

Solar Oven Recipes

Sunshine Eggs

Try this unique way of cooking an egg! You will need a thin black sock (cotton or nylon).

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. 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.

Solar Tea

Make flavorful tea using the sun's heat! You don't need a solar oven for this project, but you will need a glass jar (used for canning).

1. Wrap a strip of black paper (about 6 inches tall, and a little over a foot long) around the jar, and use clear tape to secure.
2. Fill the jar with filtered water (you can use some water from a solar purifier if you like).
3. Add 2 tea bags (mint, black, or green teas work well), and put the lid on the jar, making sure not to screw it too tightly. If the jar you are using doesn't have a lid, put a piece of plastic wrap over the top, then secure with a rubber band.
4. Set the jar out in the morning, and bring it in at evening time. To brew the tea more quickly, you can set up the parabola cooker close to the jar. You can save the tea in your refrigerator for several days. To serve, add ice and water to your taste.

Peanut Butter Cookies

To make these easy (and yummy!) cookies you will need a small oven-proof plate, or a mini muffin tin.

1. Combine 1 egg, 1 cup of smooth peanut butter, and 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 a criss cross 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.

Sun Baked Potato

Vegetables cooked in the sun take on a delicious flavor! Try it out by making a baked potato in your solar oven. You will need a small metal rack (the kind used to cool baked cookies), and a large glass bowl or baking dish.

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. 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!
5. 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. Use a glass baking pan, or dark metal pan to bake the apples in.

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 apples are moist.
2. Put the apple mixture in a baking pan, and place it in a pre-heated solar oven.
3. Stir the apple mixture every 30 minutes. Make sure to adjust the position of the 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!

Chocolate Fondue

To make a tasty dipping sauce for fruit, combine ½ cup of chocolate chips with 2 teaspoons of cream in a glass dish. Put the dish in a pre-heated solar oven (or use the parabola cooker to melt the chocolate). Stir every 10 minutes, until smooth and creamy.