

# Solar Oven Cooking

By Merry Bevill



Recipes and Answers to Life's Solar  
Cooking Questions



Solar Oven Cooking 2017(c)

Merry Bevill

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# Introduction

Welcome to *Sunshine On My Shoulder (SOMS)*, a guide to solar cooking and outdoor kitchen. There is more to outdoor cooking than just grilled burgers and dogs. With an outdoor kitchen consisting of 2 grills, 3 smokers, an assortment of deep fryers and Dutch Ovens, and a yard full of solar cookers, we can cook just about anything.



Solar Cooking  
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# Sunshine On My Shoulder



While Dutch Ovens have been around for centuries, solar cooking is a relatively new way to cook. Solar cooking is any method of cooking that uses the free energy that comes from the sun as the primary fuel source.

In the summer of 2008, when I began solar cooking, there was very little information about solar cooking on the internet. There were a couple of commercial sites that sold solar ovens, and a few sites that focused on the science behind it. And although there were a few basic recipes on those sites, there was not much information to help a beginner get started.

There weren't any sites that focused on the food.

**And come on! Be honest! It is all about the FOOD!**

You don't have to understand the science behind solar cooking, but you do have to love the food.

Otherwise, what is the point?



If you want to learn more about outdoor cooking, you are definitely in the right place.

Oh, and I would love to know that you stopped by, so please leave me a note on Facebook or Twitter (@sunonshoulder). Tell me about your outdoor cooking experiences. Share or suggest a recipe. Or just say hello.

Or you can contact me by email at [sunshineonmysoulder@cox.net](mailto:sunshineonmysoulder@cox.net).

# What is Solar Cooking?

## What is Solar Cooking?

Solar cooking is any method of cooking that uses sunlight as its primary source of fuel. A **solar oven** or **solar cooker** is a device that uses sunlight as its energy source to cook food.

Solar cooking is a great way to get outside and cook. What is it about outdoor cooking that we all love? Is it the fresh air? Is the feeling of adventure? Is it the primordial memory of our pre-historic roots? Whatever the reason. Cooking outdoors is fun and festive. I love cooking outdoors.

My outdoor kitchen includes smokers, grills, fryers, dutch ovens, and solar cookers. Although I cook with them all, and write about them all, my main focus is solar cooking. Why? Because I love it

The benefit of solar cooking is that you are not dependent on any other types of fuel. So while the sun is shining, you will not need to use your electricity, your gas, your firewood, your charcoal, or your butane.

Save all of those for cloudy days or nights. Want to be environmentally friendly? Since there is no smoke, you are not contributing to the pollution of the atmosphere, either!

Because there is no fire, solar cookers can be used in no burn areas and on no burn days. And no trees have to be chopped down to provide your fuel. And in emergency situations where there is no fuel, or the fuel is gone, a solar cooker can still provide a hot meal.

## What is a Solar Cooker?

# What is a Solar Cooker?

There are four main types of solar cookers - panel cookers, box cookers, parabolic cookers and tube cookers.

## BOX COOKERS

Box cookers (also called box ovens) trap the heat inside of a closed box. In general, the cooker is made of two boxes, separated by insulation. The inside of the box can be painted black to trap the heat. The top is covered with glass, plexiglass, or clear acrylic. Just like with a panel cooker, reflector panels reflect the sun rays down into the box. Temperatures reach between 250° F (121°C) – 400°F(204°C).

This type of cooker is extremely versatile and can cook almost anything, such as soups, meats, vegetables, casseroles, bread, and cookies. The All American Sun Oven and the Solavore Sport are two popular box cookers.

## PANEL COOKERS

Panel cookers consist of several shiny reflector panels that gather the sun rays. The food is cooked in a pot that is placed into an oven cooking bag or glass bowl. The bag/bowl acts like a greenhouse and traps the heat inside.

The Cookit Foldable Panel and the All Season Solar Cooker are two examples of panel cookers. Cookit's can be easily made out of cardboard from plans found on-line. Temperatures reach 250° F (121° C) – 300°F (149°C). This type of cooker is good for general cooking of soups, meats, vegetables, casseroles, and desserts.



# What is a Solar Cooker?

## PARABOLIC COOKERS

Parabolic cookers resemble giant satellite dishes. And in fact, homemade parabolic cookers are often made from old satellite dishes. The sun rays hit the shiny metal dish and are reflected up from the curved surface to the focal point, where the pot sits. Parabolic cookers reach extreme temperatures of 500°F (260°C) - 700°F (371°C) that can fry food and pop popcorn. The SolSource Solar Stove and the Sun Chef are two popular models of parabolic cookers.

## EVACUATED TUBE COOKERS

One of the newest types of cookers to come on the market is the evacuated tube cooker. This cooker is a glass tube with a metal tray inside where you add the food. Once the food is placed inside the tube, the end is closed with a stopper. The tube is often surrounded by a shiny reflector. This cooker cooks fast and hot. It does well even on slightly cloudy days. It reaches a temperature up to 550°F (290°C). This cooker gets hot enough to cook meat, bread, vegetables, and desserts. The Go Sun is an example of a tube cooker.

## HOW TO COOK

Solar cookers convert the energy from the sun into heat. Therefore, in order to cook, there must be sunshine. To achieve the best results, i.e. the hottest temperatures and the fastest cooking times, keep the solar cooker focused into the sun, with few or no shadows in the cooker. To focus the cooker, stand behind it and aim it directly into the sun so that its shadow falls directly behind it. Refocus the cooker as often as necessary to keep it focused into the sun.

In general, there is enough sun to cook if you can see a shadow. A few clouds overhead are acceptable. The best cooking hours are in the middle of the day, but conditions such as the weather, the location of trees and buildings, and your local climate will dictate your best hours. Placing the cooker in a protected area away from the wind will help keep the oven operating at its hottest.

# How to Cook in a Solar Cooker

Food in a solar oven generally takes about one and a half to three times as long to cook as in a regular oven. Allow plenty of time and ensure there will be plenty of sunshine to enable solar cooking. Since it is often difficult to determine whether food is completely done or not, use a food thermometer to verify the internal temperature of the food.

- 140°F – Ham, fully cooked (to reheat)
- 145°F – Beef, pork, and lamb
- 160°F – Egg dishes and ground meat
- 165°F – Poultry, stuffing, casseroles, reheat leftovers

# What Can Be Cooked in a Solar Cooker?

## What can be cooked in a Solar Cooker?

A **box cooker** can cook almost anything that can be cooked on the stovetop (except for frying), in the oven, in the microwave, or in a slow cooker. In fact, it is very much like cooking in a slow cooker. Panel cookers do not get as hot as a box cooker, but still cook very well and can cook almost the same foods. Because parabolics reach such high temperatures, they can fry, and boil water.



# Cookware Guide

## Solar Cooking Cookware Guide

So you finally invested in a solar cooker. Maybe you bought it. Maybe you made it yourself. And now you are ready and anxious to get cooking when the thought suddenly hits you, “What about pots? Do I need special pots?” The answer is no, you don’t need special pots. The pots you have will probably work. However, some pots work better than others. Here are some guidelines for solar oven cookware.



Dark pot with lid, glass lid, steamer basket used in solar cooking

# Cookware Guide

Use dark metal pots. Shiny pots reflect the light away from the vessel. Dark pots absorb the light and energy and will heat faster. Thin, dark metal pots, such as granite ware, heat quickly. Ceramic pots and cast iron heat slowly. However, once cast iron is heated, it holds the heat and cooks well. Pots suitable for solar cooking may be as close as your own kitchen.

The steamer basket has been part of my kitchen collection for years and fits perfectly inside of the granite ware pot. But if you are looking for other inexpensive pots, try the discount stores. And finally, check out Goodwill. I bought several pots there. I have pots in all sizes, from very small to very large, to accommodate almost any thing. And of course, pots can be purchased online.

Bread, cakes, cookies, and brownies should be baked uncovered in the solar oven. For almost everything else, use a lid. The lid helps hold in the heat and the steam. The glass lids that I use all came from the set of pots in my kitchen. They fit the granite ware pot and allow me to watch the food.



Dark colored bread pans are essential for successful solar cooking.

# Cookware Guide

## Glass Jars

Glass jars are convenient and popular, and come in a wide variety of sizes. As a safety precaution, when using jars with one – piece lids, such as mayo and jelly jars, it is extremely important to tap a hole into the center of the lid to allow steam and pressure to escape.

Canning jars are meant to withstand the high temperatures associated with canning and the two piece lids allow for the release of pressure. For best results, clear jars and shiny pots can be painted black. When painting jars, place a strip of masking tape down the length of the jar. When the paint is dry and the masking tape is removed, the remaining clear window will allow you to keep an eye on the progress of your dinner.

On a cautionary note, these jars will get extremely hot during cooking. Remember to always use a pot holder when removing the jars from the solar cooker.

## Black Silicon Pots

Silicon pots can also be used successfully in a solar oven. Although they do not get as hot as a metal pot, they are light weight and easy to carry around.

Black silicon pots, black cookie sheet, black painted canning jar are part of my solar kitchen collection.

Once you have your pots, and are ready to start cooking, here are a few other tips. When possible, use a wire rack to raise the pot from the floor of the oven. This allows the air to circulate underneath the pot to heat the bottom. My own preference is to use several rings from canning jar lids since they can be configured to fit any size pan and still leave room for something else. I keep them in the oven all the time

# Cookware Guide



Foil can be used in a solar oven when necessary, but just like with shiny pots, shiny foil will reflect the light and heat, and food will cook slower. Covering the foil packet with a clean black cotton or cotton blend fabric, or using a black fabric bag or sock, will trap and hold in the heat and facilitate cooking.

## Oven Thermometer

Get a good oven thermometer. They are inexpensive and can be found in cooking stores, and on the cooking aisle of grocery and department stores. The thermometer will allow you to monitor the oven temperature without opening the door and losing the heat. An internal digital thermometer will allow you to monitor the temperature of the food.



# RECIPES





# Vegetable Beef Stew

## Vegetable Beef Stew

Beef Stew, hearty with big bites of beef and potatoes and carrots and beans, is such a easy dish to cook that it is one of my favorite “go to” dishes. I often recommend this dish to new solar chefs as an easy way to get started solar cooking.

