

## Recipes and Instructions for Solar Oven Cooking

### Beans in Sauce

#### Ingredients

½ lb (1 cup) of beans  
2 cloves of garlic, minced  
1 onion  
½ Tbs of oil  
1 full branch of green herbs (parsley or cilantro)  
a pinch of sugar

#### Instructions

Soak the beans in water the day before to soften.  
Be sure the beans are covered by an inch of water.  
Add garlic, onion, green herbs, salt, sugar and oil.  
Place the black pot with the beans in the Solar Oven and cook for four (4) hours.

### Oatmeal

#### Ingredients

3 cups of water  
4 cups of milk  
2 cups of oatmeal  
1 teaspoon of salt  
Cinnamon to taste  
1 teaspoon of vanilla  
¾ cup of sugar

#### Instructions

Combine the oatmeal with the milk and water. Stir and add the sugar, vanilla, salt and cinnamon. Stir well until the sugar dissolves. Cook in the Solar Oven for about 1 ½ hours.

### White Rice

**White rice requires a total of two and a half (2 ½) hours to be cooked: one (1) hour to heat the water and an hour and a half (1 ½) to cook the rice, if there is strong sunlight. Remember that when you open the oven, it loses heat, so avoid opening it a lot.**

1. Put the oven in the sun to heat up.
2. Measurements must be exact. Measure three (3) cups of water, three (3) tablespoons of oil and salt to taste. Combine these three ingredients in a black pot and cover with the black pot.
3. Check the temperature on the oven thermometer. Place the pot with the water, the oil and the salt into the hot oven. Leave the water to heat in the oven for an hour.
4. Measure out two and a half (2 ½) cups of white rice. The measurements must be exact in order for the rice to come out granulated. Open the oven. Remove the pot and immediately close the oven. Uncover the pot and add the rice. Cover the pot and place it back into the oven. Close the cover of the oven. This process should be done as quickly as possible to avoid losing heat loss from the oven and the pot. When heat is lost, the cooking process is slowed down.

Cook the rice for an hour and a half (1 ½). Make sure it is cooked. When the rice is ready, fluff it with a fork.

### Moro (Rice and Beans cooked together)

**Option:** Cook the beans the day prior. After heating the three (3) cups of water for about an hour, add the rice, the beans (drained) and the tomato.

1. Soak a half (1/2) pound of beans in water overnight.
2. Add vegetables to taste, bell pepper  
½ medium red onion, chopped  
½ teaspoon dried oregano  
2 cloves of garlic, crushed  
One branch of fresh cilantro  
1 teaspoon of chopped parsley
3. Cook the beans (soaked in water the night before)  
Make sure that they are covered with at least one (1) inch of water when you place them in the solar oven. It will take four (4) hours to cook in the solar oven when the sky is clear (not cloudy).
4. Measure the water strained from cooking the beans until it measures three (3) cups. This must be exact so that the rice cooks to the right texture. Excess bean water may be thrown out, or water may be added if needed to make the three (3) cups. Add a quarter (1/4) cup of oil and salt to taste.
5. 2 ½ cups of rice (The measurements must be exact to that the rice will cook to the right texture.)  
Three (3) tomatoes, chopped in small pieces, to be added at the end.  
After an hour, add the rice, the softened, drained beans and the three (3) chopped tomatoes to the hot water.
6. Cook the rice for another hour and a half. Be sure it is cooked through. When the rice is ready, fluff it with a fork.

## **Adobe Oven Bread**

### **Ingredients**

1 teaspoon dried yeast  
2 cups of water  
½ tablespoon of sugar  
½ tablespoon of salt  
6 cups of flour, approximately

### **Instructions**

Dissolve the dried yeast in the water. Mix the sugar, salt and as much of the flour as can be stirred into the water. Turn out onto a floured surface and knead for 15 minutes or until all of the flour is used (for a heavier bread, knead in an additional ½ cup of flour). To test if the dough is ready: poke the dough quickly with a finger. If the indentation fills in quickly, the dough is ready. If the indentation closes slowly, add a little more flour and continue kneading.

Place the dough in an oiled pan and cover in a warm (not hot) place. Let it rise for one (1) hour and 15 minutes until it doubles in size. Shape into two (2) loaves. Place each loaf into a greased and floured black solar oven pot. Place the covered pots into the hot solar oven and cook until browned and until they sound hollow when gently tapped.

## **French Bread**

### **Ingredients**

2 ¼ cups of water  
3 tablespoons of oil  
¼ cup of sugar

½ tablespoon of salt  
6 cups of flour  
½ tablespoon of dried yeast

### **Instructions**

Mix the water, oil, sugar, salt and flour. Add the dried yeast and knead for ten (10) minutes. Let the dough rest for 15 minutes. Divide the dough in half and shape into two baguette loaves. Place the two loaves into the greased and floured solar oven bread pan, making several thin diagonal cuts across the surface. Cover the loaves with a black cloth and place them in the heated solar oven. Allow to cook until it turns brown.

## **Pizza**

### **Ingredients**

1 tablespoon of dried yeast  
1 cup of warm water  
1 teaspoon of sugar  
1 teaspoon of salt  
1 tablespoons of oil  
2 ½ cups of flour

### **Instructions**

Dissolve the yeast in the warm water. In another bowl, mix the flour, sugar and salt. Mix the yeast dissolved in the water with the oil and add to the flour, sugar and salt. Knead it all. Let the dough rest for five (5) minutes. Then divide the dough into three (3) parts and place them into three greased and floured pots. Spread tomato paste onto each dough and add the following ingredients as desired: tomatoes, cheese, pepperoni, bell peppers, olives, etc. Cover the pots and place them in the oven. Cook for one and a half (1 ½) to two (2) hours.

