

SOLAR COOKING

With

Tulsi Solar Oven & Tulsi Hybrid Solar Oven

RECIPES & USER'S GUIDE

Manufacturers Note .

Dear Customer,

Congratulations, on becoming the owner of new technological solar cooking marvel, which will open a whole new world of safer and healthier life support for your family and the world. This small portable kitchen is powered by the Sun, use any where no fire, no stirring required, no over flowing, no chance of over cooking or food burn; simply put food in the Oven and take-out, piping hot food, as and when you require, may be terrace, camping or travel.

Tulsi Solar Oven not merely saves money on fuel, but cooks highly nutritious and tasty food for your family. It saves lot of time to attend to other chores and saves money, energy and pollution. **It keeps your family away from immense health hazards, which are inherent in the conventional methods of cooking.**

Solar cooking is easy. Cooking time is not important. Solar energy is what gives food the enhanced flavor, pleasing color and is the ultimate medicine for manly vigor and glorious skin complexion. The medicinal value evolves naturally by solar cooking.

The information contained in this User's Guide is given for guidance on how to cook in Tulsi Solar Oven with few commonly used recipes for cooking Indian, continental and other dishes; visit <http://www.solarcooking.org/recipes>. We are confident that after using it for few days you will master its use, improve your family health and bring peace in the modern restless life style.

Food cooked by sun rays (UV + seven color lights + Infra red rays) is lovely in appearance aroma, flavor and taste. Solar cooked food is charged with solar photons (source of all energies) is natural, prevents diseases and promotes better body and mind.

For the gracious hostess, solar cooking is a pleasant exercise of creativity. Solar Cooked food with loving care and imagination served on a platter with exquisite personal touch is always pleasure worth sharing with your family and friends.

We hope this manual will bring you with days of happy solar cooking and experimenting with new healthy dishes in your home, camping or in travel. Solar cooking will help to bring about a harmony of tastes, save time, energy and money in cooking of nutritious food for everyone anywhere.

Be it

- Farm house, camping, boarding.
- Mountainous region with oxygen in short supply.
- Picnic spot.
- Remote areas not connected with grid supply.
- Interrupted grid supply.
- Power generated with any NRSE systems & devices like photo voltaic power, co-generation plants, and mini / micro hydro plants.
- And with sunrays during sunny hours.
- Sun or no Sun, Tulsi Hybrid Solar Oven enables cooking 24 hrs. and round the year.

Read the Advice & Instructions carefully and do not hesitate to contact us for any help or guidance.

C. K. Rohatgi

CONTENTS

USER'S GUIDE --

Two models of Tulsi solar cooker are described in this Instruction Manual and after General Information about Solar cooking the Booklet is divided in three parts with Recipe information as Part III.

1. **General information about Solar Cooking** **Page No. 6**

Part -- I

TULSI SOLAR OVEN: - This is the basic Solar Cooker of high quality and performance. It works with solar energy and is, therefore, operational during bright sunny days only.

- | | |
|---|--------------------|
| 1. User's information. | Page No. 19 |
| 2. Benefits of Tulsi Solar Oven. | 20 |
| 3. Construction. | 21 |
| 4. Directions for use. | 24 |
| 5. Safety Instructions. | 25 |
| 6. Maintenance and care of Tulsi Solar Oven. | 25 |

Part -- II

TULSI HYBRID SOLAR OVEN: - Basic features are common with TULSI SOLAR OVEN. In addition, electrical back-up is provided which enables cooking at night and during non-sunny hours also.

1. General.	Page No. 26
2. Use during broad daylight.	28
3. Use in night or during cloudy day.	28
4. Circuit diagram.	29
5. Cooking with PV Panel.	30
6. Specification.	32

Part – III

1. Recipe information.	Page No. 33
------------------------	-------------

General Information about solar cooking -

Very few people across the world are aware of the advantages of Solar cooking leaving aside the scientific reasons for its preference over other conventional methods of cooking. The ancient Indians were aware of this and that is the reason why the world's oldest

Scriptures “**VEDAS**” had regarded and worshipped THE SUN and had all praise for Solar cooked food. This chapter is an eye opener to those who condemn solar cooking as rubbish with no match to modern cooking appliances.

“Let food be thy medicine and medicine by the food,”

-Uttered by the famous Greek physician Hippocrates more than two thousand years ago.

The importance of diet to health, especially in the prevention and cure of illness, is slowly becoming apparent. A variety of alternative diets are offered for treating cancer, cardiovascular disease, and food allergies. Virtually all these recommendations focus on eating fresher and freshly prepared vegetables, fruits, whole grains and legumes.

A healthy diet involves eating foods that provide all the nourishment that our body needs for growth, tissues repair, energy to carry out vital internal processes and to keep fit and active. In the last hundred years or so, the changes in eating habits in many countries have meant that large number of people have become over-fed. Ironically, at the same time these dietary changes have left a lot of us undernourished, lacking in vitamins, minerals and trace elements that would help us to be in the peak of health.

Foods contain nutrients essential for normal metabolic function. An imbalance in nutrient intake or the consumption of harmful substances is the underlying factor in many chronic diseases, such as coronary heart disease, diabetes, obesity, and some cancers. Some alternate dietary lifestyles are believed to offer a greater resistance to illness. Food can be therapeutic in several ways. It provides nutrient that is needed by a sick person in a form he or she can use. It also provides nutrients for persons who are deficient in them. Sometimes food also supplies an agent or chemical that aids in the metabolism of other nutrients. Many people are allergic to some foods such as chocolate, lactose etc. Similarly some people get constipation from excessive high intake of fiber. Diabetic patients especially type 2 diabetics, need to watch out what they eat especially food containing sugar. People with heart disease need to control the intake of foods containing high amount of fat and cholesterol. These are all common sense diet therapies.

Here are some health ailments that can be easily treated with a simple food and diet remedy:

- Arthritis
- Acne
- Depression
- Diabetes
- Constipation

- Heart Disease
- Hypertension
- Infertility
- Migraine
- Stress

Eating for health does not have to mean switching to a fussy, complicated diet, or adopting every new fad that comes along. In the first place, a healthy diet should be an enjoyable one. For conventional nutritionists, food intake is broken down into various essential ingredients, such as carbohydrates, protein, fats, vitamins and minerals; however, people generally do not think in this way but eat meals or snacks which are a mixture of various elements. People should have an understanding of what is useful and which foods contain which of these ingredients, and then to look at the overall balance within the diet. Balance is probably the key word in nutrition.

Food loses its vitamins through cooking on fire or cold storage, so buy small quantities of fresh food solar cook and eat within a short period.

Food Supplements

Today's active adults may find that their on-the-go lifestyles sometimes cause them to miss out on important nutrients. Work, sports and kids activities all can have an effect on meal preparation and eating habits. For example, our Omega-3 and Omega-6 supplements come in a variety of formulations that allows you to take advantage of the "good fats" those are so important today; and our additional supplements, like Garlic, Grape Seed Extract and Papaya, can assist you in your dietary goals no matter how far and wide your day takes you

SUNSHINE FOR COOKING

We all know that The Sun is what drives everything in this world. It makes plants to grow, it drives the winds, tides, waves and ocean currents and it causes rains and makes rivers flow.

Today, the world is vastly different; we have made living more comfortable for ourselves but it has been achieved at great cost to the environment. We are burning up the fossil Fuels with insatiable greed and are constantly polluting our atmosphere by the product of the burnings; even basic five elements are polluted.

FIVE ELEMENTS ARE ESSENTIAL FOR LIFE

A proper understanding of the sunrays, Photo-chemistry, Photo-physics, Photo-biology, interaction of light and matter, physical- chemical properties of electronically excited molecules, environmental effect on absorption and emission, and spectra photosynthesis is the requirement of the present times. Sunrays affect five essential elements and human body comprising of these five basic elements (air, water, earth, ether and fire). An understanding of this effect is essential before one can appreciate solar cooking and effect of solar cooked food on living beings.

SOLAR COOKER – AN ANCIENT COOKING DEVICE OF INDIA

Modern Science has not been able to touch even a fringe of knowledge ancient Indian saints had on the subject. Some indication we get from holy Indian Scriptures about the advancement of science and immense knowledge they had.

Solar Cooker is an ancient cooking device of India. Some of the oldest scriptures of India viz., "**RIG VEDA**" and "**BRAHMAN GRANTHA**" written 5000 years ago, describe food cooked by Solar energy as lovely in appearance, aroma, flavor and taste. It is the ultimate medicine, for manly vigor and glorious skin complexion; whoever uses solar cooked food, does not suffer from digestive disorders, blood disorders and respiratory problems. Solar cooked food was called "**AMRITA**" (**NECTAR**) and the cooking appliance was known as "**AKSHAY PATRA**" or "**SURYA BHAND**" which was used by highly learned people of those times.

Iw;Zefgek

ra Iw;Z txRdkja egkrsta iznhiua
egkikigja nsoa Iw;Z iz.kkekeE;g~e
ueLrs vkfnR; A Roeso izR;{ka deZ drkZvfIA
Roeso izR;{ka czEgkflA Roeso izR;{ka fo".kqvflA
Roeso izR;{ka :gosvflA Roeso izR;{ka _xvflA
Roeso izR;{ka rkekfI A vkfnR;kn~HkwfctkZ;rs A
IoZ& Iw;kZHnofUr Hkwrkfu Iw;Zs.k ikfyrkfu p Iw;Zs y;a izk/kqofUrA
Iw;Z rRok vUu% egkO;k/ksizeZqP;rs
Aj 'kkfUr% 'kkfUr% 'kkfUr%

vdkyeR;qqj.kaj iqf"Vrqf"Viznk;da]
f=nks"kgj.kaj f=rki'kkeda] loZO;kf/kfouk'kua]
Iw;ZiDdkUuegkvkS"k/k _ffif) iznk;da
_q.kqiwoZ eqfu 'kknqZy% Iw;kZRes vUu% 'kqHk

GLORY OF THE SUN

'SURYS MAHIMA'
(THE SOUL OF THE WORLD)

Creator of the world of great lustre mitigator of all sins, we pay homage. You are visible doer and deed, you are the only visible creator (Brahma), the preserver (Vishnu), and the destroyer (Mahesh), and you are 'rig', 'yajur', & 'Sama' Veda. From THE SUN is born the earth, all the objects are nourished and preserved by THE SUN and in the end all merge in THE SUN. All edibles ripened or cooked, in the end merge in THE SUN. All edibles ripened or cooked in the sunrays charge into super medicine the 'Amrita' (nectar), food improves cellular health and longevity of life.

PEACE

PEACE

PEACE

'O' GREAT SAGE ANGRIS LISTEN: FOOD COOKED BY SOLAR ENERGY PROMOTES LONGEVITY, IS NURISHING AND SATISFYING, IS CURE FOR ALL THREE DISORDERS (STOMACH, BLOOD, AND RESPIRATORY PROBLEMS) AND MOST TYPES

OF FEVER AND AILMENTS. IT BALANCES "TRITAP" and CHARGE "PRANA", "OJAS", AND "TEJAS" IN HUMAN BODY, FOR DEVELOPMENT OF GLOWING PERSONALITY. NATURE HAS EVERY THING TO PROVIDE A HEALTHY LIVING.

SOLAR COOKED FOOD IS NATURAL, PROTECTS YOUR LIFE AND BRAIN POWER.