I never really thought about the recipe for Beef Stew. It is just one of those dishes that I learned in my mother’s kitchen all those many years ago. Just memorize it and do it. Beef Stew can be made from fresh ingredients, but it is also a great way to use up leftovers from the fridge. Just throw it all together in a pot and simmer. At first, I simmered it for hours on the stove, stirring frequently to keep it from burning on the bottom. Then, slow cookers were invented and they were perfect for my Beef Stew. I would start it in the morning, and when I got home from work, the stew was ready. These days, more often than not, my Beef Stew is cooked in my solar oven.



As it turned out, my Beef Stew “recipe” was too large for the granite ware pot I usually use in my solar oven. However, instead of pulling out a larger pot, I decided to give it run using two very different solar cookers. So I pulled out the All American Sun Oven and the All Season Solar Cooker (ASSC) and divided the stew mixture evenly into two pots, one for each oven.

# Vegetable Beef Stew



When solar cooking, smaller pieces of food cook faster than larger pieces. Furthermore, foods do not burn in a solar oven. Long cooking times are very forgiving and just make the meat more tender. Both cookers sat side by side the entire time, but because of the temperature drop when it sprinkled, I left the Beef Stew out for 4 - 4.5 hours. Although, the stew in the Sun Oven was probably done sooner, I brought them inside at the same time. The stew in each pot was cooked the same, looked the same, and tasted the same. We could not tell the difference between the two pots.



Beef Stew, hearty with big bites of beef and potatoes and carrots and peas, is a very easy dish to cook in a solar oven.

Total time: 3 hours  
20 minutes

# Vegetable Beef Stew

## Ingredients

2 lbs beef stew meat  
3 medium potatoes, peeled and chopped  
3 medium carrots, peeled and chopped  
1 onion, peeled and chopped  
2 cups frozen green beans  
2 cup water  
½ tsp salt, or to taste  
½ tsp black pepper, or to taste  
1 pkg onion soup mix  
1 can diced tomatoes  
1 can cream of mushroom soup

## Instructions

Set the solar oven out to pre-heat while preparing the ingredients.

Place the beef stew meat into a solar safe pot. Add the water. Cover with a lid.

Place into the solar oven for about 1 - 1.5 hours to give the meat a head start.

Peel and chop the potatoes, carrots, and onions.

When meat is beginning to get tender, add the vegetables, the seasonings, and the mushroom soup mix to the pot. Stir well to mix.

Don't drain the tomatoes. Add extra water to cover the vegetables if necessary.

Cover and place back into the hot solar oven.

Continue to cook for another 1.5 - 2 hours until the meat and vegetables are tender.

# Monte Cristo Sandwich

Monte Cristo Sandwich seems exotic and relegated to the realm of chefs and short order cooks. However, although it isn't as easy as just slapping some ham and cheese between two slices of bread, it really isn't difficult to prepare at all. And if you know how to make French Toast, then you already know how to make a Monte Cristo Sandwich.

So I decided one day that a Monte Cristo Sandwich would be perfect for lunch. Furthermore, I decided to make it outside on the [Solsource Solar Grill](#). It doesn't take long to heat up the griddle on a Solsource. And, once the griddle is hot, the sandwich cooks as quickly as it does on the stove top.



It really is as easy as 1-2-3. First, heat up the griddle by focusing the Solsource into the sun to capture and intensify the energy coming from the sun. Grease the griddle with extra butter or with cooking spray. While the griddle is heating, soak the sandwich in an egg and milk mixture. When the griddle is hot, place the sandwich on the griddle. Let it cook 2-3 minutes on the first side to brown the bread. Then flip it over and cook for another 2-3 minutes until the bread is browned. By this time the cheese inside should be hot and ooey – gooey.

# Monte Cristo Sandwich

Monte Cristo Sandwich is a classic sandwich that can be cooked on a solar grill just as deliciously as on a stove top griddle.



Monte Cristo Sandwich

Solar Cooking Recipe

SunshineOnMyShoulder.com

# Monte Cristo Sandwich

## Ingredients:

2 eggs, beaten

½ cup of milk

pinch of salt & pepper

4 slices of thick white or wheat bread

2 TBSP mustard

2 TBSP Mayonnaise

½ pound thin sliced ham

2 slices cheese of your preference ( I used Monterrey Jack 2 TBSP butter or margarine or olive oil

## Instructions:

Beat the eggs and milk in a shallow pan large enough to hold the bread. Add the salt and pepper.

Assemble the sandwiches with the ham, cheese, mustard, and mayonnaise. Dip each sandwich in the egg & milk mixture. Turn to coat both sides.

Focus the solar grill and place a griddle or skillet on the grill ring to get hot. Add a 1 - 2 tablespoons of butter on the griddle. Let melt.

Place the egg coated sandwich in the butter on the hot griddle. Let the sandwich cook until browned on the first side.

Flip the sandwich over and cook until browned on the second side.

# Nacho Meatloaf



Nacho Meatloaf is a solar cooking recipe. I am not overly fond of meatloaf. Growing up, I ate a lot of meatloaf. My mother stretched the beef as far as she could to feed our family. Although I understand that fact now, it still left me with an aversion to the stuff – until I found this recipe which has all of the flavors that I love. I usually serve this with cheesy mashed potatoes or Spanish rice and refried or pinto beans, and of course, jalapeno

For this recipe I used a large muffin tin (specifically Edible Bowl Maker pan). It creates a cute cup, but the real advantage of the Edible Bowl Maker is that the meat

cooks faster because it has the hole in the middle which allows the heat to get into the center of the meat faster. This is a definite plus when solar cooking.

# Nacho Meatloaf



Ingredients

Total time: 1 hour 20 minutes



# Nacho Meatloaf

- 1 cup thick tomato salsa (mild, medium, or hot according to your preference)
- 1 cup nacho tortilla chips, finely crushed
- 1 egg
- 1 cup chopped onion
- 1 tsp minced garlic (or garlic powder)
- 1 (4 oz can) diced green chilis (opt)
- 1 TBL chili powder
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp cumin
- 1½ lbs lean ground beef
- ½ cup (or more) shredded cheddar cheese or Mexi-blend cheese

## Instructions

1. Pre-heat solar oven while preparing the ingredients.
2. Combine the salsa, crushed tortilla chips, egg, onion, and seasonings into a bowl and mix well. Add the meat and stir to mix until well combined. Press the meat into the individual size pans. Place into the pre-heated solar oven. If your pan has a lid, then cover the meat to help hold in the heat. About half way through, drain the grease off and continue to cook until done.
3. When the meat is cooked, drain off the remaining grease. Top with the cheese and return to the hot solar oven to melt the cheese.
4. If using the edible bowl, fill the middle with your choice of toppings such as Spanish Rice, cheesy mashed potatoes, or beans. Then add the cheese on top and return to oven to melt the cheese.

# Nacho Meatloaf



## Notes

The time to cook will depend on the type of solar oven used, the weather, and how hot the solar oven gets. Also, a large loaf will take more time to cook than small individual loaves. My edible bowls only took 1 hour to bake on a sunny 70 degree day with the oven temperature about 300 degrees.

This recipe can also be baked in the kitchen oven at 350 degrees for about 45 minutes to an hour depending on the size loaf. Then top with the cheese and bake another 5 minutes to melt the cheese.

