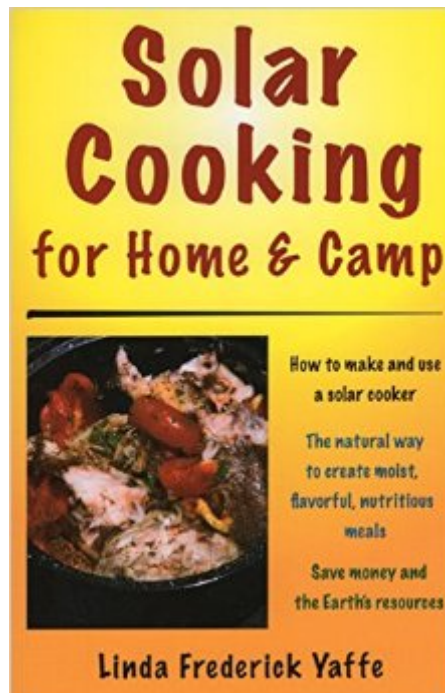


The book was found

# Solar Cooking For Home & Camp: How To Make And Use A Solar Cooker



## Synopsis

Quickly toss together the ingredients for Cashew Curry, place it in the solar cooker, point the cooker to the midday sun, and head to work. You'll come home to a ready-to-eat hot meal. Solar cooking is a simple and easy way to prepare a meal without heating up the kitchen, simply by using the sun's heat. Perfect for dishes requiring delicate cooking like Cheese Strata and Solar Baked Custard, and fish cooks up moist. Eliminate parboiling and marinating--it's done all in one step. Make your own solar box or folding panel cooker. Easy recipes that can be made with little preparation at home or in camp. Side dishes and snacks, soups, stews, chilies, fish and seafood, casseroles, pasta, and baked goods.

## Book Information

Paperback: 128 pages

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (33 customer reviews)

Best Sellers Rank: #58,406 in Books (See Top 100 in Books) #9 in [Books > Cookbooks, Food & Wine > Outdoor Cooking > Camping & RVs](#)

## Customer Reviews

I have a collection of solar cookbooks. I have two solar ovens of different varieties. I use the sun to cook our food. I was impressed with this book from the outset. Although not large at 120 pages, it contains directions for making two different types of solar cookers as well as source lists for solar cooking (societies, pre-made cookers, how to pasteurize water/milk), not to mention some very good recipes (the Chili Corn Bread And Banana Cake recipes are to die for). I highly recommend this book as both an informational resource as well a damned good little cookbook.

This cookbook has been a pleasure to use. It has a wide variety of recipes and ideas that my family loves. This book also gives you instructions on how to build and use your own solar cooker.

The cover of the book shows a nice photo of a recipe using meat and chicken. I felt very

disappointed when I opened the book and found very few recipes using meats. I'm not a vegetarian and can't stand tofu so seeing most of the recipes in this book geared toward those who avoid meat made me wonder what kind of camping this author ever did. If I had known the contents of this book I wouldn't have bought it.

Needed a book to learn the ins and outs of solar cooking. Found enough in this book to get started with my new solar oven. Clear explanations with pictures. Includes directions for constructing your own solar oven.

This book not only tells you how to cook foods along with some recipes, in the solar cooker, it has plans on how to build a solar cooker. If you're making an emergency kit - this should definitely be in there - after you read it!!!

This book includes instructions to make a couple of types of solar cookers. The commercial ones cook better, but these work OK for casseroles and such. I have also made bread. You need a very sunny day for that. It's fun to experiment with these.

Excellent book with good guide to make a simple solar oven. No need to spend hundreds of dollars when you can make your own for \$10 and be cooking the same day. We have made bread in January, cookies, soups, stews, bacon, rolls, and so much more. Use it with a Dutch oven for great results. The bread is better than conventional oven.

It's rare that I write reviews, but I felt like I was ripped off with this book. Yes, it's about solar oven cooking, but about 10 pages are dedicated to building your own, a handful of pages are about technique, and then the vast majority of the book are recipes. I was hoping on the best way to use the solar cooker, how to position it, tricks for different types of food, etc, etc. I had already read pretty much everything the book had to say by just using Google.

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