## **Corn Bread**

### **Ingredients**

2 ½ cups of flour  
1 ½ cups of finely ground corn  
1 ¼ cups of sugar  
4 teaspoons of baking powder  
1 ½ teaspoons of salt  
2 beaten eggs  
½ cup of butter  
2 cups of evaporated milk. Another option is to use one and a half (1 ½) cups of evaporated milk and one half (½) cup of water.

### **Instructions**

Combine the dry ingredients and mix them well. In another bowl, mix the beaten eggs, the butter and the milk. Pour the wet ingredients into the dry ingredients; mix only until the dry ingredients are dampened. Place the mixture into two (2) greased and floured solar oven pots. The mixture should touch the sides of the pot and also cover the bottom. Place the covered pots into the hot solar oven to cook. The bread is finished when a wooden toothpick inserted into it comes out clean.

## **Baked Macaroni and Cheese**

### **Ingredients**

8 ounces of macaroni  
5 ounces of grated cheese

¼ cup of butter (½ stick)  
1 Tbs of flour  
3 cups of evaporated milk

### **Instructions**

Heat 1/3 to ½ pot of water with a tsp of salt in the oven for an hour. Remove the pot from the oven, quickly closing the oven to keep the heat inside, and add the macaroni to the hot water. Swish the macaroni in the water, then drain the water. Transfer the macaroni to another bowl and place the butter into the still-hot pot and stir around to melt the butter. (If it doesn't melt, cover the pot and place it in the sun for a few minutes to melt it.) When the butter is melted, sprinkle the flour into the butter while stirring. Add the milk while stirring into the butter-flour mixture. Stir in the grated cheese, then the macaroni. Cover the pot and place in the solar oven to bake for an hour and a half.

## **Banana Bread**

### **Ingredients**

½ cup of butter (1 stick)  
1 cup of sugar  
1 egg  
1 tsp of vanilla  
3 medium ripe bananas  
2 cups of flour  
1 tablespoon of baking powder  
¼ tsp of salt  
1 tsp ground cinnamon  
1 tsp ground nutmeg  
½ cup of milk

### **Instructions**

In a large mixing bowl, mix together the butter and sugar. Add the egg and mix well. Add the vanilla and mix well. In another mixing bowl, combine the flour, baking powder, salt, cinnamon and nutmeg. In a third mixing bowl, mash the bananas with a fork. Add the milk and mix well. Add the flour mixture and the banana mixture a little at a time to the butter mixture, alternating between additions of the flour and of the bananas and mixing well after each addition. Rub butter (or shortening) onto the bottom and about 3 inches up the sides of two black solar oven pots. Drop a spoonful of flour into each pot and gently tap to coat the greased pot with a thin layer of flour. Discard any excess flour. Divide the batter between the two pots, and place them in the solar ovens to bake for approximately 2 hours. The bread is done when the sides pull slightly away from the bot and a toothpick or knife inserted into the middle of the bread comes out clean.

## **Pineapple Upsidedown Cake**

### **Ingredients**

#### **For the bottom**

1 medium pineapple or 1 can pineapple  
1 cup brown sugar  
2/3 cup butter

#### **For the batter**

1 cup butter (2 sticks)  
2 cups white sugar  
8 eggs  
2 cups flour  
1 Tbs

baking powder  
½ tsp salt  
1 Tbs vanilla  
1 cup evaporated milk

### **Instructions**

#### **For the bottom**

Peel the pineapple and remove the core. Cut the pineapple into pieces, either slices about ¼ inch thick or thin chunks. If using canned pineapple, remove the pineapple from the juice. If using chunk-style, cut each chunk into 2 or 3 smaller chunks. Place the pineapple on the buttered bottom of two black solar cooking pots. Sprinkle half of the sugar over the pineapple in each pot. Cut the butter into little pieces and dot them all over the sugared pineapple, using half of the butter for each pot.

#### **For the batter**

Mix the butter and sugar until they are creamy. Add the eggs, one at a time, mixing after each addition. In a separate bowl, mix the dry ingredients: flour, baking powder and salt. Mix approximately 1/3 of the dry ingredients into the egg-butter-sugar mixture. Then add about 1/3 of the milk and mix thoroughly. Add ½ of the remaining dry ingredients and mix. Now add the vanilla to the remaining milk and add to the batter and mix. Add the remaining dry ingredients and mix thoroughly.

Pour half the batter over the pineapple with sugar and butter in each pot. Cover the pots and place in the solar oven to bake for approximately 2 hours.

## **Chocolate Cake**

### **Ingredients**

1 cup (2 sticks) of butter  
2 cups of sugar  
4 eggs  
2 tsp vanilla  
1 cup evaporated milk  
½ cup cocoa powder  
3 ½ cups flour  
4 tsp baking powder

### **Instructions**

Mix the butter and sugar in a large mixing bowl. In a small bowl, beat the eggs and vanilla. Mix into the butter-sugar mixture and then mix in the milk. In a separate bowl, mix together the flour, cocoa powder and baking powder. Stir into the wet ingredients and mix well.

Butter the bottoms and up a few inches of the sides of 2 solar cooking pots. Add a spoonful of flour and tap to coat the buttered pot with flour. Discard any excess flour. Divide the cake batter between the 2 pots, cover them and bake in the solar oven for approximately 2 ½ hours. Cake is done when a toothpick or knife inserted in the middle comes out clean.