# Meatball Sub Casserole

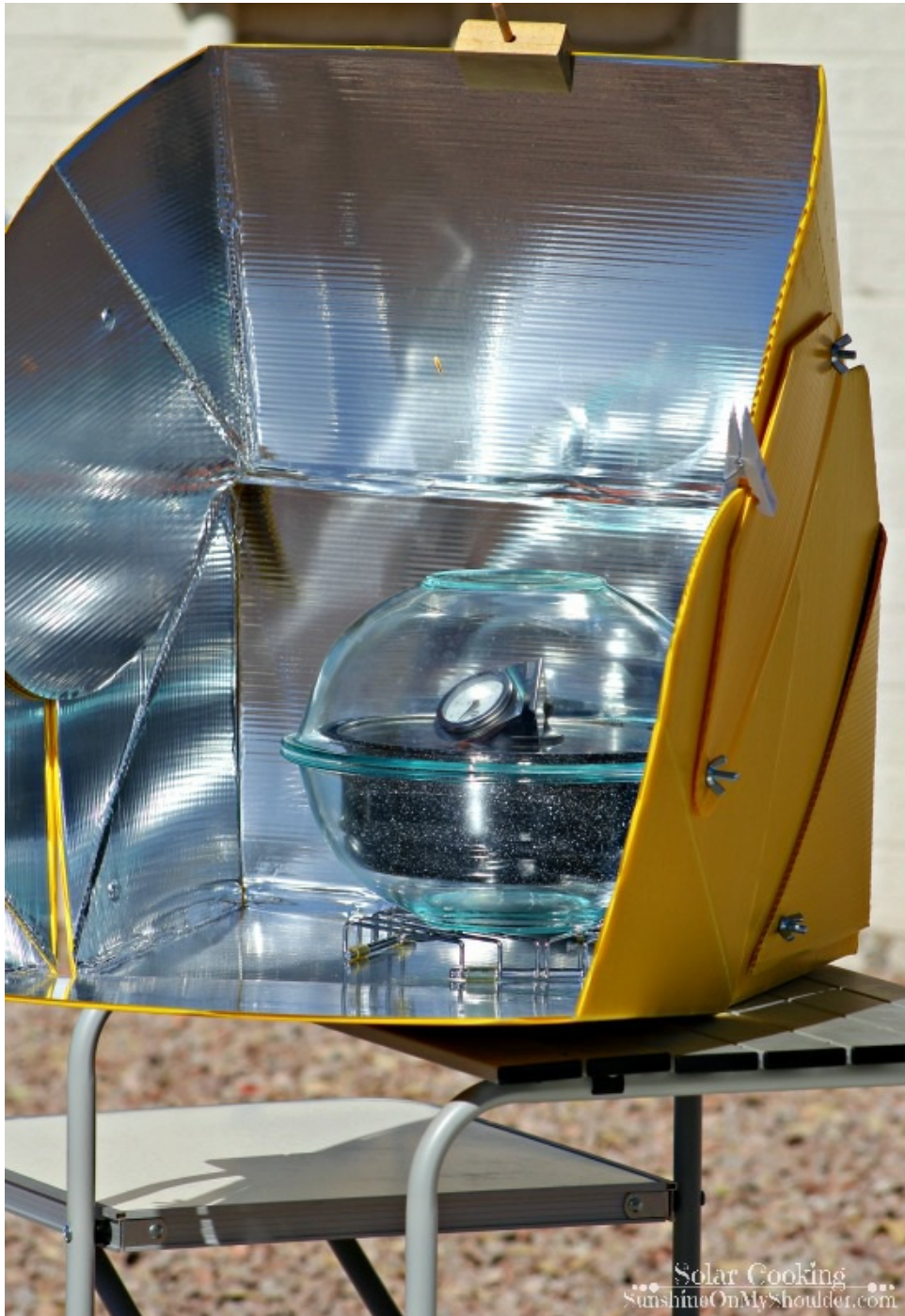
## Meatball Sub Casserole

Meatball Sub Casserole is a solar cooking recipe. Because the recipe uses canned biscuits and precooked meatballs, this recipe cooks fairly quickly. Food cooks quicker in a solar cooker or solar oven if the food is cut into small pieces. Therefore, I cut the biscuits into 6 pieces each and laid them in the bottom of a solar safe pot sprayed with cooking spray. Even though the meatballs were precooked, I also cut them in half so that they would cover the pot more evenly.

And finally, I covered the biscuits and meatballs with the pasta sauce.



# Meatball Sub Casserole



I baked the Meatball Sub Casserole in the new All Season Solar Cooker 2.0 (ASSC) .

My casserole baked for about 2 hours at a temperature of 250°. The time needed to cook in a solar cooker varies depending on how hot the solar oven gets. The temperature is dependent on the type of cooker being used, the amount of sunshine, and how focused into the sun the cooker is kept.

# Meatball Sub Casserole



## Ingredients

- ½ tube of large refrigerated biscuits (about
- 12 - 14 pre-cooked mini meatballs, cut in half
- 12 oz jar of pasta sauce
- 2 cups shredded Italian cheese blend.

# Meatball Sub Casserole

## Instructions

1. Pre-heat the solar oven while preparing the ingredients.
2. Cut about 4-5 of the biscuits into sixths. Spray a solar safe pot with cooking spray. Place the pieces into the pan.
3. Cut the meatballs in halve and layer into the pan.
4. Spread the pasta sauce on top of the biscuits and meatballs. Cover the pot with a tight fitting lid.
5. Place the pot into the pre-heated solar cooker.
6. Allow to cook until the biscuits are done.
7. Then add then add the cheese to the top of the meatball sub. Cover and place back into the hot solar oven for a few minutes to melt the cheese.

## Notes

The amount of time it will take to cook the meatball sub will vary depending on how hot the cooker gets, which is dependent on the type of cooker and the weather. My cooker reached a high temperature of 250 degrees and cooked for about 2 hours.

This recipe can easily be doubled to fit into a 9x13 pan. To cook in a regular oven, bake at 350 degrees for 45 - 55 minutes.

# Barbequed Baby Back Ribs

## Barbequed Baby Back Ribs

Got up this morning and decided to use my solar oven. As usual, I didn't pre-plan this, so everything was frozen. But I saw one lonely package of baby back ribs — somehow overlooked and forgotten by my husband the last time he fired up the smoker and fixed ribs (he did 18 racks of ribs that day — how did this one escape the fire?)



We quickly defrosted the ribs. He then seasoned them with a dry rub (the new one given to him by our granddaughter for his birthday last week) and cut the rack into sections to fit into the pan and covered the pan with the lid. Usually, he likes to season them and let them rest overnight, but we didn't have time today.

Although my husband said he still preferred the ribs smoked, he agreed these ribs were delicious and a lot easier to cook than babysitting the smoker all day.

# Barbequed Baby Back Ribs

The ribs went into the oven at 9:50 a.m. They baked for 3 hours and 45 minutes. Then we took them out of the oven, drained off the juices and fat, and covered them in a bottled barbeque sauce. At this point the ribs were already nearly done, and very tender. Cover back in place, the ribs went back in the oven for about 2 more hours (although they were probably done sooner.) Oh my! The meat was falling off the bones, juicy and tender. We each had one – then we each came back for another one later – and then we each snuck one again. When it was time for supper, we both had already eaten most of our dinner.



Although we still use our smoker to cook multiple racks of ribs, we often cook ribs for just the two of us in the solar oven. But we do it a little bit differently. We still start off with a dry rub. But now we simply put them in a cooking bag and place them on a rack.

- 1 rack babyback ribs, cut into pieces to fit pan
- dry rub seasoning
- 1/2 – 1 bottle of BBQ sauce



# Barbequed Baby Back Ribs



When the ribs are nearly cooked, we open up the bag, pour off the grease, and add some barbeque sauce. Then we put them back in the oven to finish and to cook the barbeque sauce onto the meat.



On this day, after putting the ribs back into the oven to finish cooking, I threw in some corn on the cob. To see how I cook corn, click [here](#). Here is how my ribs turned out – falling off the bone tender and finger licking good. UMMM-UMMMM!!!

Cut baby back ribs into pieces to fit the pan. Rinse and dry. Rub dry seasoning mix onto the ribs. Bake in solar oven for 2 -3 hours. Drain off liquid. Cover with BBQ sauce. Bake in oven for 1 -2 hours more.

# Stacked Turkey Enchiladas

## Stacked Turkey Enchiladas



Stacked turkey enchiladas are so easy to make. I make them all year long using leftover turkey from holiday meals or substituting leftover chicken the rest of the year. This is a terrific way to use up those leftover pieces of store bought fried chicken as well. Just pull the turkey or chicken off of the carcass or bones, discard the skin, and chop into small bite size pieces. Your family won't even know they are eating leftovers.

This recipe can also be heated in the kitchen oven, the microwave, or made in a crockpot. Since the ingredients are cooked, all you need to do is heat the enchiladas until they are warm, and the cheese melted. The time it will take will vary depending on your cooking method.

Stacked Turkey Enchiladas is a great way to use up leftover turkey or chicken and it can be made in a solar oven.

# Stacked Turkey Enchiladas

## Ingredients

- For each stack use
- 5 - 6 corn tortillas
- 1½ cups chopped turkey/chicken
- ½ - ¾ cup chopped onion
- ¾ - 1 cup shredded Mexi-blend or cheddar cheese
- 1 medium or 2 sm cans of enchilada sauce

## Instructions

1. Pre-heat the solar oven while preparing the recipe.
2. Layer a corn tortilla in the bottom of a solar safe dish. Add several spoonfuls of enchilada sauce and spread on the tortilla. Add another tortilla.
3. Add a layer of chopped turkey, onion, cheese, and enchilada sauce.
4. Add a layer of 1 or 2 tortillas, adding sauce in between the tortillas.
5. Add another layer of chopped turkey, onion, cheese, and enchilada sauce.
6. Add a final layer of 1 or 2 tortillas, adding sauce in between the tortillas.
7. Spread the top tortilla with the remaining enchilada sauce.
8. Sprinkle the remaining cheese on top.
9. Bake in a hot solar oven for 1½ hours depending on oven temperature.

## Notes

I was using a

My enchiladas heated for 1½ hours at 200 degrees. The sky was partly cloudy with a slight haze and 75 degree temperature.

Actual Cooking time will vary depending on the type of solar cooker, the weather, and the amount of food being cooked. For best results, and the shortest cooking time, keep the oven pointed directly into the sun.

# Pinto Beans and Kielbasa

## Pinto Beans and Kielbasa



One of the easiest foods to cook in a solar oven is beans. Growing up in Texas, we ate a lot of beans and our favorite was pinto beans. Adding a great kielbasa turns ordinary pinto beans into a hearty stew. Served with a side of cornbread, it makes a great one dish meal.

# Pinto Beans and Kielbasa

## Ingredients

- 2 – 3 cups pinto beans, cooked and drained\* (NOTE: To start with dried beans, see Pinto Beans.)
- 1 onion, chopped
- 1 green bell pepper, seeded and chopped
- 1 (14.5 oz) can stewed tomatoes
- 1 (10 oz) can diced tomatoes & green chilies
- 1 (8 oz) can tomato sauce
- ½ teaspoon garlic powder
- ½ tsp pepper
- Salt to taste
- 1 – 1 ½ pounds kielbasa, cut into 1” rounds

Pre-heat the solar oven. Place the cooked pinto beans into a solar safe pot. Add all of the other ingredients and stir well. Simmer in the solar oven for 1 ½ – 2 hours to let the flavors blend.



# Chicken Enchilada Casserole

## Chicken Enchilada Casserole



Cinco de Mayo (Spanish for “fifth of May”) is a very big “holiday” in the Southwestern United States that celebrates the Mexican heritage and influences in our culture. Much like St. Patrick’s Day, Cinco de Mayo celebrations can now be found through out the country. And one way we celebrate is with food.

So I make chicken enchiladas.

# Chicken Enchilada Casserole

## Ingredients

- 2 cups cooked chicken, shredded ( I used leftover chicken, both light & dark meat)
- 1/2 cup thick & chunky salsa
- 1 (19 oz) can of enchilada sauce ( mild or hot, your choice)
- 1 (11 oz) can whole kernel corn, drained
- 2 cups tortilla chips, coarsely crushed
- 1/4 cup green onions, sliced
- 1 med tomato, chopped (about 3/4 cup)
- 1 cup Monterey Jack and cheddar cheese blend (shredded)
- OPT: jalapeno peppers

Pre-heat solar oven while preparing casserole.

Mix the chicken, salsa, enchilada sauce and corn in a mixing bowl. Place tortilla chips in bottom of baking dish. Top with chicken mixture. sprinkle with onions, cheese, and tomatoes. Bake in solar oven about 2 hours until hot and bubbly. If desired, add additional cheese and chips to top just before serving.



