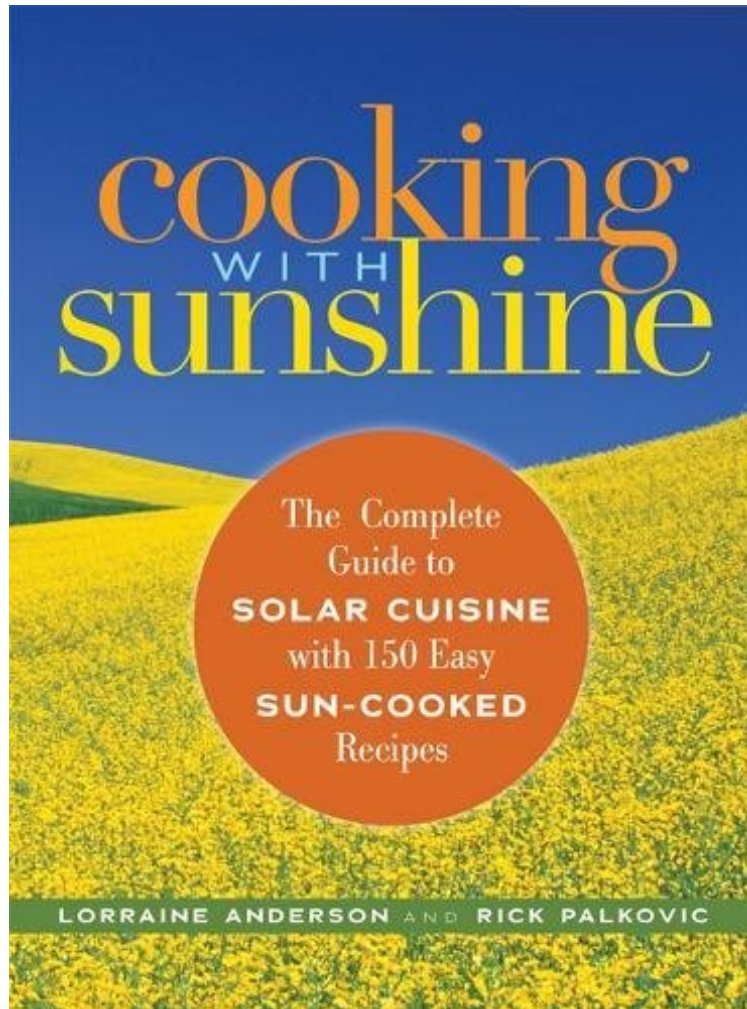


(Get free) *Cooking with Sunshine: The Complete Guide to Solar Cuisine with 150 Easy Sun-Cooked Recipes*

Cooking with Sunshine: The Complete Guide to Solar Cuisine with 150 Easy Sun-Cooked Recipes

Lorraine Anderson, Rick Palkovic
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Lorraine Anderson, Rick Palkovic : Cooking with Sunshine: The Complete Guide to Solar Cuisine with 150 Easy Sun-Cooked Recipes before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Cooking with Sunshine: The Complete Guide to Solar Cuisine with 150 Easy Sun-Cooked Recipes*:

4 of 4 people found the following review helpful. Helpful and Probably Good for Ideas By Frank A. Goodwill I live in the Caribbean and use a solar oven. I bought this book to give me some ideas regarding suitable recipes for the oven. Well it has given me some ideas but the recipes in the book are better placed if you live in the USA with access to supermarkets etc and therefore a large range of produce. I just don't have access to many of the ingredients mentioned in this book where I live. So I'll experiment with some of the recipes with a local touch and see how it goes. 0 of 0

people found the following review helpful. It would be nice if they have a section where you use food ...By TrollhairCooking outside without ovens or stoves when I have electricity isn't going to happen. It would be nice if they have a section where you use food that is not refrigerated.....things you would have when you were camping. Did enjoy the recipes and the how to build a solar oven.1 of 1 people found the following review helpful. So Far love EVERYTHING about the book (and our new cooker!)By Jennifer L. ManchesterWe have been toying with the idea of a solar cooker for quite some time, but thought the pre-made models were too expensive, and recently came across this publication. We liked what we read in other reviews, so ordered a copy for ourselves. Upon it's arrival, my husband and daughter used the instructions in the book and made a very nice box style solar oven, and even added a few "upgrades" of their own, like using glass from a couple old photo frames in the "lid" piece. We loved how we were able to build the cooker with materials already in our home: boxes, foil, glass, glue and tape.The first thing we cooked was some frozen meals, just as an "easy" experiment. By just looking at them, we could not tell how well they were cooking (or not cooking.) When my husband reached in to pick one up and check it, it was so hot he had to immediately drop it! This oven gets H-O-T people! The meals were yummy, although we have learned that some items (like breaded foods) do not get as crispy as in a regular over. In the book, it mentions venting to let steam escape, so we will have to try that.After the frozen meals, we cooked some white rice. Worked great again. We have already picked out several of the recipes in the book to continue to try. We had to put the oven up for a few days due to rainy weather, but can't wait to get it out again. We also purchased an oven thermometer so we'll be able to see exactly HOW hot the cooker gets.It is so hot here in the summer and it sometimes seems like our AC never stops running. So I do NOT cook with the oven at all during the hot months. This solar cooker is just what I needed so we can prepare "oven" foods without heating up the entire house.This book and the solar cooker projects within would be EXCELLENT for school science projects!! Now that our "main" cooker is complete, our daughter has plans to try the more "portable" reflective cooker outlined in the book, and a smaller box cooker as well so we can take them camping with us.

What could be more entertaining and magical than putting food into a cardboard box outdoors on a sunny day and taking it out fully cooked a few hours later? Solar cooking a safe, simple cooking method using the sun's rays as the sole heat source has been known for centuries and can be done at least during the summer in just about any place where there's sun. In *Cooking with Sunshine*, Lorraine Anderson and Rick Palkovic provide everything you need to know to cook great sun-fueled meals. They describe how to build your own inexpensive solar cooker, explain how solar cooking works and its benefits over traditional methods, offer more than 100 tasty recipes emphasizing healthy ingredients, and suggest a month's worth of menu ideas.

About the AuthorLorraine Anderson is a freelance writer and editor with a special interest in encouraging a reciprocal relationship with nature. Her books include *Sisters of the Earth: Women's Prose and Poetry About Nature, Literature and the Environment: A Reader on Nature and Culture* (with Scott Slovic and John P. O'Grady), and *At Home on This Earth: Two Centuries of U.S. Women's Nature Writing* (with Thomas Edwards). She lives in Corvallis, Oregon. Rick Palkovic is an electrical engineer and technical writer. He lives in Davis, California.