

Cooking Times are approximate. Cooking times will be faster in box ovens vs funnel ovens.

Vegetables: 1.5 hours: No need to add water if fresh. Cut into thin slices or small cubes for uniform and quicker cooking.

Grains: 1.5-2 hrs.: Mix 2 parts water to every 1 part grain. Amount may vary according to taste. Let soak for a few hours for faster cooking. To ensure uniform cooking shake every 50 minutes.

Pasta and Dry Soup (65-85 minutes): First heat water to near boiling (50-70 min) Then add pasta or soup mix. Stir and shake and cook 15 additional minutes. Beans: 4-6 hours: Soak beans overnight, drain, and rinse. Place in pot with water.

Meats: 1-4 hours: No need to add water. Longer cooking makes the meat more tender. Chicken(cut-up) 1.5 hrs., beef (cut-up)1.5 hr. fish:1-1.5 hours.

Baking: Bread(1-1.5 hrs.), Biscuits (15-30 min), cookies(15-30 minutes) Baking Bread: To bake bread: Make dough put in bread pans; put in solar oven and cover so they can rise; remove cover, let oven preheat, bake (mine usually takes about 2 hours.

Pasteurizing Water: Place in sun, 3-4 hours, until reaches 159° for 10 min. Use WAPI.

For instructions on how to make your own solar cooker there are many resources on the internet. Here are a few:

<http://backwoodshome.com/articles/radabaugh30.html>, <http://www.solarcooking.org/plans/windshield-cooker.htm>,

<http://www.solarcooking.org>. There are also many commercial solar ovens. You can find information about one of them at <http://www.thesunoven.com>.

It really isn't a matter of if BUT when there will be an emergency. Now is the time to gather your supplies, build your cookers, gather and store your fuel, matches and other items you will need, practice cooking with these new methods.

Why? So during an emergency cooking you not only will be able to help your own family but be able to help others. "If we are Prepared, We Shall NOT Fear"