



## Bright House 2013 Solar Energy Cook-Off Recipes



### 1<sup>st</sup> Place - Elementary Division

*Solar Buddies  
Hidden Oaks Middle  
Palm City, Florida*

#### Menu

Black Bean Soup  
Blueberry Sunbread  
Pasta Bake Dish  
Tortilla Wrap  
Spiced Cider

#### Black Bean Soup

15 oz can black beans  
½ cup chicken stock  
2 tbs minced onion  
2 tbs minced green pepper  
2 tbs minced carrot  
1/4 tsp cumin  
1/4 tsp black pepper  
dash hot sauce

Add all ingredients. Stir. Cook in oven for 2 hours.

#### Blueberry Sunbread

Dry ingredients  
2 cups flax meal  
½ tsp baking soda  
½ tsp baking powder  
½ tpx cinnamon  
1/4 tsp nutmeg  
½ cup dried blueberries  
½ cup sugar

Wet ingredients  
5 eggs



½ cup coconut milk  
½ mashed banana  
½ tsp vanilla

Mix dry ingredients in medium bowl.  
Mix wet ingredients in a large bowl.  
Add dry ingredients into wet ingredients.  
Stir until moistened. Spread into greased 9 x 13 pan. Bake for 3 hours at 150°.

### **Pasta Bake Dish**

1 cup pasta  
3 cups milk  
3 tbsp butter  
3 tbsp all purpose flour  
3 tbsp sugar  
2 tbsp bread crumbs  
4 oz cheese  
8 oz pineapple chunks  
salt and pepper to taste  
butter spray

Boil the pasta, then boil two cups milk add also 3 tbsp all purpose flour, mix well till there are no lumps. Add into boil milk. When it gets a little thick white sauce is ready then add sugar, salt and pepper. Mix it well. Now mix pasta, white sauce and pineapple chunks in baking tray. Spread cheese.

### **Tortilla Wrap**

Tortilla, large size  
1 tbsp sour cream  
cheese (any flavors)  
¼ green bell pepper  
¼ tomato  
¼ onion  
¼ carrot  
cilantro  
½ cup couscous  
½ tbsp lemon juice

Cut all vegetables into small pieces. Mix all, add salt and lemon juice. On tortilla spread sour cream and cheese. Then put vegetables in the middle of tortilla and then wrap it. On the top of the roll, spread butter and put in the oven.

## **Hot Spiced Cider**

2 quarts apple cider  
1 orange with peel sliced  
½ tsp whole allspice  
1 tsp whole cloves  
1 cinnamon stick  
1 pinch ground nutmeg  
¼ tsp salt  
⅛ cup packed brown sugar

Put whole spices in a tea ball.

Mix cider with nutmeg, brown sugar and salt. Steep spices and orange slices for 2 hours.

## 2<sup>nd</sup> Place - Elementary Division

*Something's Fishy  
Gardendale Elementary  
Merritt Island, Florida*

### Menu

Shrimp Tacos  
Cosmic Couscous

### Shrimp Tacos

1 cup salsa  
cilantro  
1 small onion  
1 can diced spicy tomatoes  
18 shrimp  
3 soft tacos  
1 tbsp diced jalapenos  
Shredded iceberg lettuce  
sour cream

### Marinade

½ cup lime juice  
½ tsp cumin  
dash of salt

Marinate shrimp over night.

Bake shrimp in oven for 3 hours, place shrimp soft taco, top with shredded lettuce, fresh cilantro, salsa, sour cream and diced jalapenos.

### Cosmic Couscous

1 cup couscous  
1/4 cup onion, chopped  
1/4 cup corn  
1/4 cup red bell peppers  
dash of salt  
2 cups water  
jalapenos for garnish

Boil the couscous in water. After it is cooked add the onion, corn, red bell peppers, salt and jalapenos.



## 3<sup>rd</sup> Place - Elementary Division

*The Solar Flares  
Ocean Breeze Elementary  
Indian Harbor Beach, Florida*

### Menu

Not-So-Spicy Chili  
Spicy Chili  
Hot Flare Rice  
Berry Cobbler  
Suntea



### Not-So-Spicy Chili

½ can black beans  
½ can kidney beans  
½ can crushed tomatoes  
1 green pepper  
1 can V8 juice  
2 tsp chili powder  
brown sugar  
¼ onion

Chop up green pepper and onion and put in container. Then, pour rest of ingredients into container. Cook in solar oven 4 hours. Then enjoy!

