



How to Cook in a Solar Oven

The best times for cooking with a solar cooker are between 10 am and 4 pm – that is usually when the sun is at its hottest.

Foods that are Easy to Cook in a Solar Oven - Cooking Time ~ 2 hours

These foods will be done in around 2 hours at midday on a clear day.

White rice	Chops	Cookies
Whole grains	Ribs	Brownies
Rolled grain flakes	Fish and Most Poultry	Fruits
Cereals	Puddings	Green Vegetables
Most Egg Dishes	Crackers	Shredded Vegetables

Foods that Are Medium Difficulty to Cook in a Solar Oven

Cooking Time ~ 3 hours

If started early, these foods will be ready by noon on a good day or by evening on a partly cloudy day.

Cornbread	Soufflés
Gingerbread	Root vegetables such as potatoes and turnips
Medium-sized roasts	Brown rice
Quick breads	Some legumes such as lentils, black-eyed peas and black beans
Yeast Rolls and Buns	Larger amounts of easy to cook foods

Foods that are Difficult to Cook in a Solar Oven - Cooking Time 4+ hours

If started early, ready for late lunch or dinner on a good day.

Whole turkey
Large roasts
Stews, soup and bean pots (unless brought to a boil before placing in solar oven)
Most yeast breads and cakes
Pre-soaked pinto beans, field peas, garbanzo beans, small navy beans, soybeans, kidney beans, red beans, yellow peas, dried peas, split green or brown peas