# Fajitas

## Fajitas

I love fajitas. Take me to a Mexican restaurant and I will be looking for the fajitas. The tender and flavorful meat combined with the sautéed onions and peppers is a winning combination. So when Rod came home from a trip to the grocery store and said that he had bought all of the ingredients to make fajitas in the solar oven, I was thrilled.

- Thin sirloin steak or round steak, cut into strips. (sliced chicken can also be used.)
- Fajita seasoning mix
- Onion, sliced
- Bell peppers, sliced (he used both red and green)
- Flour tortillas
- Garnish with: shredded cheddar or Mexiblend cheese, salsa, jalapeños

He sliced the steak into thin strips and tossed with the seasoning mix in the graniteware pot. ( He used 2 pounds of steak and 2 seasoning mixes.) He did not add any water to the pot.



# Fajitas



Fajita seasoned sirloin steak strips

The seasoned meat was put into the slightly pre-heated GSO at 10:30 a.m. The morning was cool and pleasant at about 45°F. While the meat was simmering, he sliced up the onions and bell peppers. After two hours, the meat was done, so he added the vegetables.

The vegetables should only be slightly cooked, crisp but not mushy, so we let them cook for about an hour, which let the meat continue to simmer and tenderize. At 1:30, the meat was juicy and tender in a beefy broth and the onions and pepper were warm and crisp. Top oven temperature was 250°F.

# Fajitas



Fajitas and onions in the solar oven

We put the fajitas onto flour tortillas and added cheese. Rod also added salsa and jalapeños.

# Barbeque Beef on a Bun

## Barbeque Beef on a Bun



I grew up in Texas. One of my favorite meals was, and still is, Barbeque Beef on a Bun. My mother made delicious barbeque beef, and I learned at her elbow. But now, I make the same delicious barbeque beef in my solar oven instead of in the kitchen. And it is really, really easy!! This is a solar cooking recipe.

Start with a beef roast. I use sirloin or chuck roast, about 1 1/2 – 2 pounds. Cut the beef into small cubes, about 2" x 2". The smaller the cube, the less time it will take to cook, but don't obsess over the size, just cut into chunks. Place into the pot. Depending on how much beef you have, add about 3/4 – 1 cup of your favorite bbq sauce and about 1/4 – 1/2 cup of water. Stir to coat the beef with the bbq sauce.

# Barbeque Beef on a Bun

Place the covered pot into the hot solar oven. (Remember to always pre-heat your solar oven.) After about 2 hours, check on the beef to see if you need more bbq sauce or water. After about 3 – 3 1/2 hours, the beef should be very tender. With either 2 forks, or with a potato masher, pull the beef in to shreds. Place the shredded beef, back into the solar oven. Add more bbq if necessary, and let the beef simmer in the sauce for another hour or longer. The beef is already done, but the longer it simmers, the better flavor will be infused through out the meat. When done, the meat should be slightly juicy, but not swimming in juice.

Actual Cooking time will vary depending on the type of solar cooker, the weather, and the amount of food being cooked. For best results, and the shortest cooking time, keep the oven pointed directly into the sun. For more information, see [How Long Does It Take to cook in a Solar Oven](#).

Serve the barbeque beef on a bun, with a slice of red onion and a side of coleslaw. Ohh, Texas heaven!

So Easy!

So Good!

So Solar!

# Sauteed Mushrooms

Sauteed Mushrooms are just as easy to cook on a solar grill as on your stove top in the kitchen and just as delicious.



These mushrooms are really delicious.

I cook them on a solar grill. I have a Solsource Solar Grill. It should go without saying that it doesn't take nearly as long to make Sauteed Mushrooms as baked mushrooms, but there is plenty of room in my solar cooking world for both.

# Sauteed Mushrooms



To make Sauteed Mushrooms, begin by rinsing the mushrooms and then cutting off the stems of the mushrooms so that they will sit flat on the pan. I use almost the same recipe for both cooking methods and indeed you could use the same recipe both. It is really only the cooking method that is different.

It only took about 10 minutes to saute the mushrooms – approximately 5 minutes on a side. Also, I covered the pan to hold in the heat so that the mushrooms would cook faster.



# Sauteed Mushrooms

## Ingredients

- ½ pound (8 oz) small white mushrooms
- 2 TBSP butter
- 2 TBSP olive oil
- garlic salt to taste
- black pepper to taste
- ¼ - ½ tsp of ground chipotle pepper (or ground red pepper) to taste (opt)
- 1 TBSP fresh lemon juice or 1 small lemon, cut in half
- 1 TBSP fresh parsley, chopped

## Instructions

1. Rinse mushrooms, and pat dry.
2. Slice off stems.
3. Place a heavy duty pan on the solar grill and focus toward the sun to heat the pan.
4. Add half the butter and half the olive oil to the pan. Heat.
5. Add the mushrooms, stem side down.
6. Sprinkle with garlic salt, pepper and chipotle to taste.
7. Cover with a lid to hot in the heat.
8. Cook the mushrooms for about 5 minutes, until bottoms are brown.
9. Flip the mushrooms over. Add remaining butter and oil if necessary.
10. Sprinkle with garlic salt, pepper and chipotle to taste.

Finish with parsley and lemon juice. Serve hot!

# Corn on the Cob

## Corn on the Cob in a Solar Oven



Corn on the cob cooked in the solar oven is absolutely the easiest way to cook it. It can be left in the husk, silk and all, and cooked directly in the solar oven, Husks and silk will peel right off. No muss, no fuss, no burnt marks that a grill can leave, and no nutrients lost in boiling water.

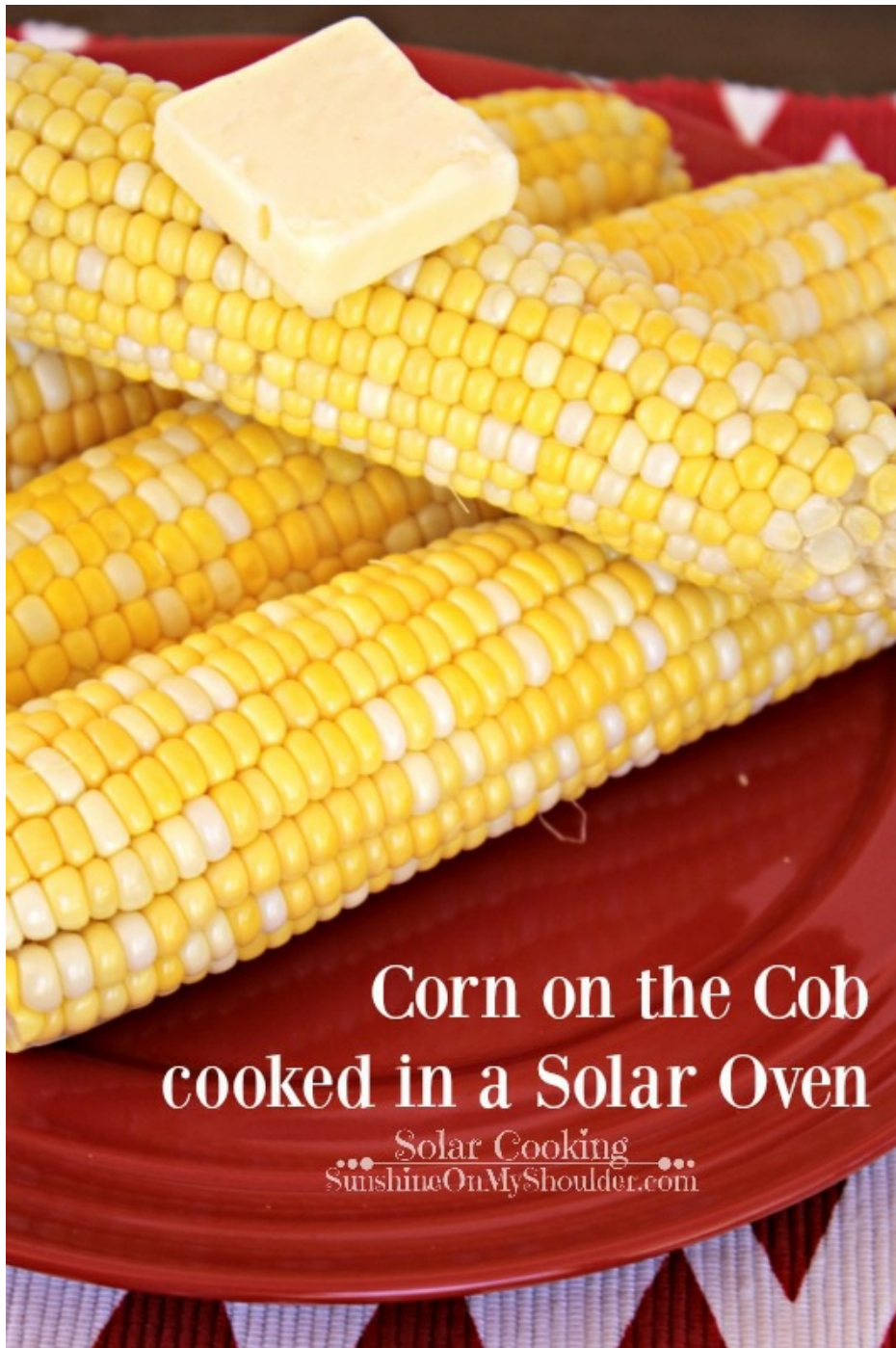
Saturday morning while we were out and about doing errands, we drove past a huge cornfield (yes, there are cornfields in Arizona! Don't be so surprised!). And right there was a roadside stand selling ears and ears and ears of corn, freshly picked that morning. So we stopped

and bought a dozen ears of corn, a sack full of vine ripened tomatoes, several pounds of zucchini and yellow crook neck squash, and 1 beautiful watermelon. (As my daughter would say, "YUM!")



# Corn on the Cob

We got back home at 1:00 pm and I immediately pulled out the solar oven and got that corn cooking.