### Spicy Chili

1 tbsp olive oil  
½ med chopped onion  
1 bay leaf  
½ tsp cumin  
1 tbsp oregano  
½ tbsp. salt  
1 stalk celery  
1 green pepper  
1 jalapeno pepper  
¼ clove garlic  
1 can green chilis  
1 ½ cans crushed tomatos  
3 tbsp chili powder  
½ tbsp. pepper  
½ can dark red kidney beans  
½ can light red kidney beans

1/2 can garbanzo beans  
1/2 can black beans  
1/2 can corn

Mix the ingredients in a separate bowl and put them in a large mason jar and put in the solar cooker for 4 hours.

### **Hot Flare Rice**

2 cups water  
1 cup rice  
1 tbsp chicken granules  
1/4 tsp garlic salt  
2 dashes dill weed

Presoak rice in water over night.  
Put all ingredients in a jar.  
Place jar in the solar cooker for 4 hours.

### **Berry Cobbler**

Blueberry pie filling  
yellow cake mix  
blueberries  
strawberries  
1/2 cup butter  
oatmeal

Put all ingredients in container and stir.  
Put container in cooker and wait for 4 hours. Enjoy!!!

### **Suntea**

water  
2 orange flavored teabags  
1 cinnamon stick  
1 clove  
2 tsps sugar

Fill container with water. Add sugar. Stir until dissolved.  
Add teabags, clove and cinnamon stick.  
Place in cooker and let brew for 4 hours.  
Pour over ice and enjoy!!!



## Bright House 2011 Solar Energy Cook-Off Recipes



### 1<sup>st</sup> Place - Middle Division

*G.E.M.S.  
Girl Scout Troop 30027  
Stuart, FL*

#### Menu

Creamy Potato Soup  
Ceasar Salad Bites  
Crostitini with Steak  
Chocolate Bread Pudding

#### Creamy Potato Soup

2 packages bacon crumbles  
1 tbsp butter  
1 cup sliced green onions  
1 can (10 ½ oz) chicken broth  
2 cups water  
2 cups heavy cream  
2 cups solar baked Yukon potatoes  
½ cup instant mashed potato granules  
2 cups Gruyere cheese, finely grated  
½ tpx salt  
1/4 tsp pepper

Preheat parabolic cooker

Melt butter, add onions, one package bacon crumbles. Cook over low heat until onion is caramelized and tender.

Add chicken broth and water. Bring to boil.

Remove from heat and gradually stir in instant potatoes, blending until smooth.

Add Salt and pepper, cheese

Stir in cream, simmer.

Garnish with bacon crumbles.

#### Ceasar Salad Bites

1 cup stale french bread, cubed  
1 tbsp olive oil  
2 tbsp butter, softened



2 tbsp grated parmesan cheese  
small romain lettuce leaves, washed and dried  
½ cup cucumber rounds, peeled  
½ cup baby tomatoes, sliced in half  
¼ cup Marie's Creamy Caesar dressing  
2 tbsp shaved Romano Cheese  
Salt, pepper to taste

Place butter in preheated pan, adjust parabolic for maximum heat  
Toss bread cubes with olive oil, salt and pepper  
Arrange cubes in a single layer in pan, cover. Flip every 8 - 10 minutes until crispy.  
Sprinkle with Parmesan cheese  
Pour dressing on lettuce leaf, arrange cucumbers, tomatoes, sprinkle with shaved Romano cheese and croutons.

### **Crostini with Steak**

1 French baguette, sliced  
4 tbsp olive oil  
1 lb top sirloin steak  
Favorite packaged marinade  
2 tbsp horseradish  
3 tbsp sour cream  
1 tsp minced garlic  
½ teaspoon paprika  
½ cup mayonnaise  
Salt, pepper to taste



Preheat oven and parabolic cooker.  
Place steak, ½ of olive oil, vinegar and marinate in Ziploc bag for xx time.  
Brush bread with olive oil, place in single layer oven bag on parabolic cooking surface until crisp.  
Blend horseradish and sour cream, chill.  
Blend garlic, paprika, and mayonnaise, chill.  
Place steak in oven bag, seal, cook in oven to 140° F (medium)  
Allow to rest, cut into thin slices.  
Arrange steak on crostini, top with either horseradish cream or aioli.