Man has his origin from nature. Human body is composed of the five basic elements, earth, water, air, heat and light. Man is of nature and nature has every thing to provide for a healthy living for the human beings. His pursuit for easy and comfortable life together with the tremendous advancement in science and technology is keeping him away from nature, leading him to an unhealthy situation.

Our attempt is to bring man back to nature and provide him with adequate training to lead a healthy life and abiding by the laws of nature. Solar Cooked food is charged with many unknown energies to keep man healthy life long.

WORLD OVER, THERE IS GROWING CONCERN OVER SIDE EFFECTS OF CHEMICAL PREPARATIONS –

Modern medicines help to achieve quick results, but are quite often used to control symptoms rather than cure the root cause of the symptoms. Strong medicines with wrong diagnosis, administered without proper direction often cause untold sufferings to the patients. While these medicines suppress the disease, Solar cooked food works at removing the cause of disease itself with no side effects. Most of the diseases can be cured / prevented by solar cooked food, cleansing of the body internally and externally and maintaining the correct body temperature at different parts of the body.

MORDERN FAST COOKING METHOD ZAPS MANY OF NUTRIENTS FOUND IN NATURAL AND SEASONAL FOOD AND MODERN LIFE STYLE ALSO IS RESPONSIBLE FOR POOR HEALTH.

India was a leader in utilizing natural energies in the ancient times, but modern culture (especially food habits) tempted us to use commercial energy for various applications for the sake of monetary gains. This commercial energy burns the medicinal value of natural food and ruins joy of living.

As per INDIAN ancient Scripture 'GEETA':

***vkqkj% izkf.ku% l/kkscyd`)sg/kkjkd%A
vk;qrst% leqRIkg% Le`R;kstksvfXufoo/kZu%AA***

Food (AAHAR) provides, longevity, intelligence, vigor, health, courage, senses, memory and energy to brain, the nucleus of our body; food improves cell growth that relieves and cures the diseases and deficiencies without supplementary doses of medicines.

According to 'RIG VEDA'

FOOD COOKED BY SUNRAYS IS LOVELY IN APPEARANCE AROMA, FLAVOR AND TASTE. IT IS ULTIMATE MEDICINE FOR MANLY VIGOR AND GLORIOUS SKIN COMPLEXION.

Key benefits of Tulsi Hybrid Solar Oven

Food cooked in Tulsi Solar Oven is charged with solar photons, is nectar, improves longevity, saves time, energy, money labor and lot more. Solar cooked food is natural and pure full of all natural energies to make you healthy, wealthy and life pleasant.

1. Food cooked in Tulsi Solar Oven is charged with solar photons is super medicine AMRIT (nectar).
2. Tulsi Solar Oven is most convenient cooking appliance known to mankind, cooks complete family meal at a time without fuss.
3. Is aesthetic, convenient in handling.
4. There are no moving parts, lasts life long.
5. It saves time money, energy and lot more.
6. Cooks tasty food full of flavor and aroma and provides hot food day and night.
7. It is eco-friendly, no igniting fluids or flame, no fire hazard, smoke or soot. Indoor quality cuisine cooked literally anywhere in the world. Environmentally friendly – no open flames
8. It cooks four to five dishes at a time (full meal) unattended. No time setting is required.
9. No chances of burning food, no charring, no boil over.
10. It is portable, sets in seconds, can be used by RV campers, outdoor hobbyists. Portable for on the go life styles.
11. Every one can use it including, young children or handicapped.
12. Suit case design makes easy portability.

13. Cooking capacity 2Kgs. (4Lbs+) at a time and 6 Kgs. in rotation with solar and with electrical back-up the capacity is much more.
14. The Tulsi Hybrid Solar Oven is designed with increased focus on well-being and longevity.
15. Pays for itself over, each and every time you cook.
16. Cooks at any elevation; some changes make it operational in high hilly regions and in sub-zero conditions.
17. Stores away like a suitcase.
18. Hard to cook meat can be cooked easily.
19. Food remains hot for hours, solves flexible meal time requirements of modern family.
20. Shelf life of food cooked in Tulsi is three to four times more than cooked over quick fire appliance.
21. Food with lesser oil can be cooked, solves obesity problem.
22. Develops strong immune system to keep body strong enough to defend virus.
23. Enhances charm and beauty of the family members specially women folks.

WHAT IS SOLAR COOKING?

Solar cooking means cooking in open with Sun rays. Tulsi solar cooking is absolutely safe and protects the house wife from the hazards she faces while cooking on gas or kerosene stove. It is this knowledge and sense of security that enables her to concentrate on the task at hand. She saves lot of time to spend on her hobbies and with her near and dear ones which brings happiness and peace in the family.

The ultra modern futuristic, scientific, convenient, hygienic and fuel less way of cooking.

Tulsi Solar Oven has excellent features that let you cook almost all types of food automatically. It can bake; steam, simmer, and can keep your food hot for hours and without any botheration of remaining constantly in the kitchen to watch. Just load the food in cook-n-serve bowl and go for your routines.

Cooking is gentle, less oil and spices are required, and you get the unique effect of food cooked over a slow fire in traditional way without to bother to watch it. It is an oven cum pressure cooker without pressure on housewife's time. Almost every thing except cooking of few dishes involving deep-frying is possible.

Tulsi Solar Oven cooks four to five dishes at a time gently and safely. The food will not burn, boil over, or dry even if left unattended for few extra hours. Solar Oven makes delicious soups, stews, and casseroles but is not limited only for this type of cooking. With its gentle cooking, fish and delicate fruits and vegetables remain whole, even after cooking. Joints of meat 'roasted' in a Solar Oven retain their juices and without food shrink. Even mulled wine or warming hot punches can be prepared.

Tulsi Solar Oven is aesthetically designed, convenient, and practical in use cooking appliance. It does not require frequent cumbersome tracking or any tracking mechanism.

Frequently asked questions:

What can be cooked in Tulsi Solar Oven?

Anything, which you can cook in a conventional electric or gas oven, can be cooked in a Tulsi Solar or Tulsi Hybrid Solar Oven. You can bake, boil and steam using any of your favorite recipes.

What is the cooking temperature range?

There is no need to worry about temperature range. Quality cooking can be done in 1 to 2 hours depending upon solar intensity, type of food and environmental conditions. Food will not burn even if left for extra time.

How does the food-cooked taste?

Food cooked in Tulsi Oven tastes much better than food cooked over conventional stoves. The slow cooking enables the natural flavors to be retained in the food. Rice grains, pulses and grains retain their shape and yet are fully cooked. Rice rises to its full volume and is fluffy. The food cooked in Tulsi Oven is always tender and more palatable.

How long does it take to cook?

Cooking takes 1 to 2 hours. Cooking time depends on intensity of sunshine and the nature and quantity of material to be cooked. 'Dals', 'Kabuli chana' (gram) take about 2 hours to cook.

Does Tulsi Solar Oven require special utensils?

No, but dark, thin-walled pots with lids work best. Black pots absorb heat from sunlight and tight-fitting lids help to hold steam in the pot. Dark glass casserole dishes with lids also work well. For baking cakes, breads cookies, and pies, dark cookie sheets and baking tins work best. Tulsi Oven comes with four stainless steel pots.

Does food require constant stirring?

Tulsi Solar Oven requires no stirring because there are no hot spots. The temperature rise is gradual. It is difficult to burn food in a Tulsi Solar Oven which is fully loaded.

Does Tulsi Solar Oven require maintenance?

Tulsi cooker is virtually maintenance free and is a lifetime asset. Only the Glass and Reflector require to be carefully handled, even if it breaks it can be easily substituted. The only other maintenance required is a coat of matt finish black board paint when the paint wears off.

Does Tulsi Solar Oven need constant tracking?

If the Oven is positioned at the average position of the Sun's transit over the sky tracking may not be necessary if there is good sunshine. However, if the Oven was aimed at the sun at start, a couple of nudges to reposition it over the 1-2 hour period would be desirable.

How hot does Tulsi Hybrid Solar Oven get?

Wrong question! The right one is: "how much food will it cook"? Answer: an entire meal for a family –main dish and hot beverage simultaneously but if you really need to know the temperature: typically 150° C in hot summer and 130° C in winter. It cooks most effectively from 9 AM to 3PM in summer and from 10 AM to 2 PM in winter when cooking with Sunrays; but cooking electrically is possible any time.

In what season will it cook?

Spring, summer are best; but it cooks round the year with little more time. However, cooking with Tulsi Hybrid Solar Oven is possible 24 hrs round the year with very low electrical consumption.

Is this design well proven?

Tulsi Hybrid Solar Oven is in operation for over a decade and Tulsi Solar Oven for about 20 years with thousands of satisfied customers, in many countries. The Oven with few modifications has been used by Indian Army at Kargil heights in sub-zero conditions with satisfactory results.

How strong and lasting is the Oven housing?

UV resistant long lasting Housing is fabricated using heat-stabilized reinforced plastic 30% by weight with long glass fiber chops; the result is a range of solutions that deliver lighter, strong and more viable housing than ever before.

What energy source is required for Tulsi Hybrid?

Solar and or low wattage of power backup may be from interrupted or weaker grid. PV Panel (mounted on top of the house or on Car roof for outings) with Controller, Inverter and Battery can be used to cook on Tulsi Hybrid Solar Oven without any problem.

What about electrical components?

India's first and most efficient Tulsi Hybrid Solar Oven is fitted with reliable UL approved components.

Tulsi Hybrid Solar Oven the world's most admired practical in use Solar Cooker.

Tulsi Hybrid Solar Oven is designed to suit modern life style and is most convenient and time saving cooking appliance known to mankind. Based on design and performance, Tulsi Solar Oven has excellent features, besides being the safest cooking appliance. The new Hybrid Solar Ovens meet the cooking needs of people all over the world; built to tackle the toughest cooking task most conveniently and economically. It cooks all types of food right from boiling caramelic milk or tea and exotic Indian, Mughalai, Chinese or Continental dishes from breakfast to dinner without any fuss. The Solar Oven cooks food in the Sun during bright Sunlight with Solar Photons and during non Sunny or Partly Sunny hours with the help of low wattage & low consumption of electric power. It cooks four to five different dishes simultaneously and thus saves time, money labor and lot more. It solves the pressing problem of flexible mealtime requirement of modern life style and no frayed nerves when family guests arrive late for meal.

Solar Oven cooks most healthy and tasty food besides it keeps away in-house pollution menace, which is common while cooking on gas. These gases not merely cause lungs problem, equivalent to smoking 200 cigarettes per day, pregnant women who cook food with LPG are more likely to have miscarriages and put the health of babies at risk. Such grave consequences on health are currently being investigated at several Universities in Japan.

Effect of fast cooking modern appliances on family health?

Fast cooking on coal, kerosene and LPG using pressure cooker or modern fast cooking methods such as Micro-oven zaps the food and destroys food fibers and various natural energies present to compensate our body and brain requirement to keep us healthy. People are advised to use solar oven to cook. Solar cooked food which will provide energy to work, save time and keep the family healthy and disease free.

