Bright House 2013 Solar Energy Cook-Off Recipes

1st 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 tsp 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)
1/4 green bell pepper
1/4 tomato
1/4 onion
1/4 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  
1/4 tsp salt  
1/8 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.
2nd 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.
3rd 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
1/4 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
½ can garbanzo beans
½ can black beans
½ 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
½ 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!!!
1st Place - Middle Division

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

Menu
Creamy Potato Soup
Ceasar Salad Bites
Crostini 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 tsp 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, slice din half  
1/4 cup Marie's Creamy Ceasar 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.
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 3/4 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.
3rd 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

1st 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 lightlyu with non-stick cooking spray. Bake 6 to 9 minutes until crispy.
Combine goat cheese and cream cheese, blending until smooth. Set aside
Top break 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 laces 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  
1/2 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  
1 cup sugar  
1 cup fresh lemon juice  
Dry ice  
2 cups rock salt

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

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.
2nd 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 350º 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 Almandine

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 tbls 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.
3rd 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
1tbs 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.