



## Bright House 2009 Solar Energy Cook-Off Recipes

### Elementary Division

#### 1<sup>st</sup> Place



*Beach Buddies  
New School Preparatory,  
Orlando, Florida*

#### Grilled Shrimp And Vegetable Kabobs

- 2 tablespoons fresh lemon juice
- 2 tablespoons olive oil
- 2 garlic cloves, chopped
- ¼ teaspoon salt
- 1 pound large shrimp, peeled and de-veined
- 1 yellow bell pepper, cut into 1-inch pieces
- 1 red onion, cut into 1-inch cubes
- 1 pint grape tomatoes



In a plastic bag, combine first four ingredients for marinade. Add shrimp and toss to coat. Refrigerate in cooler 15 minutes. Cut vegetables and add to shrimp in bag. Skewer the shrimp alternately with the vegetables. Grill kabobs, turning frequently until the shrimp are pink and cooked through and vegetables are tender.

#### Tropical Rice

- Oven baking bag
- 1 cup Basmati rice
- 2 tablespoons butter
- Salt and pepper
- ½ papaya
- 1 (4 oz) can pineapple chunks
- Dash of ginger
- Toasted coconut

Put rice, water and 2 tablespoons butter in bag. Cook in oven until done. Add the salt and pepper.



With a spoon, scoop the seeds out of the papaya and discard, then use the spoon to scoop out the papaya. Chop a third of it for the rice. Stir in the papaya, and a third of the pineapple into the rice. Add a dash of ginger and top with toasted coconut.

*Note:* Leftover papaya, pineapple and toasted coconut can be mixed in a bowl to make a salad.

## 2<sup>nd</sup> Place

*Team: Sky's The Limit  
Gardendale Elementary  
Merritt Island, Florida*

### Lobster Bites

2 lobster tails (cut in half length-wise)  
Melted butter or olive oil  
Sea salt and pepper to taste  
Dash of rosemary-garlic spice blend  
Dash of Creole seasoning

Pour butter or olive oil on top of the lobster tails. Grind rosemary-garlic, Creole seasoning, sea salt and pepper on top. Put in tin foil and cook in the oven until a light red color.



### Rosemary-Garlic Shrimp

Olive oil  
1 lb. shrimp, washed and peeled  
Sea salt  
Dash of rosemary-garlic spice blend

In a bowl, combine shrimp, olive oil, sea salt, and rosemary-garlic spice blend. Stir to coat shrimp. Place shrimp on skewers and lay on grill racks inside of the oven. Cook shrimp until they are a light pink color.



### Grilled Zucchini

2 zucchini, sliced length-wise 1/4 inch thick  
Olive oil  
Dash of rosemary-garlic spice blend  
Sea salt and pepper to taste  
Pepper

Rub olive oil and spices on the zucchini. Place the zucchini on the grill rack in the oven.

## Teriyaki Steak and Shrimp Kabobs

- ¼ lb. steak
- ¼ lb. shrimp
- 1 medium onion, cut into bite sized pieces
- ½ pint cherry tomatoes
- 1 green pepper, cut into bite sized pieces
- 3 tablespoons soy sauce
- 3 tablespoons teriyaki sauce
- 1 teaspoon diced ginger
- ¼ teaspoon garlic, minced
- ½ teaspoon onion powder



Mix together the soy sauce, teriyaki sauce, ginger, garlic and onion powder. Place steak and shrimp in mixture. Marinate overnight. Place steak, shrimp, onion, cherry tomatoes and green pepper on skewers. Place in oven. Glaze with sauce every 20 - 30 minutes.

## Peach Crisp

- 1 (29 oz) can yellow cling sliced peaches, drained
- 1 (15 oz) can light fruit cocktail, drained
- ¾ cup quick cooking oats
- ¾ cup packed brown sugar
- ½ cup flour
- 1 teaspoon cinnamon
- ¼ cup butter

Arrange sliced peaches and fruit cocktail in a greased 9 inch round cake pan. In a medium-sized bowl, combine oats, brown sugar, flour, cinnamon and butter. Sprinkle over fruit. Place in oven and cook until topping has moistened and fruit juices bubble.

