

RECIPES

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.



STEWED TOMATOES

Whole Tomatoes, small pieces of bread and cheese. Salt, paper, basil or other favorite 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.

REFINED BEANS

Dried pinto beans	1 Cup
Water	3 Cup
Chopped Onions	1

METHOD

1. Add 3 cups water to the beans. Bake 2 hours.
2. Drain (but save) the liquid; mash the beans, adding liquid to get the consistency you prefer.
3. Add spices to taste such as cumin, salt, garlic powder, pepper and chopped onions.

Note: (Soaking most beans overnight reduce cooking time though pinto beans sometimes cook fine without presoaking)



FRESH VEGETABLES

Add no water. 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.

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LASAGNA

Spaghetti Sauce	1 Lt.
Ricotta Cheese	½ Kg
Shredded Mozzarella Cheese	½ Kg
Parmesan Cheese	
Lasagna noodles	¼ Kg

METHOD

1. In the bottom of the pan pour 1/3 of the spaghetti sauce.
2. Coat uncooked noodles with ricotta cheese and make a bottom layer in the pan.
3. Add half the shredded mozzarella. Repeat to make a second layer. Top with remaining spaghetti sauce and Parmesan cheese.
4. Cover and bake for 2 hours.

Note: (No need to pre-cook the noodles)



EGG

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

BROCCOLI SOUP

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

METHOD

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

BEAN SOUP

Mixed beans	2 cups
Onion	1 large chopped and sautéed
Dried parsley	3 tbsp
Garlic	4 cloves chopped and sautéed
Dash Oregano	
Tomatoes	2 chopped
Red pepper (Optional)	
Green pepper	½ chopped
Ham hock	1 or 4 strips of bacon (smoked)

METHOD

Pre-heat Tulsi. Place ingredients in pot and cover to within 1 inch of top with soup stock or 3 cubes of beef bouillon 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
Flour	
Salt and pepper	

METHOD

1. Coat chops with flour, salt and pepper. Sear on both sides.
2. Place in a dark pan, uncovered, and bake in pre-heated Tulsi cooker.
3. Remove from cooker and cover with gravy; return to the cooker for about 45 minutes. Serve with rice.

CHICKEN CURRY

Broiler chicken	1 Nos.
Ginger	10 gms
Coriander seeds	20 gms.
Pepper corns	5 gms.
Oil	30 gms.
Garlic	10 gms
Onion	1Nos.
Chili red	10 gms
Turmeric	5 gms.
Pepper	1 tsp.
Bay leaf	1 nos.
Salt to taste	

METHOD

1. Clean the chicken joint
2. Grind separately garlic, ginger, and salt, apply on chicken, and set aside.
3. Roast and grind red chilies, peppercorns and coriander along with onion, turmeric and pepper
4. Arrange the chicken in the solar cooker container; add pepper bay leaf, oil and water to cover the chicken.
5. Set the solar cooker in the sunlight.
6. After 50 minutes take it out, mix well and serve hot. Note: if using young chicken cook for 1 hour or more.



POT ROAST

A super one- pot meal 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 one, plus hour. If you cook all day, meat gets very tender.

CHEESY POTATO CASSEROLE

Butter	¼ cup
Onions	1 cup chopped
Cream of chicken soup	1 can
Sour cream	1 16-ounce
Frozen hash brown cubed potatoes, thawed	1 20-ounce bag
Grated sharp cheddar cheese	8 ounces
Crushed potato chips for topping	

METHOD

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



ROAST CHICKEN

Chicken
Margarine
Salt
Pepper

METHOD

1. Rub chicken with margarine, salt and pepper.
2. Cook in covered dish, using basting syringe to baste with pan drippings, after chicken is done

CARAMEL CUSTARD

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

METHOD

1. Dissolve sugar for caramel in water in solar cooker container.
2. Keep in solar cooker smaller container and first get it browned.
3. Boil the mild and pour over beaten eggs and sugar.
4. Strain into the prepared container. Sprinkle over with grated nutmeg.
5. Set the solar cooker in the sunlight.

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6. 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	60 gm.
Eggs	2 nos.
Sultanas	30 gm
Grated nutmeg a pinch	A pinch
Cashew nuts	30gm.
Lemon ring	A little.

METHOD

1. Break bread in small pieces.
2. Boil the mild. Pour over bread. In addition, set aside for half an hour.
3. Beat eggs well, add sugar, and grate lime ring. Nutmeg and pour over bread.
4. Add sultanas, cashew nut and mix well.
5. Put into greased solar cooker container.
6. Adjust the solar cooker in the sunlight.
7. After 50 minutes take it out and serve with custard.



PLUM PUDDING

Flour	65 gms.
Bread crumbs	55 gms.
Margarine/ butter	100 gms.
Brown sugar	115 gms.
Eggs	3 nos.
Sultanas	55 gms.
Mixed peel	55 gms.

