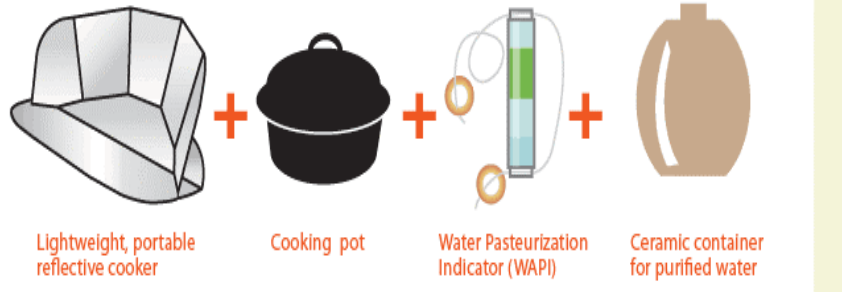
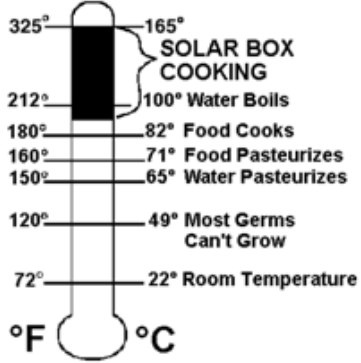


# SOLAR OVENS - The SUN OVEN and DIY options

With all the sun we have in Perth everyone should be using Solar cookers!!!

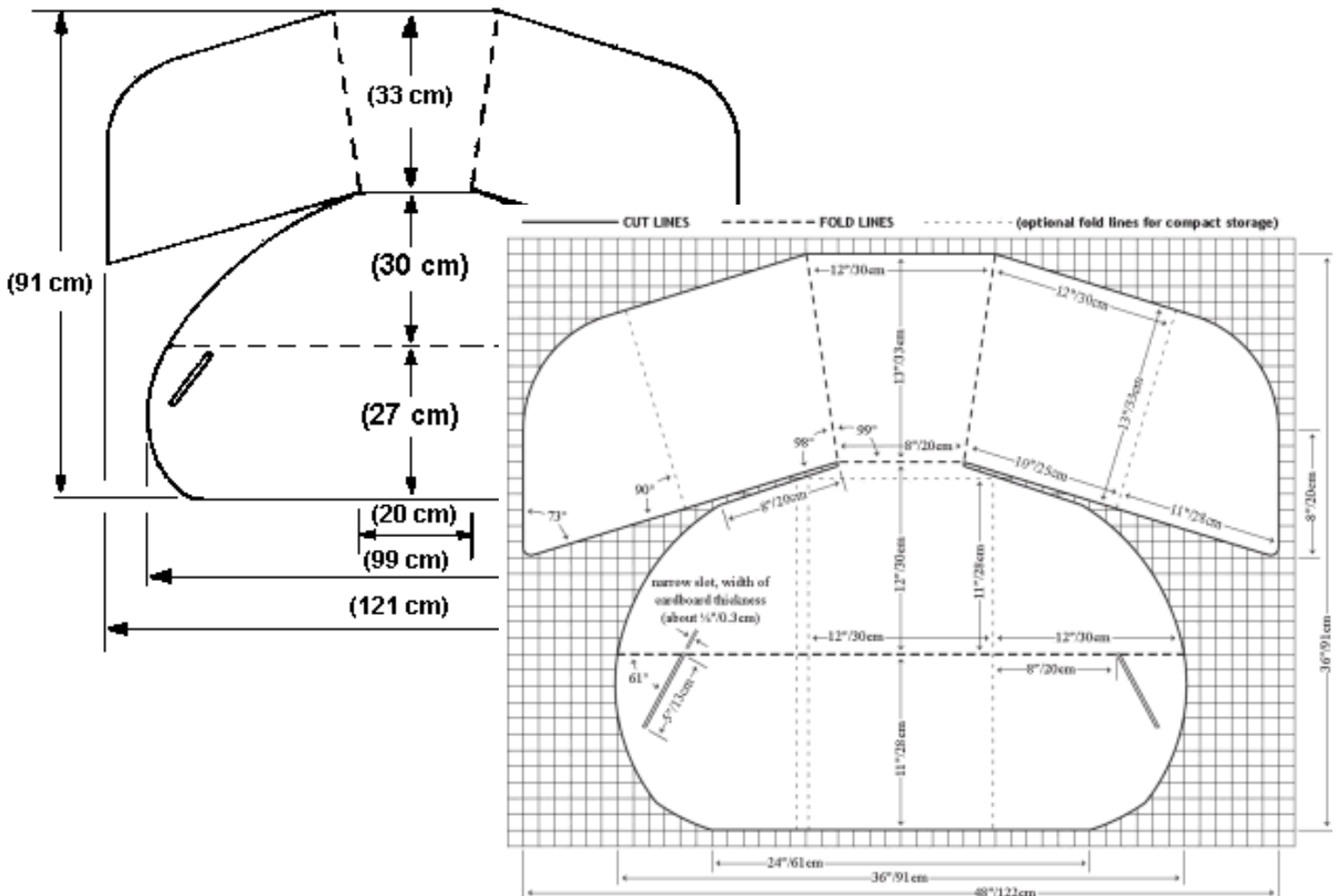
There are many advantages, cooking with the sun is outside frees up kitchen space, is energy cost free, avoids the house getting hot in summer (saves power twice), is a very effective healthy slow cooker, keeps food warm until you're ready, and is portable (go camping with it even use it on fire restriction days). You can literally put it on/out at 7am and point to midday and come home at 7pm to cooked, hot dinner. **Careful this in an oven it gets to 180°C**