- **In solar cooking food which, is in biochemical stage is gently cooked over a longer period by electromagnetic waves of sun rays (solar photons) consisting of energies like heat, light, bio, kinetic and chemical energies; food gets time for a sequence of chemical events forming too many known and unknown chains of organic compounds. Enzymes present, on heating, grow-up and stimulate the yeast activity, breaks complex protein into simple digestible form, starch is broken into carbohydrates and fatty acids break, and allows minerals to be absorbed by the body.**
- Box Type Solar Oven gently cooks food in its own juices thus conserving the vitamins and minerals while enhancing aroma and taste. Hence, you can cook without water and fry without fat.
- It has also been observed that dietary fibers remain intact in solar cooking. Fiber is an important characteristic of food of plant origin. Lack of fiber in diet has been associated with several gastric-intestinal disorders including constipation, DI-vermicular diseases of colon and even colon cancer. High fiber foods are of particular help to people with obesity, they are usually low in

Calories increase satiety thus preventing excessive intake of food. It also prevents absorption of cholesterol and thus reduces serum cholesterol.

- Food cooked by Solar Oven is more nutritious as the food gets time to form various compounds of vitamins, minerals, and other known and unknown substances, which in the presence of food fiber are easily digestible. Vitamins alone are not appetizing, that is why supplementary doses of vitamins prescribed by the doctors are not good substitutes for the real thing. In Solar Oven the temperature rise is slow, which safeguards the vitamins since the temperature does not exceed above normal cooking temperature and the carbonization of these compounds does not take place.
- Solar Oven cooks food slowly and gently allowing desirable organic reactions in food to be completed while developing and enhancing its natural flavor, aroma, sweetness besides maintaining nutritious value of food. Solar cooked food works like a medicine on our body, being easily digestible. It makes our body strong enough to defend against harmful bacteria, viral infections, and harmful free radicals present in the atmosphere.
- Solar cooked food is full of natural enzymes, well accepted by human body, which multiply in contact with human enzymes and so easily absorbed or digested and synthesizes various food contents, or gives more bio-power to human body.
- Just eating healthy food, stimulates immunity. Recently, scientific research has revealed the complex mechanism of the immune system and its dependency on diet. Nothing makes as much difference to your health as a well functioning immune system. If you have good immunity, you can prevent anything from a common cold to viral infection, stomach disorders, chronic fatigue even the deadly cancer. Food contains antioxidants, which stimulate immune functioning and increase your resistance to infection.
- In cooking with solar photons (not with fire) enzymes at required temperature increase immune boosting cells and antibiotic contents and too many known and unknown compounds develop that do not diminish from natural food. Natural enzymes create unique metabolic compounds that alter the food chemistry to effect dynamically on human physiology as well as prevention of diseases.

Boost Your Brain Power with Powerful "Solar cooked food".

COMPARISON OF OTHER COOKING DEVICES WITH “TULSI SOLAR & HYBRID SOLAR OVEN”

	LPG WOOD OR KEROSENE STOVE	SOLAR OVEN	TULSI HYBRID OVEN WITH LOW WATTAGE ELECTRICAL BACK-UP
ENERGY SAVING	These Cooking appliances are fast cooking devices, with heavy energy loss. The losses are 80% to 90% in general.	No conventional energy is required to cook food. It cooks with solar energy which is “Gods gift to mankind”.	Tulsi Hybrid Solar Oven is heavily insulated with very low energy loss. It is designed to cook food from 250 to 500 Watts. Electrical backup makes it reliable cooking device which cooks food in 1-2 hours on non-sunny hours or in the night depending upon voltage, quality of food and ambient conditions.
TIME SAVING	Takes longer time for cooking four to five items and requires constant watch and stir, to safe guard or over flowing and burning.	No chance of burning, no stirring required, no overflow is possible, cooks food without any fuss and enables you to attend other household work during cooking.	With electrical back-up food cooks gently over longer time automatically similar to solar oven, besides this it is provided with a selector switch for slow and fast cooking as per requirement of time. Food cooked slowly is nourishing, healthy and is good in flavor and taste.
IN HOUSE POLLUTION MENACE	LPG or Kerosene Stoves pollute your household burnt gases are consumed by family members which is equivalent to smoking 200 cigarettes a day.	Solar cooking is in open SUN with out any pollution.	No chance of fire and no in house Pollution.
WHO CAN USE	Only experienced person can cook tasty meal. Cooking requires heat control and constant attention with risk of fire, as such children or old aged persons cannot use.	Simplest cooking device known to mankind. Cooks mouth-watering snacks and meals of its own, without any attention or fire hazard.	Cooking is most simple and safe. Simply load variety of food in different pots and breather away. With electrical back-up, morning tea, boiling of milk etc, can also be done conveniently, with no chances of overflow and no stirring is required.
ECONOMICS	Energy is in short supply and expensive, not available every where or availability is difficult in many places. Consumes too much energy in cooking due to heavy losses, therefore, expensive in use.	Solar energy is abundantly available, free of cost every where so is most economical in use; commonly available solar cookers are not reliable due to variation in solar intensity and inclination.	Hybrid solar oven can be used with solar energy alone or with solar + electricity during cloudy or foggy days or in the night with extremely low electrical consumption.
MAINTENANCE	Easy to maintain, no costly maintenance.	Tulsi Solar Oven has no moving parts. It works for years without any maintenance.	Tulsi Solar Oven with electrical backup is fitted with reliable UL approved components with expected life of over 10,000 hours. Lower wattage and temperature control by means of Thermostat increases life of the heating element and other components.
SAFETY	Unsafe due to fire hazards. Chances of gas cylinder or stove explosion, catching fire etc.	Safest cooking appliance without chances of any accidental loss.	Very safe; cooker body is made out of insulated fiber glass body, other components are also suitably designed for safety. At low setting of Switch Oven operates at ½ Wattage through suitable diode.
PORTABILITY	These stoves are not portable nor can be used near hazardous places.	Tulsi is light in weight and can be conveniently shifted from one place to another. These can be taken for picnics and outings etc.	Tulsi is light weight portable elegant and compact in shape of plastic Suitcase. The Reflector fitted is high reflectivity non-breakable metallic reflector; even if the Oven drop from a height of 6 ft. it can be easily lifted and shifted by the homemaker.
TYPES OF FOOD IT CAN COOK	Cannot cook all sorts of food, requires different cooking gadgets	Recipe is spice of life. Tulsi Solar Oven can cook almost all sorts of food nicely, bake, boil, simmer roast, and keep food hot for hours. It can be used as food drier, hot case, ice box to make curd.	Hybrid Solar Oven extends working of Solar Oven especially during non-sunny Hours or food loaded at night would be ready by early morning cooked at very low wattage. Food cooked slowly over a long period gets time to develop many known and unknown compounds for a healthy life. Enzymes get time to grow up and break complex proteins into simple digestible protein, starch is broken into carbohydrates.
SHELF LIFE OF FOOD	Shelf life of food Cooked on quick fire appliances is very short.	Solar cooked food has 4-5 times more shelf life compared to food cooked on quick fire appliances.	Food cooked with electrical back up over a longer period has longer Shelf life and saves lots of food, which is otherwise spoiled.

WATER OR OIL CONSUMPTION	In cooking over quick fire appliances with metal pots, due to localised heating lot of oil and food juice evaporates requiring more oil for cooking.	In solar Oven you can cook food with lesser oil, water does not evaporate and you can cook from its natural juices which is healthier.	With electrical back-up once you cook on low Switch position, you need not put much water in green leafy vegetables, which contain sufficient water. Further food, cooked in its own juice is more caramel and sweeter.
DISINFECTING MEDICAL SUPPLIES	Total sterilization is the only way to destroy all the heat resistant micro-spores. It requires auto calve or pressure cooker to sterilize any medical supply.	Dry heat at 150° C totally destroys bacteria, disinfect medical supply.	Hybrid Solar Oven can disinfect during non- sunny hour of the day also.
WATER PASTEURISATION	It is well known that water can be made safe to drink if it is boiled at 100°C, but by boiling water all useful minerals present get settled down and water tastes poor.	Tulsi pasteurizes water as water borne organism are killed at 65°C.	Hybrid Solar Oven can pasteurize contaminated water during non-sunny hours also.

Part -- I

TULSI SOLAR OVEN

1. USER'S INFORMATION

Most of our ancestors cooked with fire, while protecting food from burning and sticking to the pots by constantly watching and stirring. Solar cooking is different, but the difference is nice. Gentle cooking or slow cooking retains the moisture and vitamins, makes food tastier. Cooking time is generally 1-2 hours for cooking four different dishes depending on the solar intensity and type of food stuff to be cooked. You simply need only put the food stuff in and take out whenever you require for eating, no watching or stirring or worrying. In other words it is wonderful time saving cooking device.

Solar cooking is versatile and time-tested; you can cook variety of dishes without compromising on your health. In this booklet, are given few recipes to get you started and hint on how various dishes can be cooked. Solar cooked food has immense therapeutic value, especially at the time when ***Killer Diseases are on the rise and human values are deteriorating.***

An important consideration in Tulsi Box Type Solar Oven design is the intended function. For general cooking, many of us prefer cooking below 130° C as this requires less attention and is very slow to be overcooked. Only few people are aware of the fact that gentle cooking preserves flavor and nutrients, it does not produce harmful carcinogens, which develops in uncontrolled high temperature cooking. General recipe books indicate that cooking starts at about 70°C, some dishes are considered done when the internal temperature reaches 90° C.

Solar box cooking is a different technology. Food gets tender and develops delicate flavor when cooked at lower temperatures for longer time. Food cooked with solar energy is dedicated to the education and assistance of those choosing to maintain and/or improve their health through a healthy and nourishing diet at the same time saving their family from pollution menace and bringing happiness. Rohitas Electronics takes pride in offering a practical in use Tulsi solar oven, which cooks nutritious naturally flavored healthy food.

New technology relies on the freely available and bountiful gift of nature, i.e. solar energy available at hand and Tulsi Solar Oven is the result of 25 years of research on it.

2. BENEFITS OF TULSI SOLAR OVEN

Safest cooking appliance designed to cook healthy food for modern fast placed life style.

TULSI SOLAR OVEN IS AESTHETICAL, ELEGANTLY DESIGNED, SIMPLE & PRACTICAL IN USE. COOKS FOOD WITHOUT CONVENTIONAL ENERGY THAT PRODUCES FIRE, OR HARMFUL SMOKE. IT IS SAFE TO PEOPLE AND ENVIRONMENT; THERE ARE NO CHANCES OF INJURY AND PROPERTY LOSS.

