

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

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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.

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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.

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Roasted Nuts

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

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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.

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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.

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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.

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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.

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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.