**Corn on the Cob  
cooked in a Solar Oven**

Solar Cooking  
SunshineOnMyShoulder.com

Take fresh ears of corn, husks on, as many as you like, and place directly into the solar oven. On this day, I used the Solavore Sport. Since I don't like putting things directly on the floor of my oven, I put the corn on a cooling rack, but a small cookie sheet would work too. Whenever I use the cookie sheet, I place several canning jar rings underneath it to hold it up. It makes the cookie sheet fit better, and it allows the air to circulate underneath the pan. The ears of corn baked for 2 hours, middle of the day with full sun. I never went out to check the actual temperature, but after 2 hours the corn was hot

and definitely done, and absolutely delicious.

# Corn on the Cob

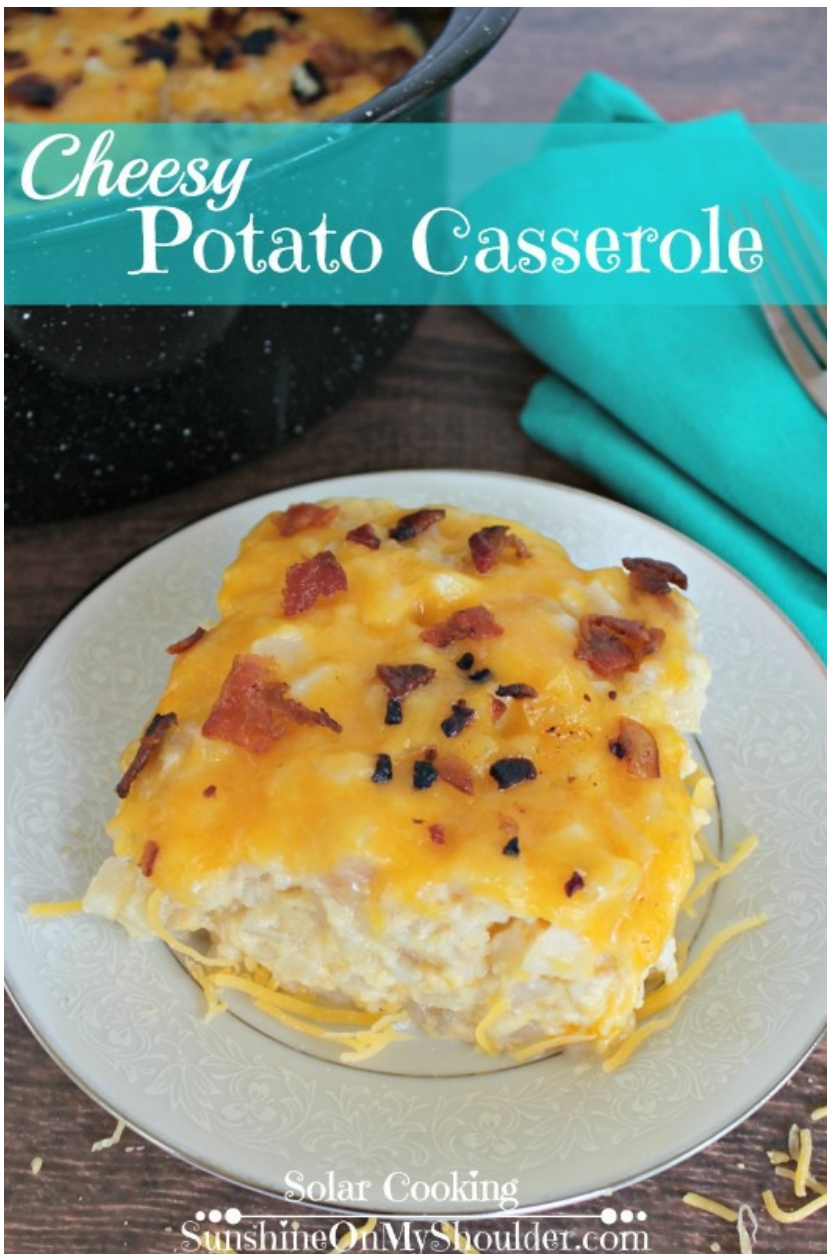


Actual Cooking time will vary depending on the type of solar cooker, the weather, and the amount of food being cooked. For best results, and the shortest cooking time, keep the oven pointed directly into the sun.



Place the cooked corn on a cutting board and cut off the stem end of the corn. Pick the corn up by the other end. Give it a shake. The cooked corn slides right out of the husks - silk and all. So so easy.

# Cheesy Potato Casserole



Cheesy Potato Casserole is a solar cooking recipe. Cheesy Potato Casserole tastes like a loaded baked potato. It is a classic side dish that goes with almost everything. Whether you make it in the solar oven or in the kitchen, it is quick and easy to make.

It uses dehydrated potato dices from your food storage or supermarket. It is loaded with cheese, bacon, and sour cream and will make you think you are eating a loaded baked potato.

I decided that I needed to learn to use some of my food storage and I thought that this would be a great way to get started. So instead of using

fresh potatoes, I started with dehydrated potato dices. I placed two cups of dehydrated potato dices into a solar oven safe, granite ware pot. Although I could have covered them with hot water and left them to sit on the counter, instead I covered the potatoes with three cups of cool water, covered the pot, and placed into a hot solar oven to rehydrate. Because they would continue to rehydrate while cooking the casserole, I didn't want to overly rehydrate the potatoes. After about an hour, the potatoes were plump and firm.

# Cheesy Potato Cassereole



# Cheesy Potato Casserole



After 1 hour soaking in water, the rehydrated potato dices were plump and firm.

Rehydrating the potatoes used almost all of the water, and I drained off the little bit that was left. The two cups of dehydrated dices made 4 cups rehydrated potatoes, just enough for my recipe. I combined the remaining ingredients in the pot and put it out in the Sport solar oven.

# Cheesy Potato Casserole



Cheesy Potato Casserole baking in a Sport solar oven.

Fresh potatoes can also be used. Boil 4 - 8 small to medium potatoes in water until firm but tender, about 15 - 20 minutes. Let cool, then peel and dice enough for 4 cups. Proceed with solar oven directions.

## Ingredients

- 2 cups dehydrated potato dices
- 3 cups water
- 12 oz can of evaporated milk
- ½ cup of greek yogurt or sour cream
- 1 tsp salt
- ½ tsp pepper
- 2½ cups shredded Cheddar or Mexiblend cheese
- 6 slices of bacon (cooked until crispy and crumbled)
- green onions, sliced

# Cheesy Potato Casserole

## Instructions

1. Pre-heat the solar oven while preparing the ingredients.
2. Place the dry, dehydrated potato dices into a dark, solar oven safe pot. Add the 3 cups of water. Place the pot into the solar oven and let the potatoes rehydrate for about an hour. The potatoes should still be slightly firm and not mushy and over rehydrated, because they will continue to rehydrate while cooking.
3. Remove from the solar oven and drain off any remaining water. There should be about 4 cups of potatoes.
4. Add the evaporated milk, Greek yogurt, salt, and pepper. Add 2 cups of the cheese, reserving the other  $\frac{1}{2}$  cup for later. Add 4 slices of bacon. Stir to mix well.
5. Place in the hot solar oven for approximately  $1\frac{1}{2}$  - 2 hours.
6. When baked to your liking, top with the remaining cheese, bacon, and the green onions. Place back into the oven to let the cheese melt, about 15 - 30 minutes depending on how hot the oven is.
7. Actual Cooking time will vary depending on the type of solar cooker, the weather, and the amount of food being cooked. For best results, and the shortest cooking time, keep the oven pointed directly into the sun.

# Tamale Bacon Bites



Tamale Bacon Bites is a simple and quick appetizer that can be thrown together in a hurry when unexpected guests drop in. Living in the southwestern part of the United States, tamales are a favorite with almost everyone.

Tamales are so popular, they can now be found almost everywhere. Tamales came from the ancient Aztec and Mayan cultures, are popular in Mexico and South America, and traveled north to the United States in the late 1800's.

Traditionally, a tamale is made using a masa (corn) paste or dough. The dough is spread into a leaf wrapper, usually a dried corn husk or banana leaves, and filled with meat, usually pork or chicken, or cheese and vegetables. Sweet dessert tamales can be made using fruits, such as raisins and other dried fruits.

The tamales are steamed or boiled in the wrapper which is discarded just before eating. Tamale Bacon Bites can be made using any type of tamale.



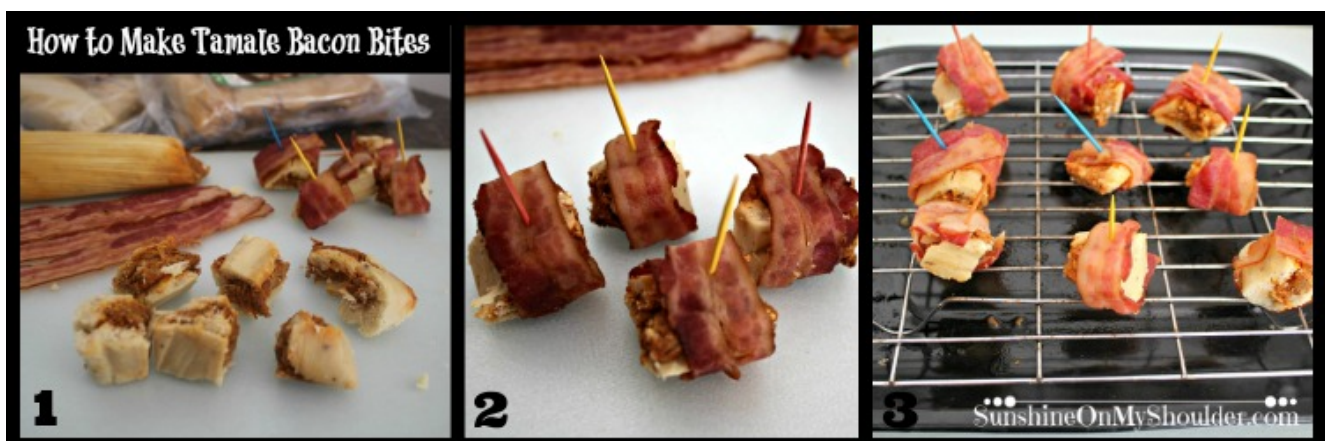
# Tamale Bacon Bites Appetizers

Tamale Bacon Bites is a simple recipe that can be thrown together quickly when unexpected guests drop in. They can be made with any type of tamale, beef, pork, chicken, or cheese. Serve with hot Chipotle Cheese Dip.