### **Chocolate Bread Pudding**

4 large stale chocolate muffins, broken into small pieces  
2 cup cream  
4 eggs  
2 tbsp butter  
6 large strawberries, washed and dried  
1 cup melting chocolate

whipped cream

½ cup strawberry preserves

1 tsp honey

Preheat oven and parabolic cooker.

Beat egg and cream in bowl.

Blend in muffin pieces, allow to sit for 30 minutes.

Butter or spray pan with cooking spray.

Cover and bake, until set in center.

Put chocolate into oven, melt.

Dip strawberries into chocolate, chill.

Add strawberry preserves to preheated pan, stir until heated.

Add 1 tbsp water, stir.

Add honey, stir.

To serve, put a swish of sauce on plate, slice of bread pudding and garnish with chocolate covered strawberry.

## 2<sup>nd</sup> Place - Middle Division

*The Hobbit House Party*  
*L.A. Ainger*  
*Rotonda West, FL*

### Menu

Took Family Ties  
BAM Butternut Squash  
The Forest of Green Trees  
Down to Earth Dessert  
Afternoon Apricot Apples  
Gandolf's Great Grape Juice

#### Took Family Ties

1 box of mini bow tie pasta  
1 jar of Alfredo sauce

Cook pasta till tender.  
Warm Alfredo sauce.  
Mix both ingredients together. Wala!

#### BAM Butternut Squash

2 medium butternut squash halved lengthwise and seeded  
4 tsp butter  
4 tsp brown sugar  
salt and pepper to taste

Place butternut squash face up on baking sheet. Put butter in the middle.  
Sprinkle brown sugar on it. Then sprinkle salt and pepper.  
Cook until flash is fork tender. Enjoy!

#### The Forest of Green Trees

1 bag of steamers broccoli  
butter

Cook broccoli as given on the bag instructions.  
Take out of bag and put butter. Enjoy!

#### Down to Earth Dessert

gummy worms, as many or few as you want  
2 cups of crushed to fine powder Oreos  
1 box of regular brownie mix  
egg substitute if mix calls for 1 egg  
2 tbsp water



2 tbsp flour  
½ tbsp shortening  
½ teaspoon baking powder

First make brownie mix as instructed. If the mix calls for eggs, use the egg substitutes.  
Mash 2 cups of Oreos up into a fine powder.  
Let the brownie batter cook until a thick soup, then pour into cup.  
Top the brownie soup with oreo powder and ¾ cup gummy worms on top. Enjoy!

### **Afternoon Apricot Apples**

2 red apples  
1 jar apricot jelly  
cinnamon  
mini pie crust

Dice your apples.  
In a bowl combine all of your ingredients, except pie crust.  
Cook till the apples feel done for your liking. We like our apples a little bit soft.  
Then put some apples in your pie crust. Enjoy

### **Gandolf's Great Grape Juice**

1 bottle of sparkling white grape juice

This item was not cooked, but we felt we still needed a paper.

## 3<sup>rd</sup> Place - Middle Division

*Milwee 2 - The Solar Crooks  
Milwee Middle School  
Longwood, FL*

### Menu

Twice Baked Potato  
Eye Round Steak  
Corn  
Pineapple Crumble

### Twice Baked Potato

4 potatoes  
1 tsp bacon bits  
1 tsp butter  
cheese as topping  
1 tbsp sour cream

Cook potato one hour. Scoop out inside and mash. Top with cheese, place in oven to bake.

### Eye Round Steak

3 thin sliced pieces of eye round steak  
1 tsp paprika  
1 tsp Montreal Jerk seasoning

slice three thin sliced pieces of steak and season the pieces with paprika and Montreal jerk steak seasoning. Then put in pan and cook for 2 ½ hours.

### Corn

3 ½ cups of sweet yellow corn  
1 tsp pepper  
Pour corn into glass jars. Put 1 tsp of pepper and close lid. Let cook for 45 minutes.

