

A Few Healthy Solar Recipes

(Collected by Sarah Branham, March 2007)

General Information:

Background:

I follow the dietary guidelines (and the healthy lifestyle recommendations) of John A. McDougall, M.D. (For more information about the McDougall Plan click on "Free Program" at www.drmcdougall.com)

In very general terms, I eat a high-starch, very low-fat, whole foods, plant-based (vegan-type) diet. Less than 10 percent of my total calories come from fat (from the naturally occurring oils in ALL whole plant-based foods and NONE from "added" oils); from 7 to 15 percent of my total calories come from protein (from the naturally occurring protein in ALL whole plant-based foods and NONE from foods made with isolated plant proteins), and over 75 percent of my total calories come from carbohydrates (mostly from the naturally occurring complex carbohydrates in whole starchy foods and with only a very few from highly refined products.)

All of these recipes meet these guidelines. However, although the two dessert recipes are vegan and contain no added oils, they do contain highly processed flour and refined sugar. Small servings of these desserts for special occasions are acceptable on the McDougall Program, but it is not advisable to eat these everyday.

Many of the recipes in this collection were created by Mary McDougall, Dr. McDougall's wife. She graciously gave me permission to send my solar versions of them to you. More of her recipes can be found in the "The New McDougall Cookbook", "The McDougall Quick and Easy Cookbook", and other books by John and Mary McDougall. Many of these recipes can easily be converted to solar cooking.

Cooking Tips, Etc.:

All of the solar-cooked whole grains and beans contain NO salt and NO added fat or oil.

When using aluminum cookware, lids, and covers, separate them from the food with parchment paper to prevent aluminum from getting into the food. Also, using aluminum-free baking powder is recommended. Those on sodium-restricted diets might want to use sodium-free, aluminum-free baking powder.

Remember that black absorbs light and that white reflects light. Also remember that that dull absorbs light and that shiny reflects light. Therefore, dull dark black is the best color to paint the top sides of the aluminum foil covers mentioned in these recipes. Mixing a little glue with the paint will help it stick to the foil better.

All of these recipes should cook nicely in either a large solar box cooker or in a Sun Oven type solar cooker. Since location and sky conditions greatly affect solar cooking and since different sizes and types of solar cookers cook at different temperatures and speeds, I did not give exact cooking times for these recipes. However, if you are an experienced solar cook, you should already have an idea how long certain types of recipes take to get done in the solar cooker(s) that you use under different conditions.

The solar cookers that I currently use are a (very large, homemade) one-reflector solar box cooker and a (purchased) six-reflector Sun Oven. The Sun Oven heats faster, cooks hotter, and cooks food much faster than my solar box cooker -- but it is smaller. I prefer the Sun Oven for soups, stews, whole grains, and beans. Either cooker bakes winter squash, potatoes, sweet potatoes, and other root vegetables very nicely, but I prefer my large solar box cooker for baking/roasting large amounts of these types of foods at one time. Most breads, quick breads, muffins, and cakes also bake well in either. However, I let the time of year, the sky conditions, and the size and type of baking pan/dish determine which solar cooker I use for baked goods. I learned to solar cook using a simple panel solar cooker (with a black pot covered with a black lid and with the pot sitting on a small rack in a clear, heat-resistant plastic bag). I have never used a dish or parabolic type of solar cooker.

Healthy Baked Goods

Breads, cakes, and muffins that are made without fat/oil and eggs will be a little moister and heavier than the standard varieties. Also, solar-cooked baked goods tend to be a little moister than conventionally baked ones. Therefore, you need to be careful to not use too much

liquid in them. I have found that adding about a tablespoon of cornstarch to the dry ingredients is helpful for some recipes. In addition, it is a good idea to test healthy and/or solar-cooked baked goods at the end of their baking times to see if they are done. You can do this by inserting a toothpick or cake tester into their centers. If it does not come out clean, more cooking time is needed. Sometimes, conventionally-cooked healthy baked goods need to be baked a little longer than their directions state, depending on the weather or the altitude at which you live.