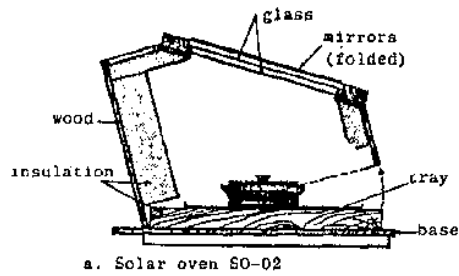
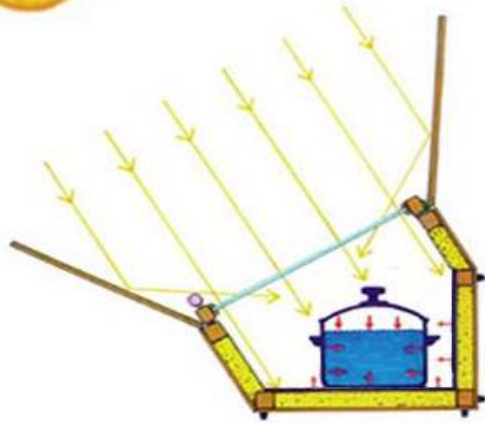


For lots more information and tips on solar cooking **please turn over.**

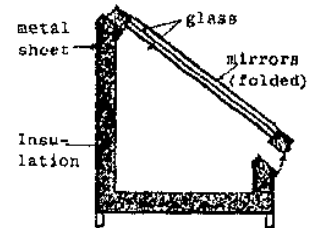
The solar oven on display is the top model, well built, mobile and well insulated but it cost over \$500. The simplest cheapest but still effective commercial Solar cooker is a flat packable foil arc shown above (the simple water pasteurizing option) and below, its also an easy DIY option with cardboard and foil.

But it's well worth buying one to start playing with your own models. It will also amaze you just how hot the sun can get. Put your pot or food in oven bags if you use these types of cooker as it has no insulated cooking zone otherwise.

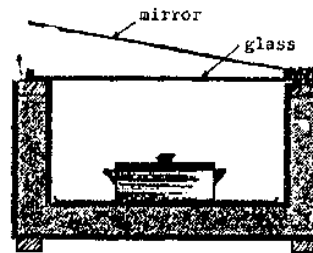




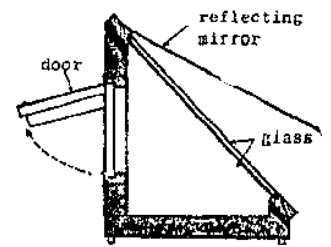
a. Solar oven SO-02



b. Solar oven SO-05



c. Solar oven SO-09



d. Solar oven SO-07

In general Solar Cooking with the Sun Oven is very easy and logical - these tips are just to help you refine or for those who might not find it logical.

Recipes - Nearly any recipe can be used - the only thing that is normally different is the cooking time. In general we add 10 - 15% on to the time quoted in a recipe. In days of partial / light cloud cooking times will increase. It is not recommended to use the Sun Oven although it may be ok for drying / low temperature tasks.

Cookware - Again nearly anything can be used - but dark pots with lids work best

Temperature - Face directly to the sun (eliminating all shadows) for highest heat. To regulate or lower this, turn the oven away from the sun slightly. Move with the arc of the sun to maximise cooking temperature and time, i.e large roasts and big meals.

Unless using for a low heat application, pre-heat the Sun Oven before putting food inside.

Gloves - WARNING! The inside of the oven gets hot! Do NOT pick up pots without heat protection after cooking. As with any oven - beware of heat / steam when opening the door.

Steam - Generally, steam on the inside of the lid indicates the food is ready. If you are boiling water or similar this steam will reduce the temperature of the oven. Cover to avoid this or open the lid of the Global Sun Oven® very slightly.

Browning - If you have cooked a roast etc in a covered dish or pot with a lid, you may want to cook for a while at the end to crisp it up.

Remember if you keep opening the lid, the oven will cool down & cooking time will increase.

Ready for a time - If you want food ready sometime away, face the Sun Oven to point to where the sun will be when it needs to be cooked. ie If you go to work in the morning & want your food ready for when you come home at night - point the SunOven to where the sun will be in the afternoon. The food will then be cooked in the afternoon before sun down, and stay hot for when you return home!