### Pineapple Crumble

4 large chunks of pineapple  
2 packs of maple and brown sugar oat meal  
1/4 cup butter

Put all four pieces of pineapple in jar. Put the butter and oatmeal on top. Close lid. Let cook for 45 minutes.



## Bright House 2011 Solar Energy Cook-Off Recipes

### 1<sup>st</sup> Place - High School Division

*Solar Tree Café  
Edgewood Jr/Sr High  
Merritt Island, FL*

#### Menu

Goat Cheese Crostini  
Wilted Spinach Salad w/ Bacon Dressing  
Baked Tilapia w/Cocoanut-Cilantro Sauce  
Lemon Sorbet  
Lavender Lemonade



#### Goat Cheese Crostini

2 tbsp olive or vegetable oil  
1 tbsl balsamic vinegar  
24 slices (1/2-inch thick) French bread baguette  
1 package (3 oz) cream cheese, softened  
1 package (4 oz) chevre (goat) cheese, softened  
1 tsp chopped fresh thyme

Heat oven to 325° F. Place bread slices on ungreased cookie sheet; spray lightly with non-stick cooking spray. Bake 6 to 9 minutes until crispy.

Combine goat cheese and cream cheese, blending until smooth. Set aside

Top bread slice with 1 rounded teaspoon cheese mixture. Sprinkle with herbs.

#### Wilted Spinach Salad with Bacon Dressing

6 cups fresh spinach leaves, washed, dried and chilled  
2 slices bacon, cut into ¼ in pieces  
1 tbsp extra virgin olive oil  
½ cup minced red onion  
¼ tsp coarse or sea salt  
1/8 tsp freshly ground pepper  
1/8 teaspoon granulated sugar  
1 tbsp good quality aged balsamic vinegar



Remove stems and veins from spinach and tear into bite-sized pieces, place spinach in a large bowl. In a small frying pan over medium heat, fry bacon approx. 5 minutes or until crisp. Transfer with slotted spoon to paper towel-lined plate, leaving fat in pan. Return frying pan to medium heat. Add oil, onion, salt pepper and sugar. Cook 2 to 3 minutes, stirring occasionally until onion is slightly

softened. Add balsamic vinegar, swirl to incorporate. Pour warm dressing over spinach and toss gently to wilt (when properly wilted, the leaf edges soften slightly, but the spinach retains some crunch). Sprinkle bacon over spinach and serve immediately.

### **Baked Tilapia with Coconut-Cilantro Sauce**

Canola oil spray  
Four 6-ounce pieces tilapia fillet  
¼ tsp kosher salt, plus more for seasoning  
½ cup light reduced-fat coconut milk  
1½ cup cilantro leaves, plus more for garnish  
1 tsp peeled chopped fresh ginger  
½ tsp garam masala  
2 garlic cloves  
½ jalapeno pepper, seeded and chopped  
3 cups cooked brown rice, for serving



Preheat the oven to 425 degrees. Spray a 9 by 13 inch baking pan with canola oil spray. Sprinkle the fish with the salt and place it in the pan. Combine the coconut milk, cilantro, ginger, garam masala, garlic and jalapeno in a blender and pulse until fairly smooth. Pour the mixture over the fish. Bake until the fish is just opaque in the center, about 15 minutes. Garnish with more cilantro and serve.

### **Lemon Sorbet**

1 cup water	Dry ice
1 cup sugar	2 cups rock salt
1 cup fresh lemon juice	

Bring the water and sugar to a boil in a small saucepan. Remove from the heat and cool. Combine the syrup with the lemon and pour into the bowl of an ice cream machine. Add crushed dry ice. Turn handle until the liquid has turned into a solid.

### **Lavender Lemonade**

¼ cup dried lavender	2 ½ cups cold water
2 cups water for boil	1 cup lemon juice
¾ cup sugar	

Boil water.

Place the lavender into a bowl and pour boiling water over it. Allow to steep for about 10 minutes, then strain out the lavender and discard. Mix the sugar into the hot lavender water. Pour into the pitcher with ice. Squeeze the juice from the lemons into the pitcher. Top off the pitcher with cold water, and stir. Taste and adjust lemon juice or sugar if desired.