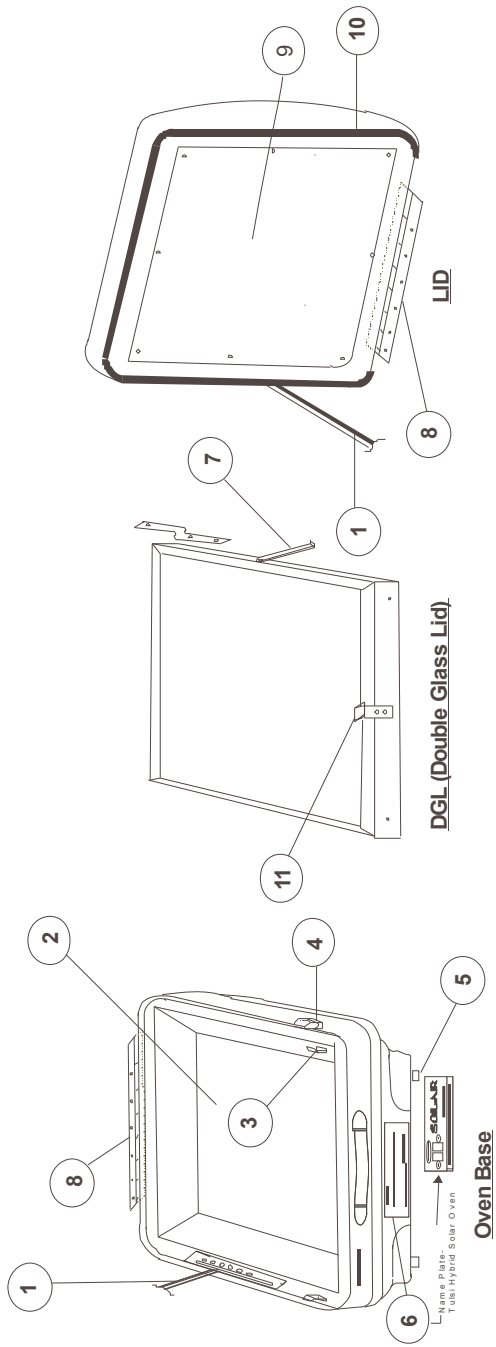
- It cooks with solar energy which is a combination of natural energies and is simple, convenient and safe and that delicious four-course meal can be cooked even by kids, handicapped or aged people.
- It cooks food slowly at lower temperature in natural way, developing aroma, flavor and taste.
- It is safe to cook in Tulsi Solar Oven; no chance of fire, no stirring required.
- It cooks with freely available solar energy, available everywhere. It is an outdoor cooking appliance that works nicely in camping or in travel
- Designed to suit modern nuclear family concept, is safe, economical and free from pollution menace.
- Tulsi Solar Oven cooks unattended and saves time.
- Food never over cooks.
- Economically weaker sections save on firewood/ kerosene/ coal or LPG while rich urban consume natural food to live happily without drugs and lesser diseases.
- Tulsi solar ovens are portable and energy consumed is free.
- No chance of milk spilling over or food burn even if is left over the whole day.
- Shelf life of solar cooked food is three to four times more than the food cooked over other cooking appliances.
- Cooked food remains hot for hours, no need to reheat food if there is gap between cooking and eating.
- Solar cooked food is charged with solar and cosmic energies (life forces) to keep you healthy and wise.
- Tulsi solar oven cooks four dishes at a time without any fuss.

Saves time, money, labor, LPG gas which can be used for other tasks.

3. CONSTRUCTION

The body of Tulsi Solar Oven is made of UV stabilized Fiber reinforced plastic. A high reflectivity metallic mirror is fitted in the lid, which is hinged to the body. An angle adjuster mechanism is provided which adjusts angle as per Sun inclination so that reflected sunrays always fall on the pots and tray.

A double glass lid (DGL) is hinged to the body; it covers the black painted aluminum tray. The DGL along with the tray and seals make it a closed hot chamber and prevents heat loss. High-density insulation is provided at the bottom and around the cooking tray to prevent escape of heat. Four stainless steel pots painted with especially developed black paint are kept inside the tray for loading the foodstuff. Refer Illustrated view of components given below: -

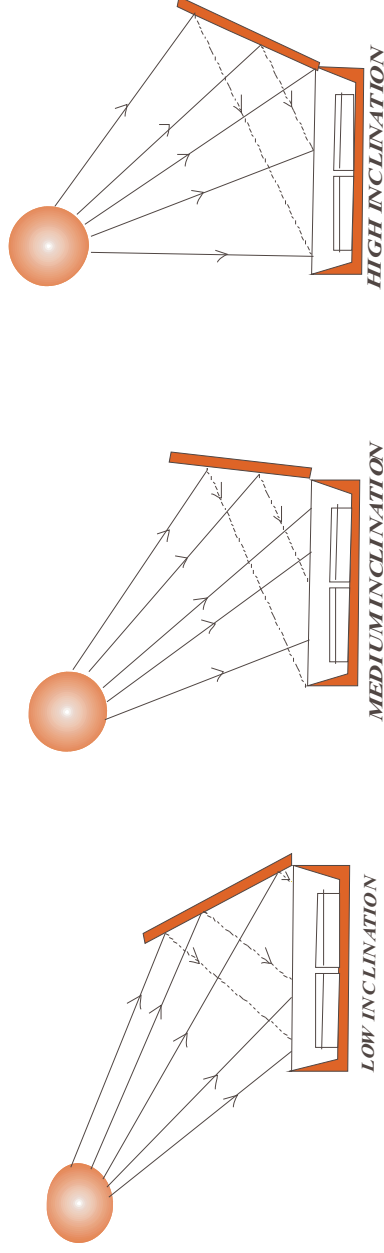
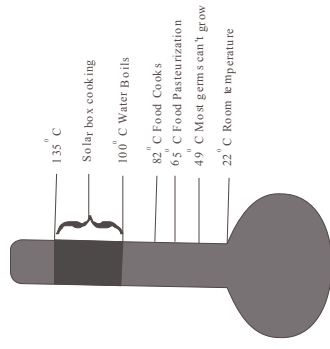


- 1- ANGLE ADJUSTER, REFLECTOR
- 2- TRAY
- 3- CLAMP, DGL HOLDING
- 4- LOCK
- 5- BUFFER
- 6- NAME PLATE
- 7- DGL STAY ROD
- 8- HINGE
- 9- METALLIC REFLECTOR
- 10- BEADING
- 11- BKT. DGL LIFT

4. DIRECTIONS FOR USE

First step before placing the Oven in the Sun is to ensure that the protection film from the Reflector is peeled off, and reflector and the glasses are clean. Now take the Oven in the Sunlight, open the lid and let it remain in the Sun for about 15 to 20 minutes for pre-heating before loading the foodstuff. This will purge the heating chamber of bad odor of paint etc. if present. Now cut and mix ingredients as per recipe, open the cooking pots, place the food stuff in the pots and close the same; open the DGL double glass lid), place the pots in the cooking tray and ensure that the DGL is tightly closed so that the heat does not escape from the oven.

SUN POSITION DURING A DAY



- While cooking use water only if required. Do not add water to green vegetables, preferably use little water.
- Keep containers closed while cooking, however, in case of bread, cake etc. or for shallow frying, pots should be in kept open.
- Soften hard pulses in water for at least 8-9 hours or overnight before cooking for tastier, nutritious and Quicker results..
- Do not open DGL once the food is placed inside for cooking until the water droplets start flowing inside the DGL indicating that the food is cooked

When the meal is ready open the lid carefully as steam will gush out and may cause injury. Use gloves.

It is suggested to use specially designed four Nos. of Stainless Steel cooking pots supplied with Tulsi Solar Oven, to save time, prevent cooking failures and preserve food value. These pots are painted with especially developed black paint. However, you are at liberty to use your own glassware or other metal cooking pots but those may not be efficient and may increase cooking time.

5. SAFETY INSTRUCTIONS

- **Keep Tulsi Solar Oven in vertical position during transportation to avoid damage to Reflector or Glass breakage**
- **Use hand gloves while loading and unloading the pots to avoid any injury due to hot gases.**
- **Mirror lid should always be kept open while cooking with Sunrays or electrically; when the cooking is over close the lid only when the Oven is cooled down.**
- **Switch off the mains supply before loading or unloading food while cooking electrically.**
- **Water in the cooking tray should be wiped with dry cloth after the cooking pots are removed and the tray is cooled down.**
- **Water or any type of chemical should not be used for cleaning the Reflector, gently use only lint-free dry cloth.**

6. MAINTENANCE AND CARE OF TULSI SOLAR OVEN

Tulsi oven is virtually, a maintenance free cooking appliance requiring only general up keep, periodic inspection for condition and regular cleaning for best performance and long life.

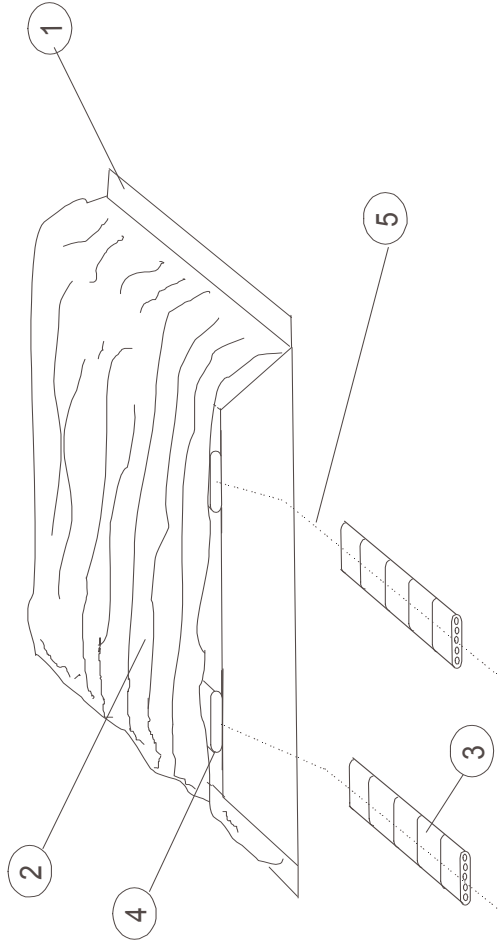
- Scrubbing with coarse material will damage the black surface required to absorb solar heat. Although the black coating is long lasting, but in case the Tray or cooking Pots require recoating, paint them with matt finish Black Board Paint.
- Keep the Reflector and glasses clean and free from dust. Clean surface improves performance.
- Tulsī solar oven is light - weight, you can carry it inside during night to protect it from rain and animals.
- Take care of oven outer surface, reflector and glass, because they are liable to be damaged or broken.
- Inspect periodically the cooker for condition and repair / replace the damaged seals etc.
- Cooking pans should not be used as storage for cooked food. Also they should not be left on open fire.

Part II

TULSI HYBRID SOLAR OVEN

1. GENERAL

There is no difference in Tulsī Solar Oven and Tulsī Hybrid Solar Oven except that an electrical system is provided in Tulsī Hybrid Solar Oven, which enables cooking round the clock through-out the year. Heaters are provided at the bottom of the Tray connected to a Thermostat, which controls and maintains the required temperature within the specified range by cutting in or out the electric supply. Two illuminated Switches are provided on the front panel. When the cooking is set to 'low' one Switch illuminates and when it is set to 'high' both Switches illuminate. All electrical items fitted in the Tulsī Hybrid Solar Oven are UL approved.



1 - TRAY

2- Insulation

3 - CLAY (Biscuit)

4 - AL. PLATE

5 - Heating element

HEATING ELEMENT & INSULATION AT TRAY BOTTOM



TULSI HYBRID SOLAR OVEN

2. USE DURING BROAD DAY LIGHT

Follow instructions given in Part – I for TULSI SOLAR OVEN

3. USE IN NIGHT OR DURING CLOUDY DAY

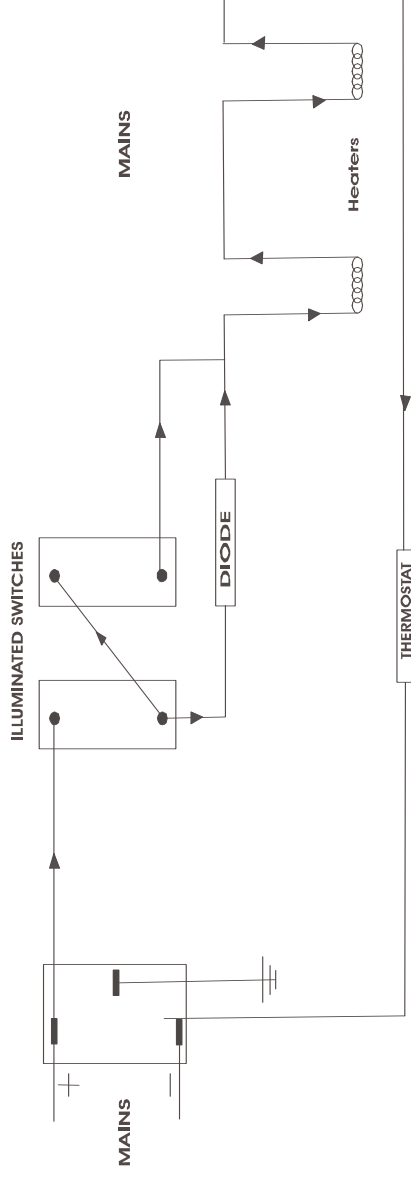
When electrical back-up is required for cooking, pre-heat for ten minutes and thereafter load the food stuff. Close the Pots and place them in the Tray and tightly close the DGL.