## 3<sup>rd</sup> Place

*Team: Rocking Crazy Wolfs  
Holy Trinity Episcopal  
Melbourne, Florida*

### **Pasta Fagoli del Sole**

- 1 can (15 oz) cannellini beans
- 2½ cups fine egg noodles
- ½ can (28 oz) diced tomatoes
- 1 can (14 oz) chicken broth
- 3 tablespoons olive oil
- 3 tablespoons onion, minced
- 2 gloves garlic, mined
- ¼ teaspoon oregano
- ¼ teaspoon pepper
- 1 large bay leaf
- ½ teaspoon salt
- ½ can (10 oz) condensed white bean soup
- ½ cup grated parmesan cheese

Combine all ingredients except parmesan cheese in pot and place in oven to simmer. Remove bay leaf and add parmesan cheese to serve.

*Note:* When making the recipe on a conventional stove top, omit egg noodles and condensed soup. Place other ingredients in a large pot and simmer for over an hour. Boil 2 cups of Ditalini pasta in water until al dente. Drain and combine pasta with soup before serving.

## **Other Scrumptious Entries (Honorable Mention)**

*Team: Greenfire  
Abraham Lincoln Middle School  
Gainesville, Florida*

### **Asian Salmon**

- ½ cup spicy ginger sauce
- 3 teaspoons garlic, minced
- 1 teaspoon chili powder
- 1 egg white
- 1 teaspoon chili oil
- 1 lb salmon, cut in 1/4
- 4 cloves garlic, cut in half
- 4 sprigs mint
- 2 green onions, coarsely chopped

Mix first five ingredients together for marinade. Marinate salmon for 2 hours. Place salmon in an aluminum baking pan with its marinade. Place garlic, mint and green onions on top of salmon. Bake in oven until salmon is pale pink. Remove garlic, mint and green onions. Serve.

*Team: The Kabobers  
Royal Palm Charter  
Palm Bay, Florida*

### **The Kabobers Special**

- 1 chicken breast, cut into square pieces
- 1 mango, cut into square pieces
- 1 green pepper, cut into pieces
- 16 shrimp
- Dash of paprika
- Salt and pepper to taste
- Dash of cinnamon

Place chicken, shrimp, mango and green pepper on kabob sticks. Sprinkle a dash of paprika on chicken and shrimp. Season chicken with salt and pepper. Sprinkle cinnamon on mango. Place the kabobs in the solar oven and monitor to make sure they cook at 170°. Kabobs are ready when shrimp are pink and chicken is done.

***Team: Rocking Solar Chefs  
Holy Trinity Episcopal  
Melbourne, Florida***

**Grammy's Grandslam Chili**

½ lb. ground beef  
¼ cup chopped onion  
¼ cup chopped bell pepper  
½ pkg. chili mix  
1 cup kidney beans  
¾ cup tomato sauce  
1¼ cup crushed tomatoes  
¾ cup water  
1 teaspoon chili powder  
Salt and pepper to taste  
Shredded cheese and sliced scallions for garnish

*Precook:* Brown ground beef, onions, bell peppers & chili mix in pan until brown.

Combine kidney beans, tomato sauce, crushed tomatoes, water, chili powder and ground beef mixture in a large bowl. Stir until well blended. Fill fish bowl with chili mixture and place in solar oven at least one hour or until hot and flavors blended. Add cheese and scallions as garnish and serve.





## Bright House 2009 Solar Energy Cook-Off Best Design Awards



### Elementary Division

#### 1<sup>st</sup> Place

***Team: Sky's The Limit  
Gardendale Elementary  
Merritt Island, Florida***

Gardendale Elementary constructed their oven from a discarded water heater. One side was cut away, the inside was painted black and glazing was attached to the front. A long rack inside allowed the team to cook several dishes at one time, while the large magnifying glass could be positioned to brown food. A thermometer with a probe attachment allowed the team to monitor the temperature inside the oven.



#### 2<sup>nd</sup> Place

***Team: Heat Wave  
St. Martha Catholic School  
Sarasota, Florida***

Team Heat Wave from St. Martha Catholic School used a Fresnel lens from a discarded projection television mounted on a swivel frame to project the Sun's heat onto their grill. The measured temperature during the competition reached over 500°, allowing them to grill steaks for judging.



