

Solar Oven Recipes



Sunshine Eggs

Try this unique way of cooking an egg!

1. Set up your solar oven in a sunny area, and make sure that sunlight is being reflected into the window.
2. Carefully wrap an egg in a clean black sock (cotton or Nylon). If you're using the foot of a pair of nylons, wrap the egg several times, until you can't see any white.
3. Put the egg in the center of a pre-heated pizza box oven, and cover with a small glass dish. If it is a bright day, your egg will take about 2 hours to cook, or longer on a less sunny day.
4. Remove the egg using a potholder. Peel off the shell, to reveal a solar-cooked egg.

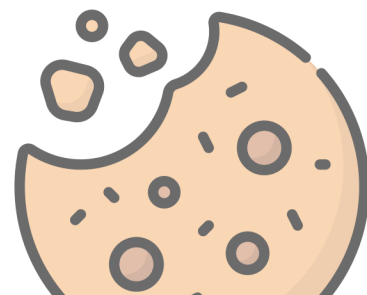
Chocolate Fondue

1. To make a tasty dipping sauce for fruit, Combine $\frac{1}{2}$ cup of chocolate chips with 2 teaspoons of cream in a glass dish.
2. Put the dish in a pre-heated solar oven
3. Stir every 10 minutes, until smooth and creamy.

Peanut Butter Cookies

Use a small oven-proof plate, or a mini muffin tin.

1. Combine 1 egg, 1 cup of smooth peanut butter, and $\frac{2}{3}$ cup sugar in a bowl, and stir until just mixed.
2. Put heaping teaspoons of dough onto the plate or tin. If you use a plate, press down gently on the dough with a fork, making an X pattern. Put the cookies into a pizza box oven.
3. Check on the cookies every half hour. The dough will not brown, but the cookies will become done in 45 minutes in full sun.



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Sun Baked Potato

Vegetables cooked in the sun take on a delicious flavor!

1. Remove the plastic wrap from your solar oven. Put the metal rack inside the pizza box, so that it is surrounded by newspaper insulation. Set up your oven in a sunny area.
 2. Scrub 1-2 small potatoes to remove all of the dirt from the skins. Use a fork to pierce the skin of each potato a few times, to let steam escape while it is cooking. Rub the skins with a little butter or olive oil, and then sprinkle salt over the potatoes.
 3. Put the potatoes onto the metal rack, and then put the glass bowl to cover the opening of the box, so it seals air inside of the pizza box.
 4. Your potato will cook slowly in the sun, taking most of the day. Reposition your oven every half hour or so.
 5. You can test when the potato is done by using a fork. If you can easily pierce the center of the potato, it is ready to eat!
- You can make your sun baked potato into mashed potatoes by adding milk and butter, or eat it with salt and pepper. Enjoy!

Apples with Cinnamon

Make a sweet snack with sliced apples.

1. Core an apple, and then slice it into thin slices. Toss the slices with 1 teaspoon of cinnamon, and 1 teaspoon of sugar. Add a little water if necessary, so the
2. apples are moist.
Put the apple mixture in a baking pan, and place it in a pre-heated solar oven. Stir the apple mixture every 30 minutes. Make sure to adjust the position of the
3. oven when necessary, so it is in full sun. Bake for several hours, until apples are softened, and are warm all the way through.
4. If you like, serve over ice cream. Or enjoy the dish by itself!

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