Ensure that the Power Line Voltage and the Voltage of Tulsi Hybrid Solar Oven is same by referring the Label affixed near the Socket. Now plug in the Power Cord.

Put the Oven Switch on ‘Low’ which will get illuminated indicating Low temperature mode; for ‘high’ setting simultaneously put ‘On’ the other Switch also and observe that both the Switches illuminate. The Thermostat will control the Oven temperature and will take care of cooking. Unlike in cooking heaters and other modern cooking Appliances electric consumption in Tulsi Hybrid Solar Oven is low just because the heaters do not remain on during the entire cooking period and that the Heaters fitted are low wattage Heaters.

4. CIRCUIT DIAGRAM

Circuit diagram of Tulsi Solar Oven (Hybrid)



5. COOKING WITH PV PANEL

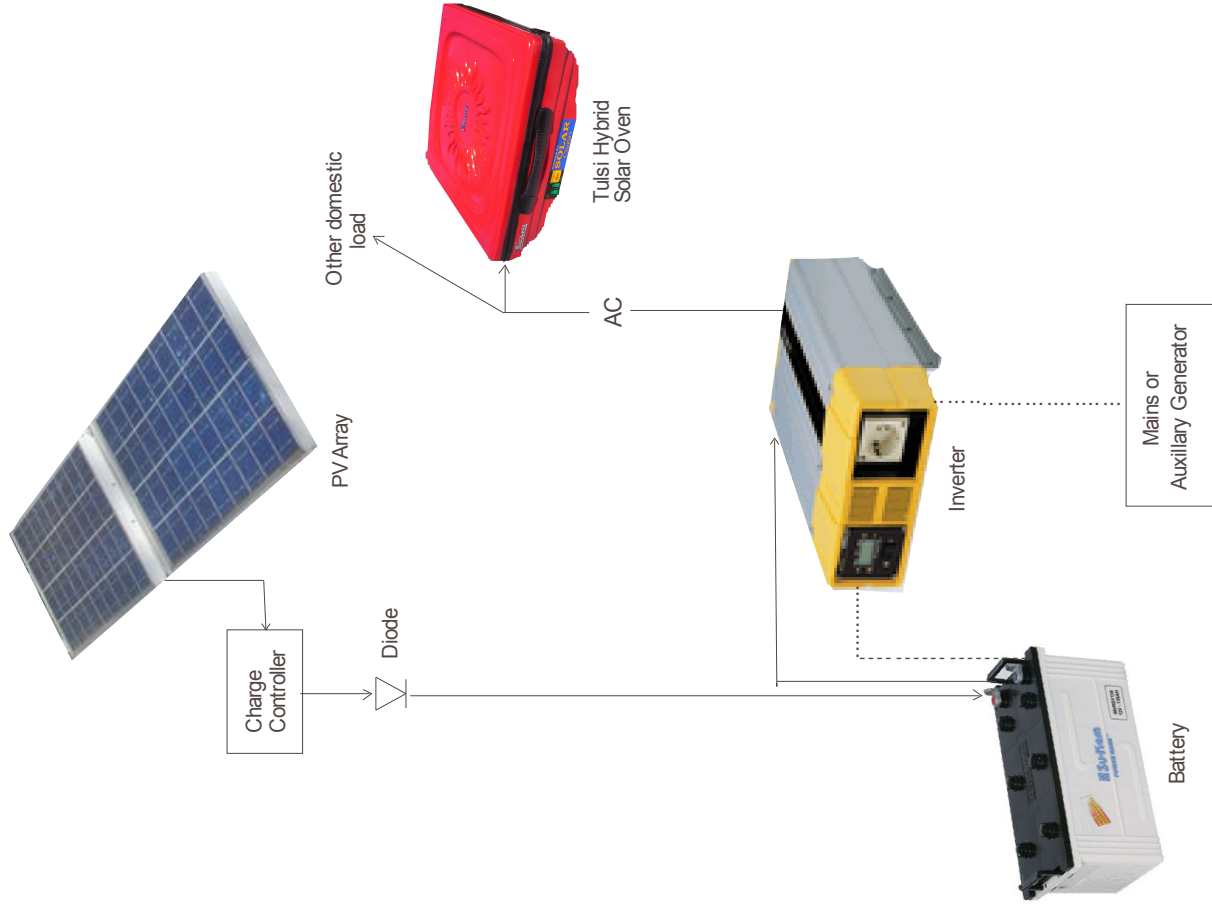
One of the biggest problem faced by the Solar Oven users is how to cook food in remote village or hilly terrain in the night or on cloudy days. There is no grid supply, as such; cooking is not possible on any Solar Cooker presently available in the market. The problem is genuine but the same is addressed by installing Photo-Voltaic Panel (PV Panel) and cooking on Tulsi Hybrid Solar Oven. This stand-alone -system is very convenient and makes cooking very economical. After initial expenditure on set up there is no expenditure involved on cooking except periodic replacement of Battery. In case other household gadgets and house lighting etc. are also desired to be operated by means of PV Panel, the array of Panels, Inverter and Battery of higher capacity, as per the requirement, will have to be installed. For details please refer the diagram on next page.

For modern couples who want to enjoy trouble free long drive and outings, they may install PV Panel on roof of their SUV and cooking may simultaneously go on inside the vehicle while it is running on smooth road. Alternatively, on reaching the destination, simply take out the Oven, plug-in supply from Inverter already charged during driving. Enjoy outing with your family, while the Oven will simmer and prepare meal ready to be served as and when you desire.

The equipment required for cooking by means of PV Panel is Optional and the kit does not form part of the standard Oven. The items can be locally purchased and got installed by some local technician of medium caliber. In case of any problem, Rohitas Electronics may be contacted for supply of necessary items.

Tulsi Hybrid Solar Oven is a real cooker or if you can call it a '**mobile kitchen**' will be more appropriate. If you lose all power, you can still cook just about anything, or you can dry your perishable foods before they go bad in an emergency situation. Also if you lose power, it would be difficult to run your home oven on battery or generator power whereas, Tulsi Hybrid Solar Oven is easy to run on a car battery, small generator or Inverter. Thus it enables cooking in any situation.

COOKING IN TULSI HYBRID SOLAR OVEN WITH PV PANEL



6. SPECIFICATION

Basic Tulsi Solar Oven (without electrical backup) is of the same standard as GRADE 'A' of Indian Standards Specification No. IS: 13429: 2000.

Tulsi Hybrid Solar Oven is a variant of the above with electrical heating system as an additional feature.

Technical Specification:

Aperture area	: 0. 2372 m ²
Cooking Capacity	: Two Kgs. approx. at a time.
Cooker box material	: Fire retardant resin, UV stabilized Fiberglass body.
Pots	: Four stainless steel, solar black painted.
Cooking tray	: Al. 480 x 480 mm.
Cooker outer box	: 535 x 535 mm.
Heater power	: High – 500 watts ± 10 %, Low – 250 watts ± 10 %
Voltage	: Oven is supplied in 12, 24, 48, 110 or 220 Volts.
Power consumption	: 0.15 to 0.50 units for cooking one time meal depending upon conditions, quantity and quality of food etc.
Switch Position	: Low - for gentle cooking. High- for faster cooking.

Part III

1. RECIPE INFORMATION

SOME USEFUL SUGGESTIONS FOR COOKING IN TULSI HYBRID SOLAR OVEN

Preheat Tulsi for 10-15 minutes on High mode before cooking, to destroy any harmful bacteria, which may be present in the Oven during storage. A detachable electric Power Cord is provided. Connect it only when you use with electrical back up (in door use). Cookers generally are available for 125/250 Volts power supply, but other voltage Ovens are also available.

Browning method: Browning improves the appearance and flavor of many recipes. Some people, however, prefer not to do this and it is really a matter of individual taste. Browning can be done in many ways.

- (a) Heat a little oil in a small pot during pre-heating time then add thin sliced onion, Asafoetida etc, according to the requirement and after 20 minutes transfer it to vegetable or meat.
- (b) Atleast, once a week prepare different combination of herbs and onion in oil for 30 minutes, store in a bottle, pre-heat the Oven, and transfer the required amount of mixture.
- (c) Cook vegetable/meat and brown in separate small pot. After cooking is over transfer this to the main dish.
- (d) All frozen fish, meat poultry and vegetables must be completely thawed before cooking.

For a low fat diet, it is suggested not to brown food.

1. Switch on at “Low” mode for cooking food.
2. Put vegetables/meat salt along with all spices. (different dishes in different pots)
3. Add herbs and seasonings with minimum quantity of water, since water does not evaporate during cooking inside Tulsi, except in pulses and rice where more water is absorbed by the food itself.

OVEN SETTING AND TIME

After placing food into the Tulsi, adjust the Oven properly in the open Sun or take it in, if desired to use it indoors with electrical power. Select the mode whichever suits the day. "LOW" setting is used for throughout cooking, but certain recipes, i.e., steamed pudding which includes a raising agent need high temperatures to ensure that the sponge or such mixture rises. Chicken and joints of meat should be cooked only on high to ensure quick heat penetration into the solid. Chicken chops and cubes of meat may be cooked on low, as per requirement. However, most of the vegetarian food cooked on "LOW," tastes better. Indian Vegetarian food on "LOW" setting is most delicious where normal cooking time is 1 to 2 hours, food cooked for long hours tastes good and is nutritious and healthy.

DURING COOKING

After closing the DGL, it is best to forget about the Solar Oven until you are ready to serve the food. Resist the temptation to lift the lid and peep for checking cooking of food, because lifting of lid causes temperature drop and it will take almost same time to develop the same temperature again. The food should not be stirred until the end of cooking.

COOKING UTENSILS

Stainless steel containers, duly black painted from outside, are supplied with Tulsi for cooking. While using Tulsi with electrical back up, you can conveniently use your own utensils, which may be stone or glass ware or any other metal, provided height of containers do not touch DGL, in this case, cooking time will vary. In case of use of stone or glassware one has to increase cooking time by about 50%.

USE HYBRID SOLAR COOKER AS A HOT CASE / OR A CURD MAKER

Tulsi is well insulated, and can be used as a Hot Case for keeping food hot for 4-5 hours. Thus, it can be used as a Curd Maker too; just heat milk slightly and allow fermenting milk after adding about 4 teaspoons of curd. The curd will be ready in few hours.

RECIPIES

Using Tulsi requires certain amount of patience, but once you have devised your own method of preparation cooking becomes automatic and natural. We are presenting you few basic recipes for a startup. But after sometime you can devise your own method of cooking.

