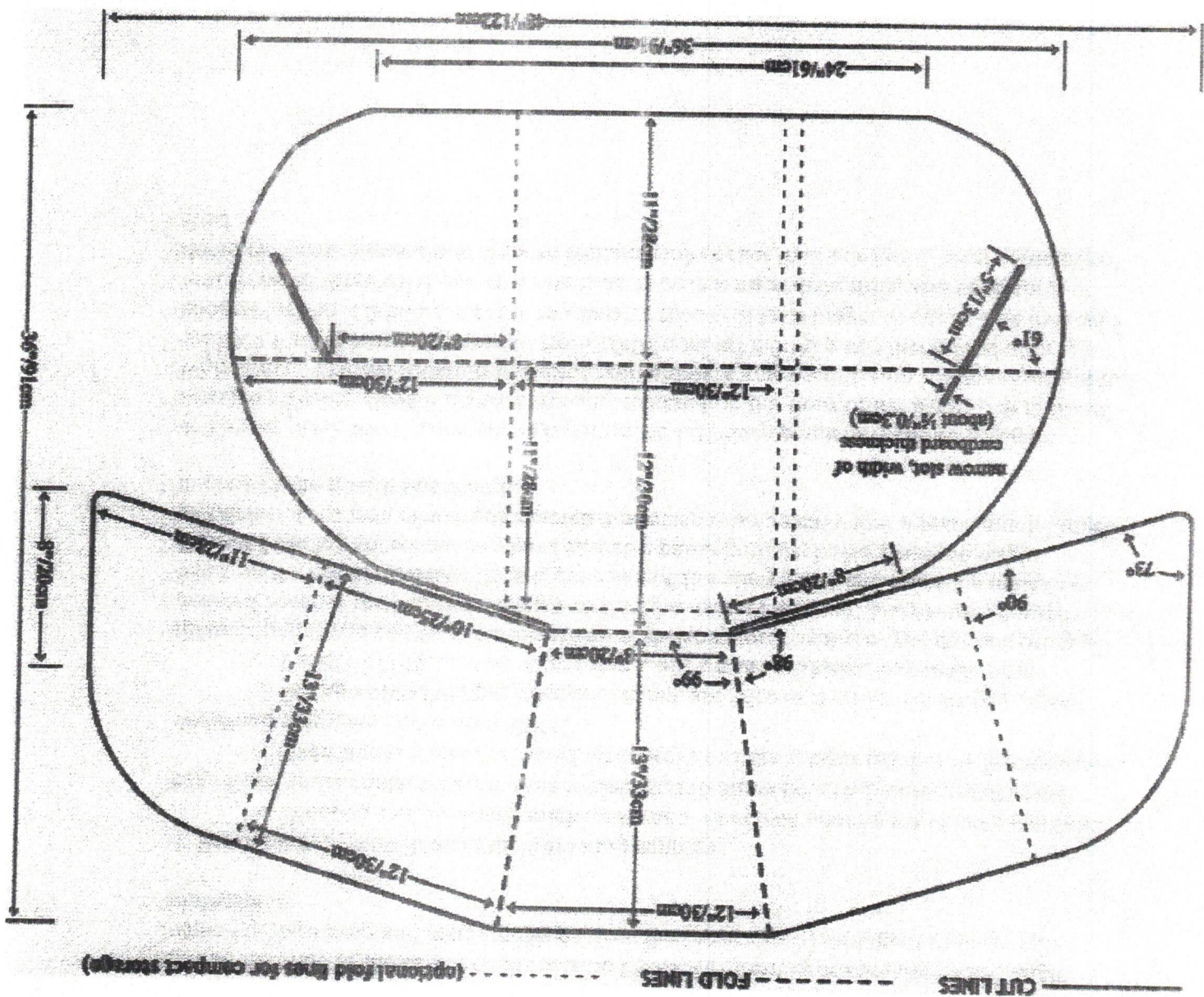


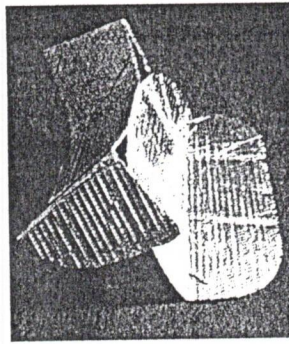
CooKit Solar Cooking Materials

1. Cut out a solar CooKit, using the pattern on back, from rolls of aluminum insulation, which can be purchased in the insulation aisle of Lowe's.
2. The fold line in the center of the rounded base will form approximately a 45° angle when you turn it up and insert the flaps from the top section. Hold them in place with clothespins.
3. For cooking, you will need the following supplies:
 - a. Wooden 1x1 by 8 inch **sticks**—several—to place under pans to keep pans and bags from direct contact with the solar panel and to allow heat to circulate underneath.
 - c. **Oven bags**, such as are used for turkeys or roasts. Bags need to be formulated to withstand temperatures of up to 300°.
 - d. **String** to hold the bags closed. Do not use wire as it will melt the bag closed.
 - e. Variety of black or very dark **pans, pots, baking sheets**, etc. made of the thinnest metal you can find. Check out second-hand stores as these type of pans often get donated because they do not perform well in the average kitchen. They must be totally black on the outside surface. If not, get a can of flat spray paint and paint the outside only. Pans and baking sheets need to have lids also painted in black. No glass, no bright aluminum. Cast iron is not recommended because it is so heavy that it takes much longer to cook in them with this method.
4. To use, place food inside pan and put on the lid. Place pan inside cooking bag on wooden sticks to elevate it about an inch, centered on the floor of the oven.. Tie it closed with string. The oven should be facing south, unless you want to turn it often. Place in full sunlight for 2-4 hours—generally from 10:00 a.m. until 3:00 p.m. Check food after it has cooked for about 2 hours. Larger amounts of food will take longer to cook. You may wish to use two to three solar ovens at one time to bake a main dish, rolls, and vegetables or desserts. Smaller quantities in more containers do better than one large, deep container of food.

