MorningStar Solar Cooker Recipes

Hard Boiled Eggs
Wash the eggs and place them in a pan. Cover with water and add a bit of salt. Cooking time: 2 to 3 hours

Baked Apples
Apples
Sugar, brown and white cinnamon
Do not peel apples. Core. Fill cavity with sugars. Sprinkle with cinnamon. Place in cooking pot. Cover and bake 1 ½ to 2 ½ hours.

Hot Fruit Dish
3 bananas
4 apples
Honey, to taste (or sugar)
Lemon
Water
3 teaspoons cinnamon
6 whole cloves
Slice bananas. Cut apples into eight (peel if desired) and place apples into lemon water to keep from discoloring. Drain. Mix fruit, cinnamon and cloves. Cover. Bake for 1 to 1 ½ hours. Serves 4.

Roasted Nuts
Place nuts on a cookie sheet. Bake uncovered. Almonds need about an hour (they will scorch with longer cooking)

Zucchini
Zucchini
Butter
Oregano
Garlic
Cut zucchini into ½ inch diagonal slices; place in dark enamel pan, and season with butter, oregano and garlic. Do not add water. Cover and bake 45 minutes.

Solar Beans
2 cups pinto beans
2 cloves garlic, chopped
1 cup chopped tomato
1 or 2 tablespoon chili powder
½ teaspoon oregano
1 sliced onion
1 or 2 fresh chili peppers, chopped
1 tea spoon cumin
Salt
Soak beans overnight. Drain. Cover beans with fresh water. Add onion and garlic. Stir. Cover. Place in oven and bake about three hours. Combine tomatoes, chili powder, cumin and oregano and add to beans need more moisture. Add salt to taste.

Polenta del Sole
½ cup corn meal
½ cup chopped onions
2 ¾ cups water
2/3 cup grated cheese
Herbs
Seasoned salt
Combine first 3 ingredients and cook until soft (45 min. to 2 hours, depending on conditions.) Stir in remaining ingredients, and return to cooker for 15 to 30 minutes. It can be enjoyed while still hot and soft, or let the polenta set and cut into squares. Eat warm or cold.

Casserole of Fish Fillets
Fish fillets
Wheat germ
Salt and pepper
Green onions, chopped
Butter
Lemon juice
Place fish fillets in oiled cook pot as in a casserole. Sprinkle with seasoning and green onions. Dot the top of fish with butter and lemon juice. Cover. Cook briefly, until tender. If using frozen fish, you will need liquid.

Chicken and Vegetables
Potatoes
Carrots
Onions
Turnips
Green beans
Any fresh vegetables
Chicken pieces
Salt
Pepper
Place cut-up vegetables in bottom of cooking pot. Rub chicken pieces with salt and pepper. Place chicken pieces, (fat side up) on top of vegetables. Bake about 2 to 2 ½ hours.