind
cinnamon

Combine eggs, milk, sugars, butter and vanilla. Mix into the cooked rice. Add lemon juice and rind. Place in dark pan. Cover and bake 1 1/2 hours. Sprinkle with cinnamon and brown sugar when done.

Apple Custard

1 13-oz. can evaporated milk
1/3 cup honey
4 eggs
1 teaspoon vanilla
1/2 teaspoon cinnamon or cardamom powder
3 to 4 cups apples

Blend ingredients (except apples) for a few seconds in a blender. Place apples in a dark baking dish. Pour liquid mixture over the sliced apples. Cover, place in solar oven and cook about 1 1/2 hours to 2 hours.

Hot Fudge Sundae Cake

1/2 cup flour
3/4 cup sugar
1/4 cup + 2 tablespoons cocoa
2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk
2 tablespoons oil
1 teaspoon vanilla
1 cup nuts, chopped
1 cup brown sugar
1 3/4 cups hot water



In a dark round roaster stir together the flour, sugar, 2 tablespoons cocoa, baking powder and salt. Mix milk, oil and vanilla until well-blended. Add the milk mixture to the dry ingredients. Add nuts. Sprinkle brown sugar and cocoa over batter. Pour water over batter. Cover. Bake approximately 1 1/2 to 2 hours. Remove from oven and let stand 15 minutes. Spoon into dessert dishes. Top with ice cream. Spoon sauce over each serving.

Baked Apples

Apples, Sugar (brown and white), and Cinnamon.
Do not peel apples. Core. Fill cavity with sugars. Sprinkle with cinnamon. Place in dark pan. Cover and bake 1 1/2 to 2 1/2 hours.

Peach Meringues

5 medium peaches
2 1/2 teaspoons brown sugar
Cinnamon
3 egg whites
1 teaspoon vanilla
3/4 cup sugar

Wash and half the peaches. Place peaches cut-side up in pie pan or dark casserole dish. Place 1/2 teaspoon brown sugar in cavity of each peach half and sprinkle with cinnamon. Cover and bake 1 1/2 hours. Beat egg whites at medium speed until soft peaks form. While beating at high speed add vanilla and gradually add sugar. Remove peaches from oven, top with meringue, cover each peach completely. Bake uncovered for 1 hour. Serve hot or cold.

“No Fail” Solar Cookies

1 cup oats
1 cup flour
1 pinch salt

1/3 cup oil
1 teaspoon vanilla extract
1/2 cup sugar (white or brown)
1/2 teaspoon baking soda
1/2 cup chocolate chips and/or raisins
1/2 cup water

Note that the recipe calls for BAKING SODA, not baking powder. However, sometimes I put in 1/2 teaspoon of baking powder for additional fluffiness. Mix ingredients together and then form cookies. Comfortably makes 12 cookies spread over (2) 11 x 7 inch baking pans. If you are using a Heaven's Flame type of cooker where the food will not be flat, consider using a couple of 11 x 7 inch mini-muffin pans. With two of these, you can make 18 to 24 mini-cookies (enough for everyone in the class!). I find that using a 50/50 mix of raisins and chocolate chips makes for a cleaner eating experience. However, if you use raisins, be sure not to bake too long (more than 2.5 hours) because raisins start becoming crunchy after awhile. Cooks in as little as 25 minutes in a hot oven or 1.5 hours in a cooler oven.

Solar Fruit

1 firm, ripe banana
1 red apple
Ground Cinnamon
Sugar
Honey
Walnuts
Orange rind (if desired)

Slice apple & banana. Sprinkle as much cinnamon & sugar over as desired. Sprinkle walnuts on top. Pour honey on top. Bake for 30 minutes or until soft. If you want to, add orange rind before baking for extra flavoring.

Sweet Cinnamon Rolls

2 packages dry yeast
1/2 cup warm water
1/2 cup warm milk
3/4 cup sugar
1 tsp salt
2 eggs
3/4 cup butter - softened
4.5 - 5 cups flour
2 teaspoons cinnamon
1 cup powder sugar
1 tsp milk and 1/2 tsp vanilla

Dissolve yeast in warm water. Stir in salt, sugar, eggs, butter and 2.5 cups of flour. Beat until smooth. MIX IN ENOUGH OF THE REMAINING FLOUR TO MAKE DOUGH EASY TO HANDLE. Knead dough lightly on floured board. Let dough rise in warm place about 1.5 hours. Take 1/2 (or cut the recipe in half) the dough and roll it flat. Shape it into a 15" x 9" rectangle. Spread the softened butter over rectangle. Mix 1/4 cup sugar with cinnamon. Sprinkle sugar cinnamon mixture over rectangle. Roll up beginning at the wide side. Pinch ends to seal well. Stretch roll to make even.

Cut roll into 15 slices. Place on greased baking pan. You can let them rise or just place them into the oven. Cooking time is a little over an hour depending on your taste preference. Icing, mix powder sugar, milk and vanilla until creamy smooth and pour over while rolls are still warm.

Looking for a time saver? Try the pre-made cinnamon rolls in your grocers freezer and just follow the above cooking directions. They come with packets of icing.