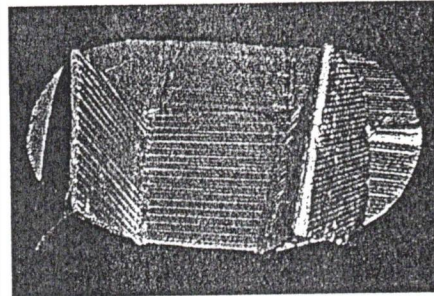


Step One: Fold Top part to back:

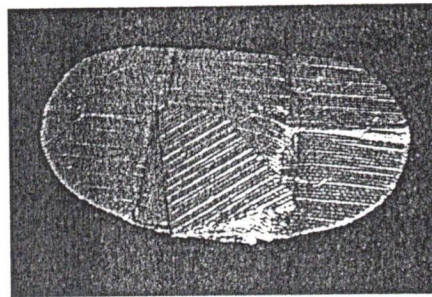
It helps to crease folds first using a yardstick or other straight edge.



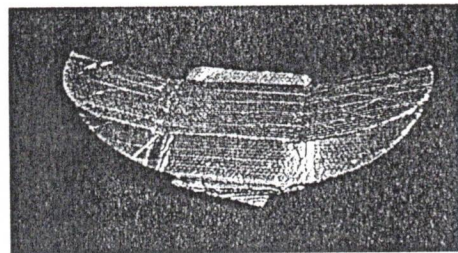
Step Two: Fold front left and right sections onto center front section.



Step Three: All top sections are folded.

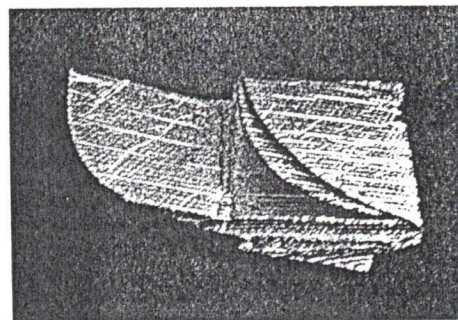


Step Four: TURN IT OVER. Folded top section is now underneath. Fold the oval over floor section in half, bottom to top.



Step Five: Fold sides of oval section to the center.

Tie with string or place in bag.



Baked Chicken-n-Rice

Mix together in 1½ qt. casserole dish:

- 1-2 cans chicken with broth
- 1 cup uncooked rice (or 1 ½ cups instant)
- 1 can Cream of Chicken soup
- 1 can Chicken Broth
- 1 small can mushrooms
- ½ cup water

Sprinkle on top:

Paprika

Place in solar oven and cook 2 to 2 ½ hours.

Top with:

1 can French-fried onion rings, *opt.*

Taco Soup

Combine in soup pot and simmer 10 minutes,

or place in crockpot for the day, or in solar oven for 1 ½ hours:

- 1 can hamburger
- ½ to 1 packet taco seasoning
- 1 15-oz. can red or pinto beans
- 1 15-oz. can garbanzo or black beans
- 1 15-oz. can white beans
- 1 15-oz. can corn
- ½ cup dried onion flakes
- 1 29-oz. can diced tomatoes
- 1 can sliced olives (whole can be used)

Easy Rolls

(You can use dried eggs and dried butter in an emergency.)

Place in mixing bowl:

- ¼ cup powdered milk
- 1 ½ cup warm water
- 1 Tablespoon yeast

Mix in separate bowl:

- ¼ cup sugar
- 2 fresh eggs or 2 Tablespoons dried egg powder
- 2 Tablespoons butter powder *opt.*
- 3 to 4 cups flour (adjust as needed)
- 1 teaspoon salt

Combine together

Add flour as needed until dough cleans the sides of the bowl. This is a very soft dough.

Let rise for about 1 hour. Shape. Place in solar oven for about 1 ½ hours. OR bake at 350° for 20.

Chicken and Vegetables Casserole

Mix together in 1 ½ qt. casserole (or solar oven pan)

- 1 can chicken
- 1 can water
- 1 can Cream of Chicken soup
- 3-4 potatoes, thinly sliced or diced
- 3-4 carrots, thinly sliced
- ½ tsp. poultry seasoning
- ½ tsp. garlic powder

Place in solar oven for 2 ½ –4 hours.

Beef n taters Stew

Mix together in casserole dish:

- 1 can roast beef and gravy
- 1 can potatoes with liquid (or use ½ cup dried potatoes and 1 cup beef bullion)
- 1 can peas and carrots
- 1 can tomatoes
- 1 12 oz. can tomato juice
- 1 tsp. bullion granules, or to taste

Place in solar oven for 1 ½ hours if you used the canned potatoes. Two plus if you used dried potatoes. Three if you used fresh potatoes.

Macaroni & Cheese

Mix together in Casserole dish:

- 1 jar prepared Alfredo sauce (about 12 oz.)
- 1 ¼ cups water

In separate bowl toss together:

- 2 cups elbow macaroni, uncooked
- 1 tablespoon olive oil

Add to Alfredo sauce, then add:

- 1 cup grated cheese, or 1 jar Old English cheese

Other simple ideas

Hard-boiled eggs—Place a dozen eggs in a pan and cook for about 4 hours. No water needed.

Baked potatoes—Place four potatoes in the pan with about ¼ inch water. Cook all day in the sun.

Acorn squash—trim off the top and bottom of the squash, then cut in half. Scoop out seeds. Butter cut edges and place face up in roasting pan. Put ¼ inch of water in the bottom, then bake for about 4 hours.