## Ingredients

- Tamales - any type
- precooked bacon strips
- 8 oz Mexican Velveta cheese - cubed
- 1 cup Mexiblend Cheese - shredded
- 5 oz can of evaporated milk
- ? - ½ cup of Salsa
- 1 - 1.5 tsp ground Chipotle Chile Pepper

1. Preheat the oven to 400 degrees.
2. Unwrap a tamale and cut into 12 bite size pieces.
3. Wrap a strip of bacon around each bite and secure with a toothpick.
4. Place the bites on a baking rack and bake in the hot oven for 10-15 minutes until the bacon is brown and crispy.
5. While the bites are baking, place all of the dip ingredients into a microwave safe bowl.
6. Place in the microwave and heat on high for 5 -8 minutes. Stir halfway through.
7. Continue heating until the cheese is melted.
8. Serve the bacon bites and Chipotle Cheese Dip while hot. Serve with salsa.



# Solar Ranch Potatoes

## Solar Ranch Potatoes

Here is a very simple recipe to add some excitement to your potatoes. I originally found this slow-cooker recipe in an old church cookbook. But I often cooked this out on the barbeque grill. Now I am back to slow cooking, only this time in my solar oven.

Ingredients:

2 lbs small red potatoes, quartered

1/4 cup vegetable oil 1 (1 oz packet)

Hidden Valley Ranch Dressing mix (seasoning & salad mix), dry

Pre-heat the solar oven while preparing the potatoes. Place the potatoes in a heavy duty, resealable bag, and add the oil. Seal the bag and toss to coat the potatoes. Add the dry seasoning mix, and toss again until coated. Bake in the solar oven, covered, for 2 - 3 hours.



# Sausage Cheese Balls

Last week, I made Homemade Spicy Country Sausage. I used some of the sausage to make these great Sausage Cheese Balls. With a solar oven, these tasty treats can easily be baked at a tail gate party, camping, or the kid's soccer game.



# Sausage Cheese Balls

## Ingredients

- 3 cups Bisquick
- 1 lb bulk pork sausage
- 4 cups shredded Cheddar Cheese (16 oz)
- 1/2 cup grated Parmesan cheese
- 1/2 tsp dried rosemary flakes
- 1/2 tsp parsley flakes

Pre-heat solar oven while preparing the ingredients.

Mix all ingredients thoroughly. Shape mixture into 1 inch balls. Bake about 1 – 1 1/2 hours in the solar oven. Serve warm with your favorite dipping sauce.



Classic Sausage Cheese Balls ready to bake in the solar oven.

# Baked Eggs & Pancakes



If you are an early riser and like an early breakfast, it could be difficult to prepare in a solar oven. After all, solar cooking does require that the sun be up and shining.

But if the sun has peeped up over the horizon and you don't mind a leisurely morning, sipping coffee and reading the paper on the patio while waiting for breakfast, your patience and your appetite will be rewarded. Baked Eggs and Pancake muffins with Maple Glaze is a simple breakfast, as suitable for a casual Saturday as it is for a Sunday brunch.

Pre-heat the solar oven while preparing the recipe. Spray individual ramekins or a muffin tin with PAM or coat with butter. Break an egg into each cup. Sprinkle with salt and pepper to taste. Spoon a tsp of milk over the top. Place uncovered into a hot solar oven. Bake about 45 min- 1 hour, until white is cooked through and yolk is cooked as desired

## Pancakes

For the pancakes, I used a regular store bought pancake mix. Mix the batter per the directions on the box. Spray mini muffin tins with PAM and fill 3/4 full. Place into a hot solar oven to bake. Bake about 1 hour, uncovered.

# Baked Eggs & Pancakes

## Maple Glaze

- 1 cup powdered sugar
- 1/4 c maple syrup
- 2 TBSP butter, melted

Melt the butter, add to the syrup. Stir in the sugar. Pour over the pancakes while hot.

This is a great example of stack cooking. The eggs were placed on the bottom of the stack. After about half an hour, I rearranged the stack and moved the eggs around so that everything would cook evenly



# Chili Dogs



Fourth of July!! A true American holiday. It makes us think of hot dogs on the grill, followed by ice cold watermelon, and an evening of fireworks. Just because we are cooking with solar doesn't mean we can't have a hot dog on the 4th of July. In fact, making hotdogs in the solar oven is easy and fast and lets us join in all of the other fun too. So get out your solar oven and throw in a few hot dogs.

You already know the ingredient list:

# Chili Dogs

- a package of hot dogs, or polish sausage, or brats;
- a package of buns;
- a can of chili;
- shredded cheese;
- chopped onions;
- and any other toppings that you like such as ketchup, mustard, and relish.

I put the hot dogs on a raised grill rack into a hot, pre-heated Sport solar oven. If you don't have a raised grill pan, you can wrap the hot dogs in aluminum foil, shiny side in, or just place them in a covered pot to steam. I also put in an open can of store bought chili. Again, you can put the chili in a covered pot to heat. The oven temperature was at 250° and the outside temperature was a moderate 93° when I started cooking. An hour later, the day's temperature had risen to 99°, the oven was at 300°, and both the chili and the hot dogs were steaming hot. I might add that I put the hot dog buns into the oven and let them steam for about 20 minutes, so they were warm and soft.

This is a quick and fast dish. Easy to make if you are camping or boating and need a quick lunch, this is a Heat 'N Eat recipe. Easy for children to help prepare, so this is part of my Kids in the (Solar) Kitchen series.

Another dish you can make with the heated up chili is Frito Chili Pie. Pour the chili over a bowl of Fritos and added some grated cheese and onion.

Maybe not gourmet quality. Maybe not "real" cooking. But surely good enough!



# Quick Pizza Cracker Bites



Kids love pizza. Teens love pizza. Adults love pizza. It is just one of those foods that almost everyone loves. So when my girls were little these quick little pizza crackers were the perfect afternoon snack.

They only need to heat long

enough to melt the cheese. In fact these are so easy, you already know how to make them just by looking at the picture, don't you.

Ingredients:

Pepperoni Pieces

Ritz Crackers

Pizza Sauce

Mozzarella cheese (shredded) Pre-heat the solar oven while preparing the crackers. The oven needs to be as hot as possible so that the cheese will melt quickly. Place the crackers in a single layer on a cookie sheet, or baking pan, that fits into your solar oven. Top with a spoonful of pizza sauce, then a pepperoni, and then a little bit of shredded cheese

# Cheesy Ham Breadsticks

Cheesy Ham Breadsticks



# Cheesy Ham Breadsticks

The breadsticks are simple to make and quick to bake. The secret is to start with refrigerator biscuits, cut up into quarters. Cover with chopped ham – either deli or leftover and of course, cover with cheese. The more the better for my family. My Cheese Ham Breadsticks were baked in a GoSun Sport solar cooker. They came out crunchy and cheesy.



## Ingredients

- 5 sm (1/2 can) refrigerator biscuits, cut into quarters
- ½ cup of diced ham, deli or leftover
- ½ cup of cheese, cheddar, jack, or mozzarella
- 1 egg, slightly beaten
- 2 TBSP milk
- ½ tsp garlic powder

# Cheesy Ham Breadsticks

## Instructions

1. Line a GoSun Sport tray with parchment paper or spray with cooking spray.
2. In a bowl, beat egg, milk, and garlic powder.
3. Separate and cut the biscuits into quarters or sixths, depending on the size of the biscuits.
4. Gently roll the biscuits in the milk egg mixture.
5. Place the biscuits into the tray, evenly spacing along the length of the tray. Do not crowd. They expand when baking.
6. Even spread the ham and then the cheese on the top of the biscuits.
7. Place the tray into the GoSun.
8. Bake for about 30 - 45 minutes.

# Easy Strawberry Cinnamon Biscuits

## Easy Strawberry Cinnamon Biscuits



Easy Strawberry Cinnamon Biscuits is one of those simple go-to recipes that everyone loves. The ingredients are always at hand and they bake quickly. Starting with a can of pre-made biscuit dough, just roll in butter, sugar, and cinnamon, add a spoonful of jelly, and pop into the oven. Easy Strawberry Cinnamon Biscuits makes a nice breakfast treat at home or camping. These can be baked in a traditional oven, a dutch oven, as well as the solar oven. I baked mine in a Solavore Sport Solar Oven.

# Easy Strawberry Cinnamon Biscuits

## Ingredients

- ½ - ¾ cup sugar
- ½ - 1 tsp cinnamon
- ¼ cup melted butter or margarine
- 1 tube refrigerated biscuits
- 10 tsp strawberry jam or preserves (or more to your liking)
- GLAZE
- 1 cup powdered sugar
- 1 - 2 TBSP milk



## Instructions

HINT: When baking any type of bakery item - bread, cookies, brownies, cakes, biscuits -- be sure give it enough time to let it fully bake. The top of the item will look and feel done, but the bottom is harder to get done and might not be fully baked. When you think the item is done, give it another 15 to 20 minutes just to be sure. Don't worry, the top will not overbake or burn in that time. If you do take it out too soon and wish it had baked just a little bit longer, go ahead and pop it back into the solar oven for a few minutes.



# Easy Strawberry Cinnamon Biscuits

1. Pre-heat the solar oven while preparing the recipe.
2. Place the butter into a solar safe baking pan. Place in the hot solar oven to melt. This won't take long.
3. While the butter is melting, mix the sugar and cinnamon together in a small bowl.
4. When the butter is melted, remove the pan from the solar oven. Dip each biscuit into the butter, and then in the sugar/cinnamon mixture. Place each biscuit into the pan.
5. With a spoon, make an indentation into each biscuit. Fill the indentation with jam. Sprinkle any remaining sugar/cinnamon over the tops of the biscuits.
6. Place the biscuits into the hot solar oven. Bake uncovered for about an hour. When the biscuits are completely done, remove from the oven.
7. While the biscuits are cooling, mix together the powdered sugar and milk to make a smooth glaze. While the biscuits are still warm, drizzle the glaze over the biscuits.
8. The amount of time needed to fully cook this recipe will depend on how hot your oven gets. The temperature of a solar oven is affected by many variables including the type of oven being used; the type of cookware being used - dark pot vs shiny pot; the weather - bright & sunny or partly cloudy; and how focused the oven is to the sun.
9. I baked my biscuits for 1.5 hours at an oven temperature of 275° on a sunny day of about 85°

## Notes

Try other flavors of jam such as plum, peach, or cherry. These taste like a fruit filled doughnut.

