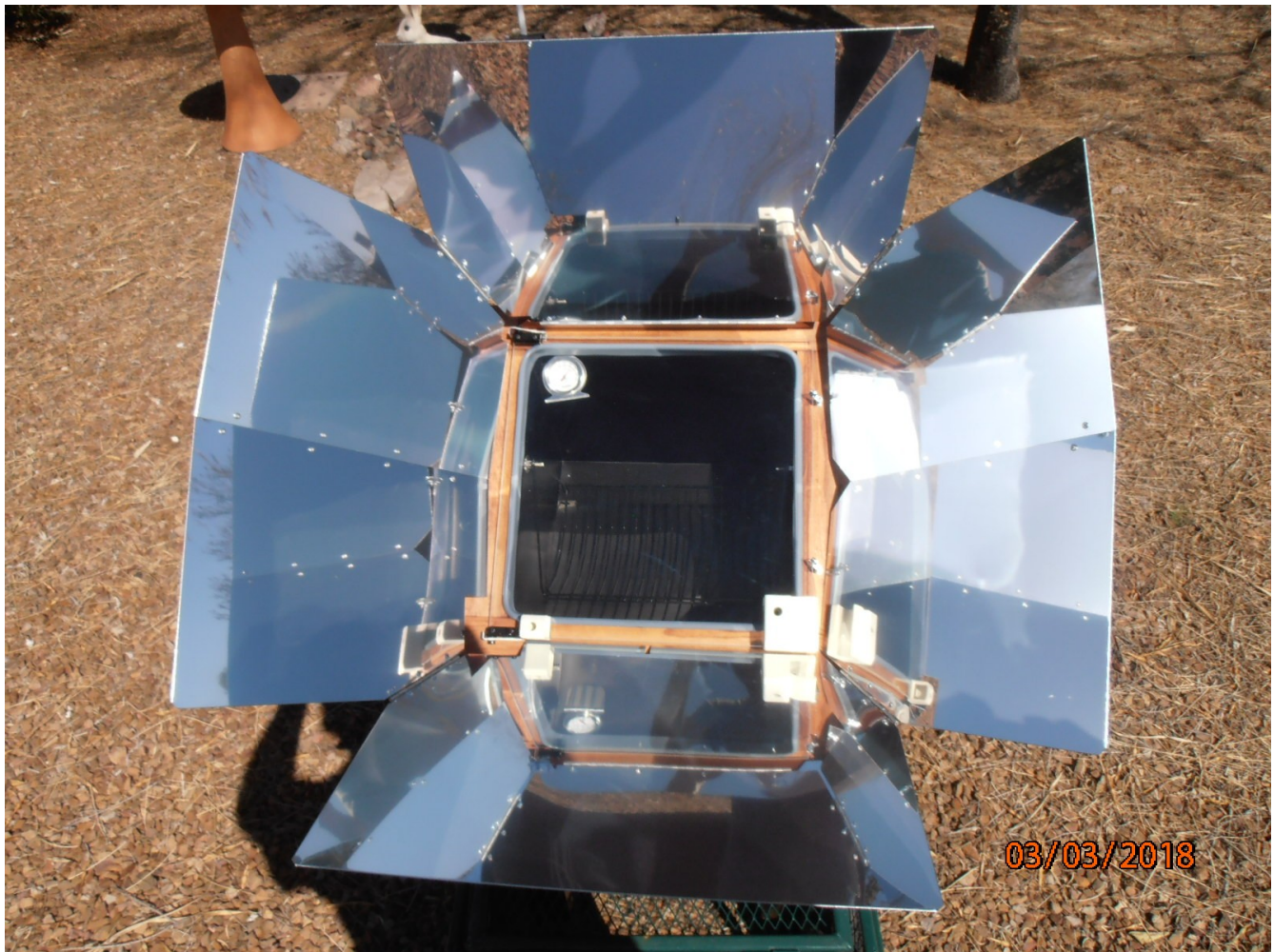


## Cooking in a Sun Oven

Having purchased one of these, I decided to try it out this weekend. The oven consists of a foldable 4 surface aluminum reflector, and a chamber with a glass door. There are plans on the internet to make these as well.

The chamber is insulated with a non-toxic insulation (don't want formaldehyde fumes in the food please) and the interior is flat black. A swinging rack is placed in the interior to keep the food level when the rear of the oven is adjusted up or down as needed for proper alignment with the sun.

Here it is set up. Outside temperature this Saturday was about 70 degrees. But according to the literature, it will work even in low temperatures if sun is available.



There's an oven thermometer in the upper left corner.

The white plastic blocks on the lower portion of the door have holes drilled in them for alignment with the sun. This is what the proper alignment looks like, with the lighted circle centered over the lower hole. During use, the oven should be checked about every 30 minutes and re-aligned for best efficiency.

Before use, the oven is pre-heated. This takes about 20 minutes. Today the inside temperature reached about 360 degrees.





Now for the food. We decided to go with 2 Cornish Game Hens with spices and 2 Russett potatoes. All were packed into the same pot and placed in the oven.



About an hour and a half later, it's almost done. Temperature, which fell to 300 degrees when the food was placed in the oven, recovered to 350 degrees and stayed there for about an hour.



A meat thermometer was used to help verify that the internal temperature of the meat reached at least 160 degrees. When the drumstick was pulled, the meat separated. Yep, it looks done. The meat thermometer reads about 185 degrees.

Lots of broth collected in the pan, and the potatoes were soft all the way through when poked with a fork. Stomach was beginning to growl.







Total cooking time was about 1:45 minutes, pretty good for using only sunlight. The meat was tender, moist and thoroughly cooked.

I didn't eat any, but it sure was delicious.

Experiment - successful!