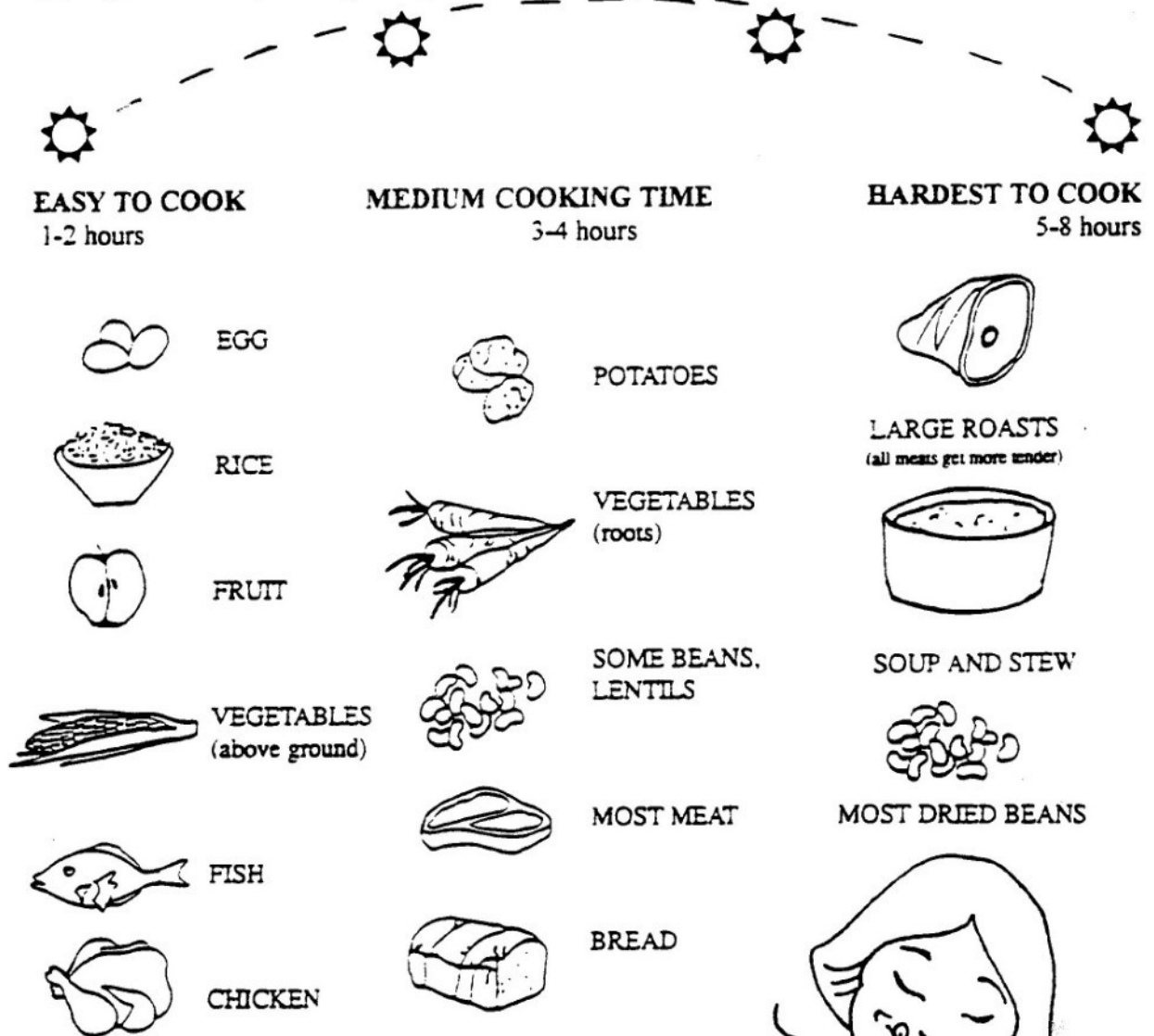


How long to cook?

Start early, allow several hours. Food won't overcook and doesn't need stirring. For noon meal, start solar cooking in early morning. For evening meal, start by early afternoon. Approximate cooking times for 4 pounds (2 kilos) of food on a sunny day:



Enjoy a delicious meal!

HINTS:

While putting in or taking out food, stand in front of the cooker to make a shadow for less glare in your eyes.

On windy days place rocks in the corners or tie it down.