Caution: Be sure to let the biscuits cool a little because the jam will be very hot.

# Garlic Parmesan Bread

## Garlic Parmesan Bread

Here is a very easy and quick pull apart bread that is beautiful enough for a company dinner, festive enough for a holiday dinner, yet homey enough for family dinner. It is a perfect accompaniment to almost any meal.

1 can of large size refrigerated biscuits (6 biscuits)

1/2 stick of butter

3 cloves of garlic, minced

1/2 cup of grated Parmesan cheese

1 tsp of Italian seasoning (opt)

Pre-heat the solar oven while you prepare the recipe.

While the oven is heating, put the butter in a Bundt Pan and place in the solar oven to melt.

Cut the biscuits into quarters or sixths. Mix the garlic, seasoning, and cheese in a bowl. When the butter is melted, dip the biscuit pieces in the seasoning mixture, then the melted butter, and then place evenly in the bundt pan. Top with any remaining seasoning mixture.

Bake uncovered in the heated solar oven for approximately two hours, until golden brown. In a regular oven, bake at 350° for 20 -22 minutes.





# Cornbread

Cornbread is so easy and good. I baked a pan of quick cornbread to go with the baked beans and au gratin potatoes, which I served with a big slice of ham. I used a cornbread muffin mix, prepared per the directions on the back of the package.



When I put it into the solar oven, it was already 3:00 p.m. and I wondered if there would be enough sun to cook the cornbread. ( I would not have this worry in the summer as there is plenty of sun until very late afternoon. ) We lost the sun an hour later at 4:00 p.m., however, the cornbread had baked. Although it did not brown, the cornbread was warm and moist, but I would have preferred that it bake just a while longer. Next time I'll remember to put it out sooner. Oh, did I mention – I baked the cornbread in the Sport because the GSO was full.

# Cornbread



Last year we took a class in dutch oven cooking with charcoal. The class was held outdoors under canopy tents – and it’s a good thing that we had those canopies – because it was raining the day of our class. Which brought home the fact that if there is no sun, there is no solar cooking.

Makes a 2 pound loaf (or two 1 pound loaves)

# Homemade Cinnamon Swirl Rolls

Our class assignment was to make homemade cinnamon rolls and bread. Those cinnamon rolls were delicious! Today, I used the same simple recipe, but I baked them in the solar oven instead of the dutch oven.

- 1 1/2 cups of warm water (about 100 - 110 degrees)
- 2 packages or 1 3/4 TBSP of active dry yeast
- 1/4 cup of honey
- 1 TBSP salt
- 4 cups of unbleached flours



## SWIRL MIXTURE

- 4 TBSP brown sugar
- 1 tsp of cinnamon
- Enough honey to lightly coat after it is rolled out

## GLAZE

- 1 cup sifted powdered sugar
- 1/2 tsp vanilla extract (if desired)
- 2 - 3 TBSP milk

First, proof the yeast, which means testing it to make sure it is still active. To do this, place the yeast, and the warm water in a large mixing bowl until the yeast dissolves. Add the honey to the mixture and within a few minutes small bubbles will appear as the yeast ferments. Add the salt to the bowl and then slowly add the flour.

# Homemade Cinnamon Swirl Rolls

Stir the mixture with a wooden spoon or your hand until the ingredients are thoroughly blended and tend to form a ball that breaks away from the sides of the bowl. Add flour if needed. Knead the dough until it has a smooth, satiny elastic texture, approximately 8 – 10 minutes.



After kneading, place the dough back in the mixer bowl, cover with a damp towel, and let rise in a warm place for about 1 1/2 hours or until the dough doubles in bulk. In the meantime, mix the swirl mixture in a small bowl and set aside.

After the dough has risen, punch the dough down. Divide the dough into two balls if you want two loaves. Roll the dough out on a hard surface until about 1/2 inch thick. Spread a light coat of honey on top of the dough, then spread the brown sugar/cinnamon mixture on top.

# Homemade Cinnamon Swirl Rolls



Homemade Cinnamon Rolls, rolled out and topped with cinnamon and brown sugar

# Homemade Cinnamon Swirl Rolls



Homemade Cinnamon Swirl Bread, rolled and being cut into rolls

For Cinnamon Swirl Loaf, roll up the dough as if you were rolling up a sleeping bag, and fold in the ends as you roll. Pinch the seams together and place seam down in a baking pan (or dutch oven)

For Cinnamon Rolls, after you have rolled up the dough, cut the dough into slices about 3/4 – 1 inch thick. Place into a baking pan. After the bread and/or rolls are in the baking pan, cover and let rise again until double in bulk. This will take between 15 – 40 minutes.

At this point, you will want to put out your solar oven to pre-heat. Bake the bread and/or rolls in the solar oven for about 45 minutes – 1 hour. When done, cover the top of the bread with glaze.

# Baked Peaches



Baked peaches is a light, refreshing summer dessert or side dish.

A few days ago, my husband came in with a huge box of peaches and a huge box of apples that he bought from a friend's church fundraiser.

We have been very busy putting up that fruit. We have frozen, dehydrated, cooked, and eaten most of it.

But today, there were a few peaches left over; and I wanted to make a quick easy dessert that wouldn't completely send my diet out the window and my husband's blood sugar out the roof. This easy recipe for baked peaches that fit the bill perfectly.

I baked the peaches for about an hour. The length of time needed to cook in a solar oven varies depending on the type of oven, the weather, and how focused the oven is to the sun.

# Baked Peaches



Peaches baking in the GSO solar oven





# Baked Peaches

## Instructions

1. Pre-heat the solar oven while preparing the ingredients.
2. Rinse the peaches to wash. halve the peaches and remove the pits.
3. Place the peaches, peel side down, cut side up, in a baking dish.
4. Put  $\frac{1}{2}$  TBSP butter into the hollow of each half. Place the remainder of the butter into the pan for flavor.
5. Sprinkle the top with the brown sugar and cinnamon.
6. Bake peaches covered in the heated solar oven for about 1 hour or until the peaches are tender and warm.
7. Serve with whipped cream or a scoop of vanilla or peach ice cream.

## Notes

The amount of time it takes to cook in a solar oven depends on how hot the oven get which varies depending on the type of oven, the weather and how focused the oven is to the sun.

Serve warm with a dollop of whipped cream, yogurt, or whipped dessert topping (optional). I served mine warm with vanilla & peach ice cream. OHHHHH! SO GOOD!

# Toasted Coconut

## Toasted Coconut



This week as I was enjoying some of my favorite blogs, the blog from Around My Family Table caught my eye. The subject was homemade marshmallows. I never even thought about making homemade marshmallows before. Did you? Sounded interesting. But it was the very first line that really caught my attention. She wrote, “It’s hot and sticky this time of year and I try to avoid turning on my oven.

However, you will *have* to turn on your oven to make these yummy toasted coconut and key lime marshmallows but it will only be for a few minutes.” And I thought “No! Not me! I’m not turning on my oven – even for this .” As it turned out, the only thing the oven is used for is to toast the coconut that is put on the top. So today, I toasted coconut in the solar oven. It was so-o-o-o easy.

# Toasted Coconut

Just put the coconut – I used sweetened – into a shallow pan and place in the solar oven. I used the Global Sun Oven. I knew it wouldn't take long, so I intended to check on it in 30 minutes. But I forgot – truth be known, I was involved in a round on Candy Crush on Facebook – and didn't check it for 40 minutes. WOW! It was really, really toasted!! Not over done, but a little less cooking would have been okay.



Banana Bread can be baked in a solar oven very well. Here is a very easy recipe that uses a cake mix and ripe bananas.

# Banana Bread



I love banana bread. Do you? I have baked banana bread in the solar oven before. But now I have found a really easy recipe. It only has 4 ingredients – 5 if you count the nuts which are optional for every one except my husband.

- 5 ripe bananas
- 1 box yellow cake mix
- 3 eggs
- 1 tsp vanilla
- 1/2 cup chopped nuts (optional)

Pre-heat the solar oven while preparing the ingredients.

In a large bowl, mash the bananas. Add the eggs, and vanilla, and mix until blended. Add the cake mix and again, mix until blended. Add the nuts and – you guessed it – mix until blended.

# Banana Bread



Pour the mixture into a greased 5 x 9 inch loaf pan.

I used two 4 x 8 bread pans so that the bread would bake faster. I also raised the bread pans off of the floor of the solar oven using metal canning jar rings. The bread took 2 hours to bake.

Pans of Banana Bread sitting on canning jar rings in the solar oven



# S'mores Brownie



# S'mores Brownies



## *S'mores* **BROWNIES** in the solar oven



When my grandchildren returned from a trip to Walt Disney World in Florida last spring, they were raving about one particular dessert they had enjoyed.

My grandson said “It is the best thing I have ever eaten”. Intrigued, I pressed them for details about the “greatest dessert in the whole world”.

In great detail, they described this marvel of a dessert called Smores Brownie – brownie on the bottom, melted gooey marshmallows on top, with chocolate and graham crackers on top. I agree that Smores Brownie is an awesome creation and here is my version, adapted as a solar cooking recipe. It was baked in a Solavore Sport Solar Oven.

And YES!! my grandkids were delighted with my version.

Smores Brownies starts with a bottom layer of brownies, a layer of gooey marshmallows, and topped with graham crackers and chocolate.