PLAIN RICE

Put rice into one of the pot and add the usual amount of water (double) this is usually one part rice to 2 parts of water, but adjust if you prefer your drier or wetter. *Pre soaking rice is not required.*

STEWED TOMATOES

Whole tomatoes 2 loaf of bread and cheese. Salt, paper, basal of other favorite's herbs.

Place each tomato in a custard cup and slice part way down into quarter. Sprinkle small pieces of bread and cheese on the top/ put custard cups inside a covered black pan. Bake about an hour.

WHOLE TOMATOES, BEETROOT ETC.

Wash potatoes and simply keep them in a covered or uncovered pan or put oil on the skins. Put little amount of water .Cooking time is usually 1-2 hours in sun. Make sure that you do not put very big sized potatoes. As the time required to bring them to boil increases substantially.

BEANS (DRIED)

Beans should be soaked overnight before solar cooking. A teaspoon of bicarbonate of soda may be added, if wished to aid softening. Soak the beans in plenty of water as they absorb a considerable amount overnight. Next day drain and rinse the beans and boil them in Tulsi. If dried beans are stale they won't cook successfully.

Add usual amount of water. Depending on type and condition of beans, some cook in 1 to 1- 2 hours or more add salt. Tomatoes, onions serve over rice cooked in separate pot or add rice to cook with the beans for 1 hour.

REFINED BEANS

Dried pinto beans	1 Cup	Water	3 cups
Chopped Onions	1	Ginger garlic paste	2 tablespoon.

Method :

Follow the instructions an in the previous recipe, but add 3 cups water to the beans. Bake for 2 hours. Drain (but save) the liquid; mash the beans, adding liquid to get the consistency you prefer. In a separate pan add oil and put spices to taste such as cumin, salt, ginger garlic paste, pepper and chopped onions, cook for 1-2 hours. Add this to the beans and bring to boil.

FRESH VEGETABLES

Add little amount water say 2 table spoon to green vegetables. Cook most green vegetables just 1-½ hours. If cooked longer they loose nice green color, though flavor is fine. Most root vegetables take more time.

LASAGNA

- | | | | |
|----------------------------|-------|-----------------|------|
| Spaghetti Sauce | 1 Lt. | Ricotta Cheese | ½ Kg |
| Shredded mozzarella Cheese | ½ Kg | Parmesan Cheese | |
| Lasagna noodles | ¼ Kg | | |

Method:

In the bottom of the pan pour 1/3 of the spaghetti sauce. Coat uncooked noodles with ricotta cheese and make a bottom layer in the pan. Add half the shredded mozzarella. Repeat to make a second layer. Top with remaining spaghetti sauce and Parmesan cheese. Cover and bake for 2 hours. (No need to pre cooks the noodles)

BROCCOLI SOUP

- | | | | |
|------------------|---------|-----------------|------------------------------|
| Butter/Margarine | 25 gm. | Onion | 1 finely chopped and sauted. |
| Broccoli | 450 gm. | Chicken stock | 850 ml. |
| Salt | 2 tsp. | Pepper | |
| Nutmeg | ½ tsp. | Evaporated milk | 1 can. |

Method

In the preheated Tulsi add broccoli, onion, butter, Add stock and seasoning. Cook for 2 hours. After cooking, liquidize or sieve and stir in the milk. Reheat for some time and serve hot.

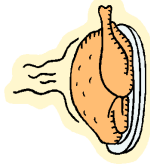
BEAN SOUP

Mixed beans 2 cups
Dried parsley 3 tbsp
Dash oregano
Red pepper (optional)
Ham stock 1 or 4 strips of bacon (smoked)

Onion 1 large chopped and sautéed
Garlic 4 cloves chopped and sautéed
Tomatoes 2 chopped
green pepper ½, chopped

Method:

Preheat Tulsi. Place ingredients in pot and cover to within 1 inch of top with soup stock or 3 cubes of beef in water. When done, add ½ lemon or 2 tablespoons vinegar. Cook for 4 hours or until done.



PORK CHOPS

Pork chops 2 fairly thick
Salt and pepper
Flour

Method :

Coat chops with flour, salt and pepper. Sear on both sides. Place it in a pan, uncovered, and bake in preheated, Tulsi for an hour. Remove from oven and cover it with gravy, return to the cooker for about 45 minutes. Serve hot with rice.

CHICKEN CURRY

Broiler chicken 1 no.
Coriander seeds 20 gm.
Pepper corns 5 gm.
Garlic 10 gm
Turmeric 5 gm.

Ginger 10 gms.
Onion 1 Nos.
Oil 30 gms.
Red chilli 10 gms
Pepper 1 tsp.

Bay leaf

1 no.

Salt to taste.

Method

- Clean the chicken joints thoroughly.
- Grind a fine paste of ginger and garlic. Add salt, and apply it on chicken, and set it aside.
- Roast and grind red chillies, peppercorns and coriander along with onion, turmeric and pepper
- Arrange the chicken in the container; add pepper bay leaf, oil and water to cover the chicken.
- Set the Tulsī in the sunlight.
- After 1-1/2 hours take it out, mix well and serve hot.



POT ROAST

A super one- pot meat with vegetables of your choice, such as potatoes, carrots, Onion, turnips, celery, Zucchini, and Mushrooms. Just put any size pot roast and vegetables together in a pot: add no water, cook for more than an hour. If you cook all day, meat gets very tender.

CHEESY POTATO CASSEROLE

Butter ¼ cup
Cream of chicken soup 1 can
Frozen hash brown cubed potatoes, thawed 120-ounce bag
Grated sharp cheddar cheese 8 ounces
Crushed potato chips for topping

Onions 1 cup chopped
Sour cream

Method

Melt butter in small pan. Sauté onion until translucent. In a bowl, stir together sour cream, chicken soup and onions. Mix well. Add potatoes, salt, pepper and cheese. Stir until all ingredients are well blended. Pour into un-greased dark-colored dish. Sprinkle potato chips on top. Cook for 2 hours in Tulsī.

ROASTED CHICKEN

Tulsī Solar Oven

Chicken
Salt and pepper

Margarine

Method

Rub chicken with margarine, salt and pepper. Cook in covered baking dish. Chicken is done

SWEETS



CARAMEL CUSTARD

Milk	250 ml	Eggs	2 nos.
Sugar	50 gm	Grated nutmeg	a pinch

Method

- Dissolve sugar for caramel in water in a smaller container get it browned.
- Boil the milk and pour over beaten eggs and sugar syrup.
- Strain into the prepared container. Sprinkle over with grated nutmeg.
- Set the solar cooker in the sunlight.
- After one-hour remove, cool for few minutes and turn on to dish. Serve either hot or cold.

BREAD PUDDING

Bread	115 gm.	Milk	225 ml
-------	---------	------	--------

Sugar
Sultanas
Cashew nuts

60 gm.
30 gm
30gm

Eggs
Grated nutmeg
Lemon rings

2 nos.
a pinch
a little.

Method

- Cut the bread loaf into small pieces.
- Boil the milk and pour it over bread. In addition, set aside for half an hour.
- Beat eggs well, add sugar, and grate lime ring. Nutmeg and pour over bread.
- Add sultanas, cashew nut and mix well.
- Pour into greased Tulsī container
- Adjust the Tulsī in the sunlight.
- After an hour take it out and serve it with custard.

PLUM PUDDING

Flour
Margarine/ butter
Eggs
Mixed peel

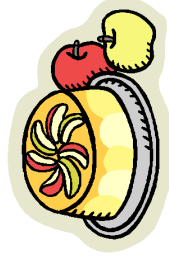
65 gms.
100 gms.
3 nos.
55 gms.

Bread crumbs
Brown sugar
Sultanas

55 gms.
115 gms.
55 gms.

Method

- Put flour and bread crumbs and all other ingredients, mix well.
- Put into well greased solar cooker container
- Pre heat solar cooker in sunlight or with power in case of hybrid solar cooker.
- After one hour take it out and serve with custard sauce.



CHOCOLATE CAKE

Flour 115 gm.
 Baking powder ¼ tsp.
 Eggs 2 nos.
 Cocoa powder 30 gm.

Powdered sugar
 Butter
 Milk

115 gm.
 75 gm.
 30 ml

Method

- Sieve flour, baking powder, and cocoa.
- Stir Cream butter and sugar till light and fluffy.
- Add eggs one at a time followed by one-tablespoon flour.
- Fold in the rest of the flour
- Add milk to form a dropping consistency.
- Grease and line the cooker with greaseproof paper.
- Put the mixture in to the container and place it in pre heated Tulsii.
- Cook it for one hour or so.
- Allow cooling in the same container turning out and serve.

FAMILY FRUIT CAKE

Self-raising flour (or plain flour) 200g
 Baking powder 2 level tsp
 Butter or margarine 75-100 gm
 Currants 100 gm
 Sultanas 100 gm
 Egg 1

Mixed spices
 Cinnamon
 Sugar
 Milk
 Mixed peel

1 level tsp.
 ½ level tsp.
 75-100 gm
 125 ml.
 25 gm.

Method

- Sieve the flour and put baking powder with the spice and cinnamon.
- Add butter or margarine until the mixture looks like fine breadcrumbs.
- Add sugar, dried fruit, and peel.
- Mix egg and milk to form a soft consistency, i.e., so the mixture drops easily from a knife.
- Put into the greased and floured loaf tin, making the mixture quite level on top.
- Bake for an hour or so.
- Test the cake before removing from the tin. Ensure the cake has shrunk away from the sides of the tin, and when a fine skewer is inserted into the cake, it should come out quite clean. Slice and serve. If any mixture is left and becomes cold spread with a little butter and use as bread.

SPONGE CAKE

Eggs	2	Castor sugar	50-75 gm
Flour (with baking powder or use self-raising flour)	50 gm		
Hot water	1 dessertspoon		

Coating:

Butter
Flour
Castor sugar

Method

- Mix eggs and sugar into a large mixing bowl, and whisk until the mixture is thick and creamy (you see the trail of the whisk). If done over hot water continue, beating until the mixture cools again.
- Sieve the flour at least once.
- Fold gently into the egg mixture with a metal spoon. Lastly, fold in the water.
- Grease the container, then coat with flour or an equal mixture of flour and castor sugar.
- Spoon the mixture carefully into the container.
- Bake it in Tulsī for an hour or so.
- Test cake before removing from Tulsī Press with finger, if no impression remains the cake is cooked.
- Turn the cake out carefully, allowing it to cool in the tin. Split and fill with jam or cream.

BANANA BREAD

Flour	2 cups	Baking soda	1 teaspoon
Sugar	1½ cups	Buttermilk	½ cup
Eggs	2	Bananas	2 (mashed or blended)
Walnuts	1 cup chopped		

Method

Mix all ingredients well. Pour into greased and floured loaf pan. Bake in the solar cooker; expose it for 1-½ hours or until toothpick inserted in center.

CORN BREAD

Jiffy Corn Bread Mix	1 package	Egg	1
Green onion	1 chopped	Buttermilk	1

Method

Mix bread mix egg and green onion with enough buttermilk to get the right consistency. Put the mixture in preheated **Tulsi** until done.

WHITE BREAD TIN LOAF

Cooking time 30-40 minutes with electrical backup and 1-2 hours in Solar.

Yeast liquid

Sugar	1 tsp.	Warm water	250 ml.
Fresh yeast	15 gm		
(If fresh yeast is unavailable use 1 level dessertspoon dried yeast)			

Dry ingredients

Lard or margarine	15 gm.	Flour	400 gm.
Salt	2 level tsp.		