## 3<sup>rd</sup> Place

***Team: Heat Wave  
St. Martha Catholic School  
Sarasota, Florida***

Team Heat Wave recycled a steamer trunk into a cooker by lining the inside with aluminum foil, fitting a piece of glass over the top, and attaching a mirror to the inside of the lid for an adjustable reflector. The judges were very impressed by the team's effort in artistically finishing their cooker and their knowledge of solar thermal cooking.





## Bright House 2009 Solar Energy Cook-Off Recipes

### Middle School Division



### 1<sup>st</sup> Place

**Team: Solar Chefs**  
**Stewart Middle Magnet**  
**Tampa, Florida**

#### Smokey Five Cheese and Shells

- 2 cups small shells or macaroni pasta
- 1 tablespoon butter
- 1 tablespoon flour
- 1 can evaporated milk
- 2 tablespoon cream cheese
- 1 cup colby-jack cheese, freshly grated
- 1 cup sharp cheddar cheese, freshly grated
- 1 cup smoked gouda cheese, freshly grated
- 1 cup mild white cheddar, freshly grated
- ¼ teaspoon Liquid Smoke
- 4 slices of Hickory smoked thick cut bacon
- 1 teaspoon Sea salt
- Olive oil



*Precook:* Place 6 cups water, sea salt and 1 Tablespoon of olive oil in a pot and bring to a boil. Add pasta and parboil for six minutes. Do not overcook! Pasta will continue to cook in the solar oven but needs to be parboiled to be able to absorb cheese flavor. Drain pasta immediately and rinse with cold water to stop the cooking process.

Freshly grate cheese (do not buy pre-grated cheese—it is coated in cornstarch which will give the cheese a stringy texture). In a separate saucepan, melt butter and add flour to create a roux\*. Stir constantly until roux has turned a light brown. Add liquid smoke, then slowly begin to add the evaporated milk, stirring constantly. Once you have a uniform mixture, begin to add cheeses by the handful and stirring until each has melted. Add pasta and mix. Place pasta in a casserole dish with lid and place in solar oven for 1 ½ to 2 hours or until pasta is tender.

Cook bacon in a separate container in your solar cooker. Chop bacon and place on top of macaroni before serving.

\* *A roux is a mixture of even parts of fat and flour cooked together to form a thickening agent. It should be neither runny nor gloppy, but right in between.*

## All-American French Cassoulet\*

- 1 can great northern white beans, or cannellini beans
- 1 lb lamb
- 1 lb beef rib meat, cut off the bone
- 1 lb. thick cut hickory smoke bacon
- 1 lb flavored sausage (we use garlic and herb), cut in 1" pieces
- 1 bouquet garni with any of your favorite fresh herbs (we use fresh sage and thyme)
- 1 cup grape tomatoes, cut in half
- 1 cup carrots, cut small
- 4 - 5 cloves garlic, minced
- 1 can beef gravy
- 10 - 12 homemade crostini
- Finishing salt



*Precook:* Pan sear all sides of the lamb and beef. Do not cook meat—meat will fully cook in the oven to release flavor into the sauce.

Layer in a casserole dish--beans, garlic, bouquet garni, carrots and tomatoes. Then place all meats on top except the bacon. Place casserole in solar cooker.

Cook in solar cooker for three hours. Cook bacon separately in solar cooker, then chop. When serving, remove bouquet garni. Garnish each plate with finishing salt then spoon cassoulet on top. Sprinkle with bacon and garnish with a crostini on the corner of each plate and a sage leaf on the side.

*\*Note:* A cassoulet is a traditional French recipe made with a variety of cuts of meats, beans, and vegetables. We have designed a recipe to put an American spin on a cassoulet that would slow cook well in a solar oven.

## 2<sup>nd</sup> Place

*Team: Del Sol  
James Madison Middle  
Titusville, Florida*

### **Pork Chops Au Soleil**

- 4 pork chops
- ½ cup hot apple juice
- 1 tablespoon brown sugar
- 2 teaspoons or 2 cubes instant bouillon
- 1 tablespoon cooking oil
- ½ teaspoon caraway seed
- ½ small cabbage, cut in wedges
- 2 apples, cored and cut in wedges
- ¼ cup onions, finely chopped

Place chops square pan. Dissolve bouillon in hot apple juice. Combine with the remaining ingredients and pour over chops. Cook in oven until bubbly.