# S'mores Brownies

## Ingredients

- Brownie mix (plus ingredients as listed on the box to make them)
- mini marshmallows
- graham crackers
- chocolate syrup or hot fudge

## Instructions

1. Put the solar oven out to pre-heat while you mix up the ingredients.
2. Mix the brownie mix according to directions.
3. Spray an individual size cookie skillet ( or larger pan if desired) with PAM. For the cookie skillet, add one large Tablespoon of batter and spread it in the pan.
4. Place in the hot solar oven uncovered to bake. Time to cook will be about  $\frac{3}{4}$  - 1 hour.
5. When the cookie is done, top with about  $\frac{1}{2}$  cup of mini marshmallows.( Place the bottle of chocolate syrup in the oven to heat at this time.)
6. Melt the marshmallows for 10 -15 minutes.
7. Remove from oven. Top with chocolate syrup.
8. Top with broken graham crackers. Reserve a few graham crackers and crush fine to add to the top with the broken crackers.
9. Add additional chocolate on the top if desired.

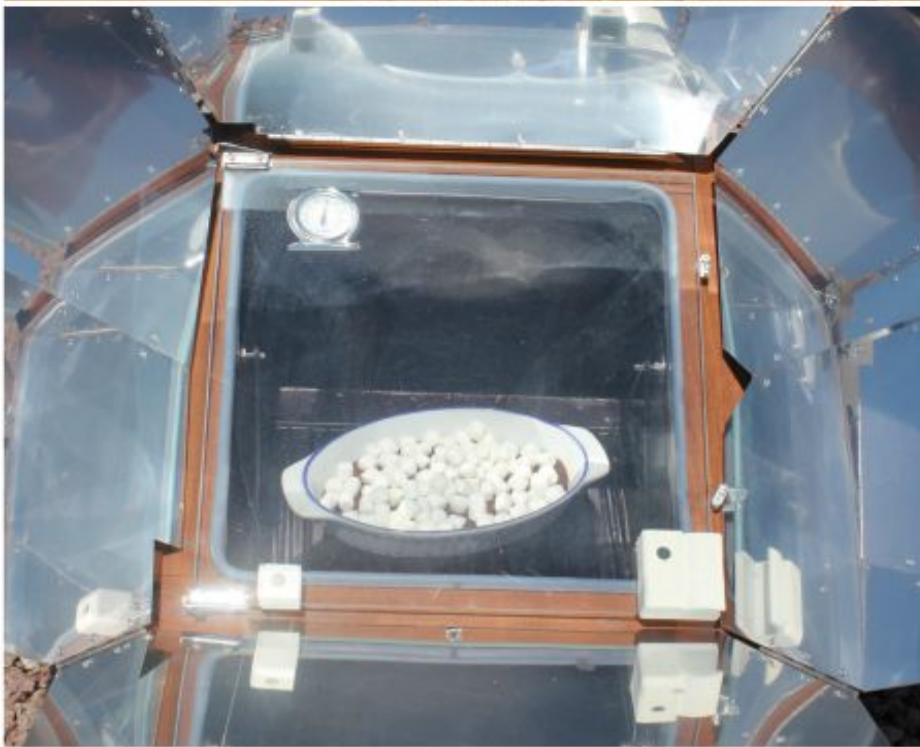
To make a family size Smores Brownie, use a regular size 8x8 pan, but only use about half of the Brownie batter because you want a thinner brownie than usual. Proceed with the same directions. It will take about 1 -1/2 hours to bake.

The actual time needed to bake depends on the weather, the type of oven, and how hot the oven temperature gets.



# S'mores Brownies

Have a lot of people to feed, make a giant Smores Brownie. One brownie mix will make several pans. This family size cookie is baking in the All American Sun Oven.



# M&M Blondise

## M&M Blondies

One of the easiest things to make in a solar oven is bar cookies. This recipe is very rich, so cut the squares small – after all, you can always have another.



- 1/2 cup + 2 TBSP butter (total of 10 TBSP)
- 1 cup packed brown sugar
- 2 TBSP regular white sugar
- 1 egg, beaten
- 2 tsp vanilla
- 1/4 tsp salt
- 1 1/4 cup all-purpose flour
- 3/4 cup M&M's + a few more for the top

Pre-heat the solar oven while preparing the ingredients. Heat the butter until melted – either stove top or solar – until it begins to brown, then let the butter cool slightly, until just barely warm.

In a large mixing bowl, combine the browned butter and sugars. Stir in the egg, vanilla, and salt. Stir in the flour. When the batter is well blended, stir in the M&M's.

Pour the batter into an 8×8 inch prepared pan (I sprayed mine with Baking Pam) and smooth the top. Sprinkle with the additional M&M's (See photo). Bake in solar oven for about 2 -2 1/2 hours or until a toothpick comes out clean. Let the blondies cool and cut into squares.

# Caramel Apple Dump Cake



Here is how to make a Caramel Apple Dump Cake in the solar oven. This is a no fuss recipe that can be put together very quickly at a campsite or tailgate party and baked in a solar oven right on the spot.

People could smell this cake baking and would come over just to take a peek at the cake in the oven. I actually made 2 of these cakes. And there was not a single bite left over to take home.

# Caramel Apple Dump Cake

Caramel Apple Dump Cake tastes like apple pie and it is easy to make in a solar oven at a camp site or tailgate party.

## Ingredients

- 2 cans apple pie filling
- 1 box yellow cake mix
- 2 sticks of butter, melted
- ½ jar of caramel sauce (like ice cream topping)
- 1 cup chopped nuts (walnuts, pecans, etc)



## Instructions

1. Dump the apple pie filling into a 9 x 13 inch pan. Add the caramel sauce and stir to mix. Spread it evenly in the pan.
2. Sprinkle the dry cake mix evenly over the top. Carefully spread it evenly over the top with a knife or spoon if needed.
3. Pour the melted butter over the top of the dry cake mix.
4. Sprinkle the nuts evenly over the top.
5. Place the pan into a hot solar oven. Do not cover. Bake about 1½ - 2 hours until the cake is browned on top and bubbly around the edges.
6. Serve with ice cream or whipped topping if desired.

Always pre-heat the solar oven.

The amount of time to bake the cake will depend on the type of solar oven, the temperature in the solar oven, and how focused to the sun you keep the oven.

For a regular oven, bake at 350 degrees for 45-50 minutes.

# Cherry Cheesecake



This is a solar cooking recipe. I love cherry cheesecake. I have a really great little cheesecake pan. It makes individual sized cheesecakes. It looks similar to a cupcake pan; but, like any other cheese cake pan, the bottoms of the little cups come out, and you have – voila! – tiny little cheesecakes. These little cheese cakes are easy to make and make a wonderful presentation at potlucks; for guests; or just for family. And, because they are solar baked, that is another reason that these delicious gems will be marveled over.

- 1 (12 oz) pkg vanilla wafers or your favorite cookie
- 2 (8 oz) pkgs cream cheese
- 3/4 cup white sugar
- 2 eggs
- 1 1/2 tsp vanilla extract
- Pie filling or fruit garnish

Pre-heat the solar oven while preparing the ingredients. Lightly grease the tins

# Cherry Cheesecake

Crush the vanilla wafers, evenly place the crushed wafers into each tin.



Crushed vanilla wafers in pan for mini cheese cake

In a mixing bowl, beat cream cheese, sugar, eggs, and vanilla until light and fluffy. Fill each tin with mixture, almost to the top. Bake in solar oven under brown and crust pulls away from side of pan, about 2 – 2 1/2 hours. (In kitchen oven, bake for 15 minutes at 350 degrees).



Cheese cake mixture in cake pan ready for the oven

Cool slightly. Remove from pan. Finish cooling and top with pie filling or fruit garnish.

# Conclusion: Benefits of Solar Cooking

## Cherry Cheesecake



I used half of the mixture in the mini cake pan and half in a regular cheesecake pan. Even in the solar oven, the cheesecake browned very nicely.

Isn't that a beautiful cheesecake. I would be proud to serve that to any of my guests. Have you tried to make a cheesecake yet?

# Safety Precautions

## SAFETY PRECAUTIONS

Be sure to take a few safety precautions when solar cooking.

- 1) The reflectors are really bright! Wear sunshades. Do not look directly into the reflectors or into the sun.
- 2) Don't be deceived! The food and pots cooking in a solar oven get just as hot as in your kitchen oven. Be sure to use oven mitts or hot pads.
- 3) Be careful when you open the hot solar oven. Allow built up steam to escape by opening the lid away from you. Otherwise you could get a nasty steam burn.
- 4) Food safety is very important. Be sure to follow all food safety precautions.

Do not let food sit out for long lengths of time before cooking so that dangerous bacteria does not begin to grow. Food begins to cook at 180 °F ( 82°C). Pre-heat the solar oven to at least 150°F (65°C) - 200°F (93°C). Get the food in quickly so that the food rapidly reaches cooking temperature.



# Conclusion: Benefits of Solar Cooking

There are many benefits from solar cooking.

**Economics** – Using the free energy from the sun reduces the need to buy other fuel – electricity, gas, butane, propane, charcoal, and wood – leaving more change in your pocket.

**Environmental** – Using solar energy to cook reduces your dependence on other fuels, leaving our forests and fossil fuels untouched. Because there is no smoke or flames, it does not contribute to air pollution. And solar cooking can be used in no burn areas and on no burn days.

**Health** - Open cooking fires present a danger to everyone, especially children, from burns and smoke inhalation. But a solar oven is not hot to touch so it poses no danger to playing children. Furthermore, solar cooking can pasteurize water making it safe to drink

**Emergency Preparedness** – You can cook anywhere if there is sunshine. So whether the electrical grid is down, or whether you are stranded by the side of the freeway waiting for a tow truck, you can still cook something warm and delicious to feed your family.

**Cutting Edge Technology** – It seems a bit odd that something so simple could actually be on the cutting edge of technology. But it is. Solar and solar cooking is becoming the way of the future and the future is here now. It's FUN!

The biggest advantage is just that it is fun. Fun to entertain guests. Fun to take on a campout or to a tailgate party. Fun to simply relax and join in the family activities without worrying about the food. So whether you buy one or make one, you have simply got to get one. Solar Cooking! So easy! So good! So solar! Thank for solar cooking with Sunshine On My Shoulder