METHOD

1. Put flour and bread crumbs into basin.
 2. Add all other ingredients, mix well.
 3. 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 gms.
Powdered sugar	115 gms.
Baking powder	¼ tsp.
Butter	75 gms.
Eggs	2 nos.
Milk	30 ml
Coca powders	30gms.

METHOD

1. Sieve flour, baking powder, and cocoa.
2. Cream butter and sugar till light and fluffy.
3. Add eggs one at a time followed by one-tablespoon flour.
4. Fold in the rest of the flour
5. Add milk to form a dropping consistency.
6. Grease and line the cooker with greaseproof paper.
7. Put the mixture in to the prepared container and placed in pre heated solar cooker.
8. Cook it for one hour.
9. Allow cooling in the same container turning out and serve.

FAMILY FRUIT CAKE

Self-raising flour (or plain flour)	200gm
Mixed spice	1 level tsp.
Baking powder	2 level tsp
Cinnamon	½ level tsp.
Butter or margarine	75-100 gm
Sugar	75-100 gm
Currants	100 gm
Milk	125 ml
Sultanas	100 gm
Mixed peel	25 gm

Egg

1

METHOD

1. Sieve the flour and put baking powder with the spice and cinnamon.
2. Rub in the butter or margarine until the mixture looks like fine bread crumbs.
3. Add the sugar, dried fruit, and peel.
4. Mix with egg and mild to form a soft consistency, i.e., so the mixture drops easily from a knife.
5. Put into the greased and floured loaf tin, making the mixture quite level on top.
6. Bake for the time and at temperature given.
7. 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 g
Flour (with or without baking powder or use self-raising flour)	50 gm
Hot water	1 dessert spoon
Coating: Butter, flour and castor sugar	

METHOD

1. Put the 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.
2. Sieve the flour at least once.
3. Fold gently into the egg mixture with a metal spoon. Lastly, fold in the water.
4. Grease the tin lightly, then coat with flour or an equal mixture of flour and castor sugar.
5. Spoon the mixture carefully into the tin.
6. Keep it in the cooker.
7. Test cake before removing from the oven-press with finger, if no impression remains the cake is cooked.
8. Turn the cake out carefully, allowing it 1 minute to cool in the tin. Split and fill with jam or cream.

SAUCE

Chunk pineapple (reserve fruit)

1 cup juice from a 17-oz. can

Brown sugar	½ cup
Ground ginger	1 teaspoon
Salt	½ tsp.
Corn starch	2 tablespoons
Cider vinegar	¾ cup
Soya sauce	2 tablespoons

METHOD

1. Cook, until thickened. Set aside.
2. Arrange the following over meatballs: 1 green pepper cut in one-inch pieces, slightly blanched, drained pineapple from can (above) and 1 large or 2 small tomatoes cut in 8 pieces.
3. Pour sauce over all

BANANA BREAD

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

METHOD

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

HOME BAKED BREAD

Bread flour	3 cups
Corn meal or whole wheat flour	¼ cup
Salt	1 tsp
Olive oil	1 tsp
Water	1¼ cup
Yeast	2 tsp

Gluten (optional)

1 tsp

METHOD

Put the dough to a greased loaf pan and place in Tulsī with 2 cups of hot water. Dough should double in size. For a better crust, brush loaf top with salt water 5 minutes before done. Test for doneness by tapping the loaf; if it sounds hollow, the bread is done.

CORN BREAD

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

METHOD

1. Mix bread mix egg and green onion with enough buttermilk to get the right consistency.
2. Put the mixture in preheated Tulsī 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
Dry ingredients	
Lard or margarine	15 gm.
Flour	400 gm.
Salt	1-2 level tsp.

METHOD

1. 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.
2. Rub the lard into flour and salt, sieved into a warm bowl. (Yeast utensils need

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- to be warm).
3. Add yeast liquid and knead well.
 4. Cover the bowl with a cloth or put dough into a greased, large polythene bag.
 5. Allow rising until double its size; this takes about 45-60 minutes in a warm place –2 hours in a cool room.
 6. Re-knead dough; continue kneading until dough springs back when pressed with a floured finger.
 7. To shape loaf press to oblong, fold in three and put in a greased warm tin.
 8. Prove again until raised to the top of the tin.
 9. Bake in Solar Cooker with.
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.
Fresh yeast	15 gm
OR Dry yeast	1 level dessert spoon
Dry ingredients	
Lard or Margarine	15 gm
Flour	400 gm
Salt	2 level tsp.
Coating: Little extra flour	

METHOD

1. 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.
2. Rub the lard into flour and salt, sieved into a warm bowl. (All yeast utensils need to be warm.)
3. Add yeast liquid, knead well.
4. Cover bowl with a cloth or put dough into a greased, large polythene bag.
5. Allow rising until double its size; this takes about 45-60 minutes in a warm

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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.

6. Dredge with a little extra flour, put on to a lightly floured tray to prove. Cover with greased polythene, if wished and leave until double in size. Put in the solar cooker.

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

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