### **Stuffing**

- 1 pkg. stuffing mix
- ¼ (½ stick) butter, cut into pieces
- 1½ cups water

In a container, mix contents of stuffing mix pouch with water and butter. Bake in oven alongside pork chops until they are done.

### **Apple Crisp**

- 3 cups apples, peeled and sliced
- 1¼ cups raw brown sugar
- 1½ tablespoons flour
- Pinch salt
- Pinch cinnamon
- ¼ teaspoon baking soda
- ¼ teaspoon baking powder
- ¾ cup flour
- ¾ cup oatmeal
- ½ cup margarine

Combine apple slices, ½ cup sugar, flour, salt and cinnamon. Place in a 2 quart casserole. Mix remaining ingredients until blended. Spread over apples. Bake 1 hour in oven or until bubbly.

## 3<sup>rd</sup> Place

*Team: Delectables  
James Madison Middle  
Titusville, Florida*

### **Baked Ham**

Ham, precooked slices  
1 cup brown sugar  
2 teaspoons dry mustard  
¼ cup pineapple juice  
½ can (15 oz) can pineapple slices  
1 tablespoon whole cloves

Mix together brown sugar, mustard and pineapple juice; spread the mixture over the ham. Put pineapple slices and cloves between ham slices. Place in an oven bag and cook for one hour.



### **Pear Crisp**

6 pears  
½ cup flour  
½ cup brown sugar  
½ cup butter  
1 cup chopped nuts

Core the pears, leaving the skin on. Cut each pear into eighths. Place in an 8" square pan. Blend the remaining ingredients, except nuts. Bake 45 minutes (300° oven). Sprinkle with nuts and serve.

### **Butternut Squash**

1 butternut squash  
¼ cup butter  
½ cup brown sugar

Cut the squash in half and remove the seeds and fiber. Place with the cut side down on a flat pan and cook in the solar oven for an hour or more. Turn the squash over and sprinkle with the sugar and dot with the butter. Return to the oven and cook another hour.



## Other Scrumptious Entries (Honorable Mention)

*Team: J-Tag  
Andrew Jackson Middle  
Titusville, Florida*

### Jackson Style Pork Chops

- 1 lb pork chops, cut from bone
- ½ clove garlic
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ tablespoon olive oil
- ¼ tablespoon caraway seeds
- ½ small onion, diced
- 1 apple, peeled, cored and chopped
- ½ pear, peeled, cored and chopped
- ¼ cabbage, chopped
- ¼ teaspoon salt



Rub the pork chops with the garlic and then the olive oil. Sprinkle with the caraway seeds, salt & pepper. In a bowl, mix the onion, apple, pear, cabbage, bay and salt. Then add the mixture to the meat in the cooking pot. Place the pot in the oven. Cook undisturbed for 5 - 6 hours.

**Team: Clifford**  
**Andrew Jackson Middle**  
**Titusville, Florida**

### **Chicken Tortilla Casserole**

- 2 cups crushed nacho cheese flavored tortilla chips  
(crush to the size of corn flakes)
- ½ cup cream of mushroom soup, undiluted
- ½ cup cream of chicken soup, undiluted
- ½ cup milk
- 1½ cups chicken breast, skinned and boneless, cut  
into cubes (approx. 1.5 lbs.)
- 1 cup black bean and white corn salsa
- 1½ cups shredded sharp cheddar cheese

In a large bowl, combine soups, milk, chicken and salsa. Stir until well mixed. Spread 1 cup of the crushed tortilla chips over the bottom of a greased 2" cast iron skillet. Spoon ½ of the soup and chicken mixture over the chip layer. Spread ¾ cup shredded cheese evenly over the chicken mixture. Repeat layers ending with the cheese layer. Bake in a solar oven for 2 to 3 hours or until cheese is bubbly.



**Team: Solchi**  
**Einstein Montessori**  
**Cocoa, Florida**

### **Solar Chili**

- 1 tablespoon chili powder
- 1 cup each red, orange, yellow and green bell peppers, chopped
- 1-2 jalapenos, chopped
- 1 can (15 oz) kidney beans
- 1 can (11 oz) pinto beans
- 1 can (28 oz) stewed tomatoes
- 1 cup okra, chopped
- 1 medium onion, chopped
- 1 tablespoon paprika
- 1 teaspoon garlic powder
- Curley parsley as garnish

Mix all ingredients together and place in casserole dish with tight fitting lid. Heat through until chili bubbles, at least 1 hour. Serve with crackers.