Method

- Dissolve the sugar in the warm water. With fresh yeast add liquid and use immediately. Sprinkle dried yeast on top of liquid- leave for 10 minutes or until mixture becomes frothy.
- Rub the lard into flour and salt, sieved into a warm bowl. (All yeast utensils need to be warm.)
- Add yeast liquid and knead well.
- Cover the bowl with a cloth or put dough into a greased, large polythene bag.
- Allow rising until double its size; this takes about 45-60 minutes in a warm place –2 hours in a cool room.
- Re-knead dough; continue kneading until dough springs back when pressed with a floured finger.
- To shape loaf press to oblong, fold in three and put in a greased warm container.
- Prove again until raised..
- Bake in Tulsi.

To test: Knock bottom of loaf- it should sound hollow.

Note: The liquid in yeast cooking should not exceed (38°C). Preferably use strong flour – a little more may be needed as makes of flour vary for liquid they absorb.

COB LOAF

Cooking time 40-90 minutes with electrical back up alone and 1-2 hours from solar (depending upon solar intensity)

Yeast liquid:

Sugar 1 tsp. Warm water 250 ml.

15 gm fresh yeast or 1 level dessertspoon dried yeast

Dry ingredients:

Lard or margarine 15 gm Flour 400 gm
Salt 2 level tsp.

Coating: Flour

Method

- Prepare the yeast liquid as in preceding recipe or cream the yeast and sugar. Add the warm liquid, sprinkle the top with flour, and leave in a warm place until the sponge breaks through.
- Rub the lard into flour and salt, sieved into a warm bowl. (*All yeast utensils need to be warm.*)
- Add yeast, liquid knead well.
- Cover bowl with a cloth or put dough into a greased, large polythene bag.
- Allow rising until double its size; this takes about 45-60 minutes in a warm place –2 hours in a cool room. Re-knead dough; continue kneading until dough springs back when pressed with a floured finger.
- To shape the cob loaf, mould dough into a round ball, flatten slightly and cut top of
- Loaf with a sharp knife.
- Dredge with a little extra flour, put on to a lightly floured tray to prove. Cover with greased foil, if desired, and leave until double in size.
- Bake until the given time.

To test: Knock bottom of loaf- it should sound hollow. Store in an airtight tin or bread bin.

Note: The liquid in yeast cooking should not exceed (38°C). Preferably use strong flour – a little more may be needed as makes of flour vary for liquid they absorb.

PORRIDGE (NAMIBIAN)

Millet-flour (Mahango) 1 part Water 2 part

Method

Put water and flour in a container and boil the porridge for one or two hours in Tulsu



CABBAGE CASSEROLE (FOR 10 PERSONS)

Cabbage	Water	5 dl
Rice	Salt	according to taste
Ground beef	Onion	1-2 chopped
White pepper powder		
1 kg		
3 dl		
300 gm		
0,5 teaspoon		

Method:

In the bottom of the pan, place 1/3 of chopped cabbage and a little salt. Mix together ground meat, rice, chopped onion and spices. Spread this mixture over the cabbage. Then cover the mixture with 1/3 of chopped cabbage and salt. Spread the rest of the mixture over the cabbage and top with remaining cabbage. Pour over water in casserole. Cover and bake for 2 hours in Tulsii

MEAT-VEGETABLE CASSEROLE (FOR 5-6 PERSONS)

Meat	Tomatoes	2
Onion	Cooking oil	1 dl
Salt	Black pepper	
500 g		
2		

Method:

Put the meat cubes, chopped onions, chopped tomatoes and all other ingredients in container. Bake in Tulsii 1 to 2 hours. Season as you like

FISH-VEGETABLE CASSEROLE (FOR 5-6 PERSONS)

Tomatoes	4 large	Fish	500 g
Potatoes	4-5	Salt	
White pepper		Lemon juice	(half lemon)
Onion	1	Peas	1-2 dl
Carrots	2		

Method:

Peel potatoes, carrots and onion. Cut potatoes into halves, carrots into small cubes and chop onion, and peas and boil them in a pot. In other container, bake the fish, mix all ingredients cook for 15 min.

MACARONI-MEAT CASSEROLE (FOR 6-8 PERSONS)

Macaroni	3 dl	White pepper	
Ground meat	250 g	Salt	to taste
Onion	1	Milk	5 dl
Eggs	2		

Method

First boil macaroni in water (1 litre) in Tulsii for about half an hour. Pour off water and put ground meat, chopped onion, spices, mixed milk and eggs into the pot and bake casserole for about 2 hours in Tulsii. The casserole will be ready when it has acquired a firm texture.

WHITE BEANS IN TOMATO SAUCE (FOR 6-8 PERSONS)

White beans	5 dl	Tomato purée	1 tablespoon
Tomatoes	4 large	Onions	2
Butter	1-3 tablespoon	Salt	1 teaspoon
or margarine		Basil	1 teaspoon
Lemon juice		Parsley	

Method

Boil the beans in one container for 2 hours. In another container put chopped onions in margarine. Add mashed tomatoes, purée, salt, and herbs and simmer in the solar box for about half an hour. Add cooked beans. Let the mixture boil and serve with grilled meat or sausages.

INDIAN SNACKS AND MEAL WITH TULSI SOLAR AND HYBRID SOLAR OVEN

VEGETABLES AND RICE

To make rice into great vegetarian meal put vegetables of your choice (onion, squash, celery, carrot, Peas etc.) with rice and water. If you use FRESH vegetables, cooking may take only 45 minutes to one hour in bright daylight.

CHICKEN BIRYANI

Just put raw cut chicken pieces on top to cook along with the rice salt to taste and other condiments and spices and cook one hour, Add about ¼ less water to the rice, as the juices from the meat will replace it.

FRUIT, SUCH AS APPLES, PEACHES, BANANAS

Take cups of several peaches, bananas, apples or mixture (remove peaches, apple cores) into a pan. Sprinkle sugar and cinnamon. Bake for an hour, or more if desired. Optional meringue topping: Beat three eggs whites until stiff, adding one teaspoon of vanilla and ¾ cup of sugar while beating. Spread on top of cooked fruit. Return to solar box and bake uncovered 1/2 hour. Serve hot or cold.

BEVERAGES

Tea hot water can be ready most of the day. Mild can be pasteurized during sunny hours during non-sunny hours you can use electrical backup.

SAUCES/GRAVY (WITH FLOUR OR STARCH)

Heat juices and flour separately with cooking oil in the flour. Then combine and stir. It will be ready quickly. During non-sunny hours, you can use electrical back up or solar and electricity both.

ROASTING NUTS

Bake in uncovered pan. almonds- 1/2 hour, peanut-1 hour.

SQUASH

Winter squash (Huber banana) cooks fast in large chunk in a covered pot. A bit of butter and brown sugar add flavor.

BOILED EGG

Cook in shells without water 1 hour. Little longer cooking whites tend to “tan.

COCONUT RICE

Basmati rice	200gm.	Coconut	1
Ghee	50 gm.	Onion	1 large, sliced
Pepper		Water	400g
Salt to taste		Bay leaf	1
Cinnamon	1” pc.	Cloves	4

Method :

- Clean, wash and soak rice for half an hour.
- Scrap and grind coconut . Squeeze out the milk and keep aside.
- In ghee sauté onion, bay leaf cinnamon and cloves.
- Add rice and add coconut milk to cook the rice. Add Salt.

BOILED RICE MASALA DAL

Rice	200 gm.	Tur-dal	100 gm.
Green chillies	5 gm.	Green coriander	a few springs
Turmeric	a pinch	Coconut (grated)	25 gm.
Cumin (Jeera)	a pinch	Tomatoes (chopped)	100 gm.
Ghee (oil)	15 gm.	Salt to taste.	

Method

- Grind together coconut, turmeric, cumin, and green chillies to a fine paste..
- Add the ground masala, tomatoes, ghee and green coriander.
- Put this masala in the main solar cooker container.
- Wash and soak Dal
- Add enough water to cover the mixture.
- Wash and soak rice.
- Add double the quantity of water as to rice. Add salt to taste..
- Place this container in Tulsi and cover with the lid
- Adjust the solar cooker in the sunlight and keep it for one hour.
- After one hour take out the container, add enough salt to the dal, mix it well, and serve hot with boiled rice.

MOONGDAL KITCHEDI

Pulao Rice	200 gms.	Moongdal	100 gms.
Cinnamon (dalchini)	1 small pc.	Clove	3 nos.
Ghee (oil)	30 gms.	Coriander leaves	10 gms.
Turmeric	a pinch.	Salt to taste	

Method

1. Soak Rice and Dal for 2 hours
2. Put the rice, dal, turmeric, cinnamon, cloves and ghee into the container.
3. Add double the quantity of water to rice. Salt to taste and cover with lid.
4. Adjust the solar cooker in the sunlight and keep it for one hour.
5. After one hour take it out from the container and serve hot, garnished with chopped coriander leaves

PALAK PANEER

Spinach 50 gm.
Onion 1 No.
Paneer 200 gm.
Oil 100 gm.
Cummin

Tomatoes
Chilli powder
Ginger garlic paste
Salt to taste.
Corriander

100 gm.
¼ tbsp.
1 tsp.

Method

- Chop and wash the spinach add little water .
- In another container put oil tomato puree, Onion grinded into a fine paste and ginger garlic paste. Add spices and condiments.
- Put both the containers in Tulsi and boil them for an hour
- After spinach is boiled, grind the spinach to fine paste.
- Cut Paneer into small one inch cubes.
- Add paneer and all the masala to the spinach and cook for half an hour or till done.
- Serve hot , garnish with green coriander and garam masala

VEGETABLE CURRY

Potato 1
Chilli powders 1 tbsp.
Curd ½ liters.
Beans 50 gms.
French beans 50 gms.
Salt to taste.

Turmeric 1 tsp.
Carrot 1
Green peas 50 gms.
Garam masala 1 tsp.
Water ½ liter

Method

- Cut all vegetables into small pieces
- Make a paste out of mixing curd and beans with water.
- Mix turmeric powder, chilli powders, and salt to form a paste.
- Put the mixture in the container and add the water. Close the lid of the container and place it in Tulsi.
- Leave the cooker for an hour, or 1-1/2 hour. Sprinkle garam masala and Ghee.

IDLI

Rice	200 gms.	Urad dal	100 gms.
Fenugreek seeds	little	Salt to taste	

Method

- Wash and soak rice for about 30 minutes.
- Grind coarsely in the grinder
- Soak urad dal for one hour and grind with methi seeds until it is light and frothy
- Mix ground rice, dal, and a little water and keeps it overnight.
- Add a pinch of salt and steam in the solar cooker for 40 minutes
- Serve hot with coconut chutney.

Note- To steam idle. Cook in smaller container along with sambhar in the large container or put idlies in smaller cups or perforated vessel, which fits snugly into the pots

SAMBHAR

Tur dal (arhar dal)	50 gms.	Red chillies	5 gms
Turmeric	pinch	Coconut	30 gms.
Asafetida (heeng)	¼ tsp.	Brinjals	30 gms
Coriander	5 gms.	Methi seed	a pinch
Cumin	a pinch	Tamarind	20 gms.
Onions	one	Drumsticks	1 No.
Salt to taste.			

