

RECIPES

"Hard Boiled" Eggs Cook eggs in their shell in 1/2 hour (add no water). Overcooking tans the outside of the white, but doesn't affect the taste. You can add water to prevent tanning, but you will lengthen the cooking time to 2 or more hours.

Potatoes Whole or cut up (faster)- bake 2-3 hours.

Squash Cut into chunks- add butter, nutmeg & brown sugar. Bake 2 hours

Pasta Cooks if the uncooked pasta is thoroughly covered with a watered down sauce.
Bake 3 hours

Couscous 1 cup for 1 hour

Bulgur 1 cup for 2-3 hours

Corn Bread Any mix. Bake 2 hours

COOKING HINTS

Start with small quantities of food, first, to get a feel for this new method of cooking. Your regular oven is bottom heated. Here the heat comes from the top and the sides. Any Crockery/ Slo-Cooker recipe will work because of the similar cooking characteristics.

Enamelware (dark, thin) works great! Tinted glassware with covers work well too!

The large mass of cast iron and crockery divert heat energy from cooking the food. They work, but increase the cooking time. They are more tolerant of passing clouds, though.

Jars painted black work very well when the lid is loose enough to vent steam- or punch a hole in the lid.

Compensate cooking times or cooking quantities for the strength of the sun. Less time needed in the summer than the winter, try much less quantity in the winter. These recipes were tested in Seattle May 1st - September 30th. For example; a 3 pound roast takes 2 1/2 - 3 hrs in early September in Seattle. Already cooked food reheats in a fraction of the cooking time.

Multiple cookers can make for a multi-course banquet in the middle of nowhere! One cooker for rice, one for chile verde, one for refried beans, one for flan or custard ... Maybe, chocolate fondue?

Solar heat your dishwater while you are eating, morning or evening. Works great and saves fuel. Snow campers can save fuel by melting snow for water with solar energy.

COOKS WHILE YOU PLAY ! Food doesn't overcook or burn.