***Team: Sustainable Systems  
Howard Middle School  
Orlando, Florida***

**Tilapia With Lemon Spice**

- 2 tilapia filets
- 2 tablespoons garlic powder
- 2 tablespoons Old Bay seasoning
- Pinch of black pepper
- 2 tablespoons lemon juice
- 1 tablespoon parsley

Place filets in baking dish, sprinkle seasonings on top. Bake in oven until fish is flaky.



**Couscous in a Tomato Bowl**

Per serving:

- 1 tomato
- 4 tablespoons couscous
- Water
- 1 tablespoon onion, chopped
- 1 tablespoon green pepper, chopped
- 3 leaves basil, chopped
- Salt and pepper to taste

Heat water to boiling (in a covered container) in oven. Stir in couscous. Let sit for 5 minutes.

Meanwhile, cut top off of tomato about a ½" down. With a spoon, scoop out the middle of the tomato within approx. 1/4" of the side. Chop the tomato pulp and mix with couscous, vegetables, salt and pepper. Spoon into tomato shells. Cover with aluminum foil and bake in oven.

***Team: Sun Ovens  
James Madison Middle  
Titusville, Florida***

### **Sweet 'N Sour Meat Loaf**

1½ lbs. ground beef  
1/3 cup milk  
2 eggs, beaten  
½ cup onion, minced  
1 teaspoon celery salt  
¼ teaspoon pepper  
1 tablespoon Worcestershire sauce  
1 tablespoon prepared mustard  
3 slices bread, crumbled  
½ cup chili sauce  
2 tablespoons brown sugar  
1 teaspoon prepared mustard  
1 teaspoon horseradish



Combine milk, eggs, and next five ingredients. Add bread; crumble in beef and mix well. Shape into loaf and place in pan. Mix together chili sauce, brown sugar, mustard and horseradish. Cover meat loaf with sauce and bake 1 ½ hours in 275° oven, longer with lower oven temperatures.

*Note:* Use a meat thermometer to monitor internal temperature.

***Team: Death Ray  
Jupiter Middle School  
Jupiter, Florida***

### **Pork and Cheese Enchiladas**

1/3 lb. shredded cooked pork  
6 oz. cheddar cheese, shredded  
1 cup enchilada sauce  
4 corn tortillas

*Precook:* Roast pork and shred (or use precooked, pulled pork)

Warm tortillas in oven. Coat the bottom of skillet or baking pan with sauce. Roll meat up in tortillas. Place in pan and pour sauce over the top. Sprinkle with cheese. Cook until hot and cheese is melted.



## Bright House 2009 Solar Energy Cook-Off Best Design Awards

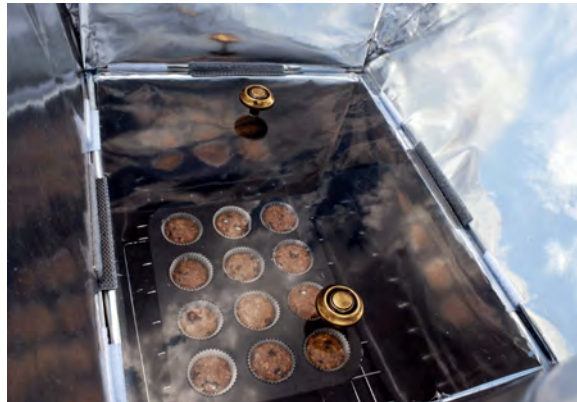


### Middle Division

#### 1<sup>st</sup> Place

***Team: The Spice is Right  
South Seminole Middle School  
Casselberry, Florida***

The South Seminole team had a tightly sealed box with an interior rack. The design showed the team's attention to detail and clean craftsmanship. The team then finished their cooker with an artistic exterior paint job.



#### 2<sup>nd</sup> Place

***Team: Delectables  
James Madison Middle School  
Titusville, Florida***

#### 3<sup>rd</sup> Place

***Team: Del Sol  
James Madison Middle School  
Titusville, Florida***

The Del Sol team used a common plastic storage container as the basis for their cooker, transforming it with aluminum foil, racks and many adjustable mirrors. For cooking, they utilized oven bags to help hold in the heat.

