

Recipes for Solar Cooking

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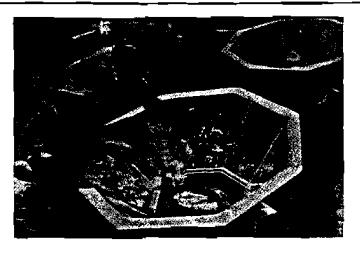
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Fact Sheet

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Recipes for Solar Cooking

Jo Townsend

As energy extension agent for the University of Florida Extension Service, Jo Townsend serves as the energy educator to small businesses in central Florida. She conducts employee programs on energy conservation in the workplace. She received her B.S. in home economics from Florida State University and her M.E. from the University of Central Florida.

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Cooperative Extension Service, Townsend researched and tested recipes for use in microwaves when they first gained popularity. She has been a consultant to **Southern Living** magazine and to Florida's seafood industry. For the last year, she has tested recipes for solar cookers and is working on a cookbook for solar cooking. Townsend offers the following sun-tested recipes.

Lemon Chicknic

- 2 T butter or margarine, melted
- 1 clove garlic, crushed
- 4 chicken breast halves, skinned and boned
- 1/4 cup Italian-style dry breadcrumbs
- 3 T freshly squeezed lemon juice
- Lemon slices
- Fresh parsley sprigs

Combine butter and garlic in a baking dish. Place in the oven to melt butter.

Flatten chicken with a meat mallet; fold envelope fashion and roll in breadcrumbs.

Place chicken in baking dish, turning to coat well. Slide dish into a browning bag so steam can escape. Bake 40 minutes or until chicken is tender. Pour lemon juice over chicken and bake an additional 20 minutes, basting occasionally with butter and lemon juice from dish. Garnish with lemon and parsley. Yield: 4 servings.

Sunshine Squash

- 2 lbs. thinly sliced yellow crooked neck squash
- 1 small chopped onion
- 3 T water
- 1 T margarine

In colored proof dish, combine first 3 ingredients; stir slightly. Cook covered for 30 minutes or until tender; drain.

Before serving, add margarine, butter or Parmesan cheese.

(Tip: Prepare squash, onion and place in plastic bag. Use only colored dish or pan for cooking because sun causes color fading.)

Yield: 4 large servings

Rice-A-Ready

1/4 cup sliced mushrooms

11/2 cups minute rice

1 (10½ ounce) can consomme

1 (10% ounce) can beef bouillon

Pour consomme and beef bouillon in a plastic oven cooking bag; add rice and mushrooms. Close bag leaving a slight opening on one end for steam. Place in oven beside other food. Cook for 30 minutes or until rice is puffed and tender.

Yield: 4 servings

Leisure Loaf

½ cup butter or margarine

1 t garlic salt

1 (1-pound) loaf commercial French bread

Place butter in covered container and set in sun while other food is cooking. Cut bread into ½-inch slices, and spread each slice with the melted butter and sprinkle with gariic salt. Stack slices into a glass loaf dish. Place in the oven and heat uncovered for 10 minutes or until warm. Cover bread with aluminum foil to keep warm until served.

Pack-along Pattles

1 lb. ground chuck

1 t salt

1/2 t pepper

I medium onion, thinly sliced

I small bell pepper, thinly sliced

I medium potato, peeled and thinly sliced

2 carrots, scraped and thinly sliced

Salt and pepper to taste

Place each beef patty on a 12 x 9- inch sheet of heavy-duty aluminum foil. Top each patty with sliced onion, potato, carrots, and pepper. Sprinkle with salt and pepper to taste. Wrap foil around meat and vegetables and seal securely.

Place foil-wrapped dinner, sealed side up on oven rack. Be very careful not to punch a hole in the foil. Cook 30 minutes and rotate pouches so centers are facing out. Cook another 30 minutes or until vegetables are tender when pierced with a fork.

Yield: 4 servings.

Patio Potatoes

4 medium-sized baking potatoes

½ stick margarine

Pierce potatoes with a fork. Rub potatoes with margarine. Insert potato spikes. Place potatoes on dark pan, bake for 1 hour or until done.

(Tip: Potatoes should be placed on pan to avoid drips in oven.)

Ecology Corn

½ cup butter or marganne, melted

1 t salt

½ t pepper

1/8 t red pepper

1/8 t garlic powder

4 ears fresh corn, husks and silks removed

Combine butter and seasonings in a small container, mixing well. Brush corn with butter mixture.

Wrap each ear of corn in colored aluminum foil. Place corn on rack and cook for 40 minutes. The time will be longer if the corn has been refrigerated.

(Tip: For convenience, prepare corn and mix butter and spices ahead of time.)

Backyard Baked Beans

2 slices bacon

16 oz. can (1% cups) pork & beans

1/4 cup firmly packed brown sugar

I small chopped onion

1 t prepared mustard

1/4 cup catsup

2 T Worcestershire sauce

Cut bacon into small pieces. Combine chopped onion and bacon in iron dutch oven, cover with lid. Cook until bacon is brown and onion tender.

Combine remaining ingredients in the dutch oven. Bake covered for one hour or until beans are thickened and heated through. (Leave corner of lid cracked so steam can escape.) Lid prevents splatters. Yield: 4 servings

Newton's Apples

6 baking apples, cored

3 T sugar

6 t margarine or butter

1/4 cup raisins

1/3 cup firmly packed brown sugar

1 T flour

½ t cinnamon

1 T water

Place baking apples in 12 x 8 or 9-inch baking dish. Place ½ tablespoon sugar and 1 teaspoon margarine in cavity of each apple. Bake 1 hour in solar oven, or until apples are tender. In small bowl, combine brown sugar, flour, cinnamon, raisins and water. Spoon over baked apples: continue baking until thick. Serve warm or cool.

Yield: 6 servings

Solar S'Mores

½ cup crunchy peanut butter 12 graham crackers, haived 6 large marshmallows

Spread peanut butter on 6 graham crackers, top with marshmallows and place on oven rack. Cook for 10 minutes or until marshmallows begin to melt. Cover with remaining graham cracker squares to form a sandwich. Press to seal. Serve immediately. Yield: 6 servings.