

# Solar Cooking Tips & Techniques



Solar ovens need sunshine!! Place the oven in a sunny spot. Reposition the oven as often as necessary to keep the oven pointed directly into the sun with no shadows.

Start with something easy - brownies

Resist the temptation to open the solar oven and "stir the pot". Opening the solar oven can drop the temperature by 50° - 100°. Tight fitting lids keep the steam in, reducing the need to stir and reducing the cooking time.



Solar cooking is similar to cooking in the crockpot or a low oven. Standard recipes will take 2 - 3 times as long to cook in the solar cooker (depending on how hot the solar oven gets) as it will take in the oven. In general, liquids need to be reduced about 1/4 - 1/2 cup since there is no evaporation from steam.

Best cooking time in the summer is between the hours of 10:00 AM and 4:00 PM because the sun is directly overhead for a longer period of the day. Best cooking time in the winter be reduced to between roughly 11:30 to 2:30 PM.



Solar ovens reach temperatures between 200° - 350°. Pots will be very hot. Remember to use a pot holder.

Solar ovens temperatures vary depending on type of oven and weather conditions, but will generally reach temperatures between 200 degrees to 350 degrees  
150 degrees - germs are killed; water pasturized  
180 degrees - foods will cook  
212 degrees - water boils

Wind will affect the oven temperature so find a sheltered, but sunny location.



## Practice, Experiment, Enjoy.

Practice. Like any new appliance, there is a slight learning curve to determine what works best, and what you like. Experiment to find the best place to put the oven to get the most sunlight. Enjoy the fun and the free solar energy.

[www.SunshineOnMyShoulder.com](http://www.SunshineOnMyShoulder.com)



Use dark pots with tight lids. Shiny pots reflect the heat. Thin metal is recommended because it heats up quickly. Cast iron pots are heavy and take longer to heat up, but hold the heat well. Canning jars painted black can also be used. (Put a piece of masking tape on two sides of the jar before painting. Remove when the paint is dry. This will allow you to see the food inside the jar.)



Food cooks faster in smaller quantities so divide up amounts into two pots. Chop food into smaller pieces.

Sunshades are a good idea to protect your eyes from the glare from the reflectors.



**FOOD SAFETY:** Remember that some foods left at a temperature between 50 and 150 degrees for 3 or 4 hours can grow harmful bacteria and can carry a risk of food poisoning. The solar oven will reach and maintain temperatures to ensure safe cooking. Don't put food out before the sun is up, or leave out on cloudy days.

Pre-heat the solar oven for 30 minutes when baking bread, biscuits, cakes, cookies. Bake uncovered.

Get an early start. Some foods take longer than others.

Keep the reflectors and transparent cover clean to allow the greatest amount of sunlight to enter the box.