## 2<sup>nd</sup> Place - High School Division

*Solar Apes 1  
Pine Ridge High  
Deltona, Florida*

### Menu

Jalapeno Poppers  
Garlic Shrimp  
Rice/Green Bean Almondine  
Pecan Encrusted Tilapia  
Chocolate Dipped Strawberries



### Jalapeno Poppers

2 jalapenos  
2 oz cream cheese  
2 pieces bacon

Wash and cut jalapenos in half long ways.  
Scoop out ALL seeds.  
Fill inside with cream cheese and wrap half piece of bacon around it.  
Place in 350° for 30 – 40 minutes

### Garlic Shrimp

3-4 shrimp  
2 tbsp butter  
1 tsp garlic – minced

In sauté pan melt butter, add garlic.  
Add shrimp for 1 – 2 minutes.

### Rice/Green Beans Almondine

1 lb green beans  
3 tbsp butter  
3 tbsp lemon juice  
1 cup sliced almonds

Steam green beans in pan for 2 – 3 minutes.  
Remove from heat and add almonds.  
Melt butter in small pan and add lemon juice.  
Pour over beans.



### **Pecan Encrusted Tilapia**

1 – 2 pieces fish  
½ cup bread crumbs  
½ cup pecans  
2 tbs butter

Chop pecans into small pieces. Mix with bread crumbs. Dredge fish through crumbs.  
Melt butter in sauté pan. Add fish and cook for about 10 minutes on each side.

### **Chocolate Dipped Strawberries**

4 – 6 strawberries  
2 – 4 oz chocolate

Wash and dry strawberries.  
Chop chocolate and place in small pan until melted and smooth.  
Dip strawberries, one at a time, in chocolate. Coat evenly.

## 3<sup>rd</sup> Place - High School Division

*SolarBurst*  
*T. DeWitt Taylor High School*  
*Pierson, Florida*

### Menu

Roasted Tilapia with Fire-Roasted Tomatoes and Olives  
Baked Pineapple with Vanilla Ice Cream  
Shrimp Confetti Tostadas

### Roasted Tilapia with Fire-Roasted Tomatoes and Olives

2/3 cup canned fire-roasted diced tomatoes  
12 small green olives with pimentos  
1 tbsp plus 1 tsp minced onion  
1 tsp freshly crushed garlic or minced garlic  
1 lb tilapia fillets  
Olive in a sprayer (not store bought spry that contains propellant)  
Salt  
Ground black pepper

In a medium bowl, combine the tomatoes (and their juice), olives, onion and garlic until mixed. Lightly mist the fillets on both sides with olive oil and season with salt and pepper. Place in a single layer in an 11" x 7" glass or ceramic baking dish or the equivalent. Top evenly with the tomato mixture. Roast until the fish flakes easily and is no longer translucent in the center.

### Baked Pineapple with Vanilla Ice Cream

½ cup of fat-free cream  
1 tsp brown sugar  
1tbls chopped crystallized ginger  
Pineapple (about 3lbs)  
1 tbsp butter  
6 Maraschino cherries

In small bowl, mix cream, sugar and ginger. Cover and place on ice until serving. Cut ½ inch slice off top and bottom of pineapple. Cut off rind. Cut pineapple crosswise into 6 slices, remove "eyes" from slices. Drizzle both sides of pineapple slices with margarine. Place pineapple slices on cooker. Cover cooker, cook over medium heat for an hour, turning once until hot and light brown.

To serve, top pineapple with ginger cream. Garnish with cherries.



### **Shrimp Confetti Tostadas**

12 – 15 thawed shrimp, peeled and halved lengthwise

1 ripe avocado

1 tbsp fresh lime juice

2 ripe plum tomatoes , diced ¼ in thick

1 cup corn

1 cup edamame

1 cup of queso fresco

½ small head romaine lettuce

3 tostadas

¾ cup reduced-fat sour cream



Mix shrimp with lemon, pepper, salt and let it marinate for 30 minutes. Once that is done, put in solar cooker and cook it for an hour and 30 minutes.

Prepare the salad ingredients.

Halve and pit the avocado, cut into ½ inch dice and transfer to a medium serving bowl.

Add the lime juice and tomatoes and toss to mix.

Add the shrimp, corn, edamame, queso fresco and romaine in layers. Do not toss.