Method

- Wash and soak te dals for an hour.
- Keep it in Tulsii adding enough water to cover and adjust the cooker in the sunlight and keep it for an hour.
- Roast and grind coconut, coriander seeds, red chillies, methi seeds, turmeric, heeng and jeera.
- Cut the vegetables into pieces.
- Put ground masala and vegetables into the dal. Add enough water to cover and keep it again for cooking.
- After 50 minutes add tamarind pulp, and salt to taste. Serve hot.

FISH CURRY

Fish	500 gm.	Chillies red	5 gm.
Chillies green	5 Nos.	Coconut	55 gm.
Garlic	few flakes	Tamarind (imli)	25 gm.
Coriander	3 tbsp.	Ginger	1 pc.
Turmeric	30 ml.	Salt to taste.	

Method

- Clean and wash fish and cut it into pieces.
- Grind together coriander, red chillies, ginger, garlic, coconut, green chillies, and turmeric.
- Add salt and tamarinds pulp to the masala and apply on the fish.
- Arrange the fish in Tulsii, add enough water to cover the fish and adjust the Tulsii in sunlight.
- Bake it for an hour or so , or till it is cooked.
- Serve hot.

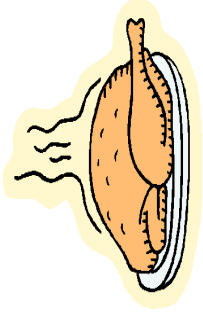
EGG MASALA

Eggs	4 nos.	Onions	1
Oil	30 gm	Pepper corn	few
Coriander seeds	25gm	Turmeric	½ tsp.
Red chillies	4 pcs.	Gram masala	½ tsp
Ginger	10 gm.	Coriander leaves	¼ bunch.
Vinegar (sirka)	2 tsp.	Water	400 ml.

Method

- Chop onions, roast and grind coriander, paper corns, turmeric, red chillies ginger and garam masala along with onions.
- Add vinegar, Water, oil, chopped coriander leaves, and salt to taste.
- Put this masala into the solar cooker container and break the eggs into the masala.
- Adjust Tulsii in the sunlight and keep it for 45 minutes.
- After 45 minutes open the container and serve the egg curry, hot.

VARIATIONS: Instead of breaking the eggs directly into the masala, put in whole eggs let them cook in the masala. After 45 minutes remove the egg, shell, cut into halves and put into masala.



MUTTON KORMA

Mutton	500 gm.	Dry coconut	40 gm.
Onions	100 gm.	Ginger	5 gm.
Garlic	few pods	Red chillies	5 gm.
Curd	125-gm.	Coriander seeds	15 gm.
Poppy seeds	10 gm.	Pepper corns	2 gm.
Garam masala	5 gm.	Ghee	50 gm.
Salt to taste.			

Method

- Roast and grind coconut, red chillies, coriander, poppy seeds, peppercorns, and garam masala along with onions, ginger and garlic.
- Wash and cut mutton and soak it in curd for half an hour.
- Put mutton, ground masala, salt and ghee into Tulsii add water to the mutton depending on the consistency required.
- Set Tulsii in the sunlight
- After 1 1/2 hour , when the mutton is cooked serve hot in winter cook for 2 1/2 hour

MUTTON DHANSAK

Mutton	200 gm.	Tur dal	20 gm
Masur dal	10 gm	Moong dal	10 gm.
Val dal	5 gm.	Onions	25 gm.
Red pumpkin	50 gm	Methi saag	20 gm.
Potatoes	50 gm.	Mint leaves	1 sprig
Dhania hara	10 gm	Chillies green	2 gm.
Chili powder	2 gm	Jeera powder	1 pinch
Dry coconut	10 gm.	Ginger	2 gm.

Garlic	1 pod.	Pepper	few
Turmeric	1 pinch	Tomatoes	10 gm.
Brinjal	30 gm	Sweet potatoes	10 gm
Jeera Powder	½ tsp	Rice	200 gm.
Cinnamon	1 pc.	Cardamom	2 nos.
Cloves	4 nos.	Bay leaf	2 nos.
Salt to taste			

Method

- Wash and cut mutton into pieces. Chop the vegetables and onions.
- Pick and wash all the dals, chop coriander leaves, mint leaves, and green chillies.
- Roast and grind red chillies, jeera along with ginger, garlic, green chillies, and onion to fine paste.
- In main container put mutton, ground masala, chopped green leaves, pepper, turmeric, and tomatoes and add water.
- Pick and wash rice, add double the quantity of water. And keep it in other container.
- Add cinnamon, cardamom, cloves, and bay leaf and cover the container.
- Adjust Tulsī in the sunlight and keep it for 1½ hours.
- After 1.1/2 hours take out container, add enough salt to the dhansak and mix it well.
- Serve hot with rice.

BROCCOLI CASSEROLE

Eggs	3	Flour	3 Tablespoon
Salt to taste		Cottage cheese	8 oz
Cheddar cheese	1 cup grated	Chopped broccoli	2 packs

Method

In a container, mix together eggs, cottage cheese, grated cheese, flour and salt. Thaw broccoli, drain, and mix into egg mixture. Cover and bake 1 hour.

BAKED VEGETABLES

Cauliflower	100 gm.	Tomatoes	100 gm.
Potatoes	100 gm.	Garam masala	1 tsp
Carrots	75 gm.	Shelled Peas	100 gm.
Salt to taste.		Oil	2 tsp.
Green chilli	2 - 3		

Method

- Wash & cut all the vegetables. Put them in Tulsi and boil them for 45 min.
- White Sauce:**
- Boil 1 cup flour maida, half cup milk and 1 cup water, and cheese. Stir vigorously into a smooth paste. Make sure it does not form into lumps. Pour this mixture over the vegetables. Grate a thick layer of cheese over it. Bake in the cooker till the cheese turns brown. Sprinkle garam masala and serve hot

PANEER TIKKA

Paneer	200 gm.	Cardamom	4-5
Onion	3 nos.	Cloves	3-4
Tomatoes	100 gm.	Sugar	1/2 tsp.
Ginger	1 Pc.	Mawa	50 gms.
Garlic	3-4 pods	Oil	2 tsp.
Salt to taste.			

Method

- Grind onion, ginger, garlic, and green chilies to a smooth paste.
- In a container, add all the spices, onion garlic paste, tomato puree, mawa, little oil and salt .
- Cook for 2 hours in the sun or till the mixture turns golden brown.
- Cut paneer into pieces. and add it to the mixture also add sugar and water and cook for half and hour .

VEGETABLE ROLL

Potatoes	1/2 Kg	Bread crumbs	3 - 4
Peas Shelled	100 gms.	Green chilies	25 gm.
Carrots	1/2 cup grated	Dhania	2 Tsp.
Cauliflower	1 small	Refined oil	1 cup
French Beans	1/2 cup	Grated Cheese	1/2 tsp.
Onion	1/2 cup	Red chilli powder.	
Salt to taste			

Method

Boil and mash potatoes with a little salt in the refined oil. Add onion, chilies, dhania, salt and red chilly powder mix well. Add peas & other vegetables and cook in the solar cooker till tender. Spread a polythene and evenly put breadcrumbs on it. Put potatoes mix on these crumbs and roll them add cooked vegetables and paneer on it evenly. Now roll on an aluminum foil. Cook in Tulsi for 1 ½ hours in the sun.

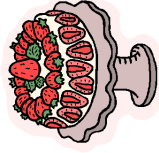
PUNJABI DAL MAKHANI

Urad Dal Whole	200 gm.	Green Chillies	4
Rajma	25 gm	Green coriander	1 bunch
Tomatoes	2	Cumin seeds	1 tsp.
Asafoetida	a pinch	Ginger	1" pc.
Butter/cream	50 gm.	Ghee/Oil	2 Tsp
Onion	1 Big	Chili pwd.	½ tsp
Garlic	2-3 pods	Dhania pwd.	1 tsp.
Turmeric Pwd.	½ tsp.	Milk	
Salt to taste			

Method

- Presoak Dal and Rajma overnight.
- Boil them in the morning for around 2 hours.
- Make a paste of ginger garlic onion and green chillies.
- To this paste add turmeric powder, dhania, cumin seeds, asafoetida, chilly powder, asafoetida, salt, 1 tsp. ghee and onions.
- Cook in Tulsi till it turns golden brown
- Add little milk and cook for 15 min .
- Add this mixture to the main dals.
- Add Butter /cream
- Cook for half an hour.
- Garnish with garam masala and Green coriander.
- Serve hot.

SWEETS & JAMS



BAKED COCONUT PUDDING

Bread	60 gm.	Coconut	60 gm.
Milk	300 ml.	Sugar	75 gm.
Lemon rings	a little	Margarine/ butter	30 gm.
Eggs	2 nos.		

Method

- Heat the milk and margarine together.
- Pour over the breadcrumbs.
- Add grated coconut. Lemon ring. In addition, sugar.
- Beat the eggs, add to mixture, and mix it well.
- Allow to stand for half and hour
- Put into a greased solar cooker container.
- Pre heat Tulsii in sun or with power in case of hybrid cooker.
- After one hour take it out and serve hot.

JAMS AND GOOSEBERRY JAM

Gooseberry (Amla)	1 kg.	Sugar	1 Kg.
Salt	1 tsp.	Turmeric powders	1 tsp.
Nutmeg powders	1 tsp.	Ginger	50 gms.

The medicinal and nutritional values of the Indian Gooseberry (Amla) has been known through the ages, The fruit has 15 times more vitamin C, than lemon and 20 times more vitamin than orange beside out of basic six 'RAS' Amla has five RAS According to Ayurveda that is why is known as 'Amrit

phal' super medicine or NECTAR. The fruit eliminates body fats, stimulates, digestion, imparts strength to the body and bones, restores vitality, purifies blood and keep the skin healthy.

Method

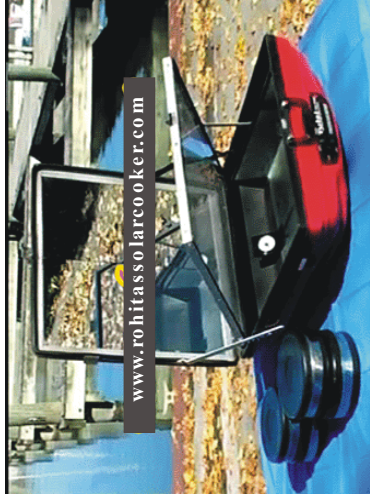
Wash fruit and Solar bake for an hour .Now crush a rough pulp and remove the stone. Add sugar and other ingredients, as per choice/ requirement. Again solar cook for one hour. Now your yam is ready, pour it **into a bottle and screw tightly; this jam can be kept for years without spoilage.**

NOTE: - Do not mix sugar in starting or before gooseberry is baked.

PINEAPPLE JAM

Peel and dice yams. Add pineapple chunks and a bit of juice. Bake in covered pot about an hour.

Rohitas Electronics is world's only manufacturer of Tulsi hybrid (Electrical back up) solar Ovens with universal reputed and recognition.



ALL ELECTRICAL COMPONENTS IN TULSI HYBRID SOLAR OVEN ARE U / L
(Underwriters laboratory. USA) APPROVED.

US FOOD AND DRUG ADMINISTRATION REGISTRATION # 11460627156



Tulsi Hybrid Solar Oven on display at US Capital Building lawn.



TULSI
SOLAR OVEN

Rohitas Electronics.

15 / 268 Civil Lines, Kanpur. INDIA 208 001

www.tulisolarcooker.com

e.mail <rohitas@vsnl.net>

Phone-91-512-2305564

-91-512-2305390