Silicon cookware seems to work well in my solar cookers. Food does not stick to it! Therefore, you might want to use silicon cookware for baked goods -- especially for muffins! Also, any pan can be lined with parchment paper to prevent the need to grease or oil it.

Vegan Oil Replacers for Baking

Replace the full amount of oil in a recipe with 1/2 of this amount of applesauce, mashed banana, mashed potatoes, mashed pumpkin, or pureed fruit. For convenience, you can purchase baby food fruit or canned pureed fruit (with no added sugar, fat, or salt).

Vegan Egg Replacers for Baking

Ener-G Type Egg Replacer

1 cup potato starch
3/4 cup tapioca flour
2 tsp baking powder

Mix all well.

Store in airtight container.

To use:

1 & 1/2 tsp powder + 2 Tbs water = 1 egg.

1 & 1/2 tsp powder + 1 Tbs water = 1 egg yolk.

When measuring, press powder firmly into measuring spoon.

Cornstarch Egg Substitute

1 Tbs cornstarch

2 Tbs water

Mix well.

Equals 1 egg.

Good for quick breads and cookies.

Not so good for cakes.

Soy Flour Egg Substitute

1 Tbs soy flour

2 Tbs water

Mix well.

Equals 1 egg.

Flour Egg Substitute

1 tsp baking powder

1/2 tsp baking soda

2 Tbs white flour

3 Tbs water

Beat all ingredients together until fluffy.

Let stand 1 minute.

Make just before adding to recipe.

Equals 1 egg.

Good for quick breads and cookies.

Flax Meal Egg Substitute

2 tsp flax meal

2 Tbs warm water

In a small bowl, mix flax meal and warm water.

Beat until mixture has the consistency of egg.

Equals 1 egg.

Tofu Egg Substitute

1/4 cup whipped Tofu
Some liquid from recipe
Mix well.
Equals 1 egg.

Recipes:

Three Easy Muffin Recipes

(from Mary McDougall)

Oat Bran Muffins

- 2 cups whole-wheat pastry flour
- 2 cups oat bran
- 4 teaspoons baking powder
- 1/2 cup raisins (optional)
- 1/2 cup chopped walnuts (optional)
- 1 teaspoon ground cinnamon
- 2 cups unsweetened apple juice

Cornbread Muffins

- 2 cups cornmeal
- 2 cups oat bran
- 4 teaspoons baking powder
- 2 cups unsweetened apple juice

Banana Muffins

- 2 cups whole-wheat flour
- 2 cups oat bran
- 4 teaspoons baking powder
- 1/2 cup raisins (optional)
- 2 cups mashed ripe banana (3 to 4 bananas)
- 1/2 cup unsweetened apple juice

Directions:

All three have the same directions:

Mix the dry ingredients together. Add any optional ingredients, if using them. If using mashed bananas, combine them with the apple juice. Then add this banana-juice mixture to the dry ingredients and stir until just mixed. (Over-stirring the batter can make the muffins turn out tough.) Spoon the batter into eighteen nonstick muffin cups, loosely cover them with parchment paper, and top with aluminum foil that has been painted dull black. Solar bake in a large solar box cooker until the muffins are done. (Silicon muffin tins are great for muffins!)

Makes 18 muffins.

Conventional Baking Directions:

Bake uncovered in a preheated 350-degree F. oven for 30 minutes or until lightly browned.

Potato Salad

(from Mary McDougall)

This recipe contains no added salt for people on low-sodium diets. Set a salt shaker on the table for those who like saltier tasting potato salad.

Vegetable Ingredients:

- 15 medium salad potatoes
- 4 to 6 scallions, chopped
- 1 stalk celery, chopped
- 1 small carrot, scrubbed and grated
- 1/3 cucumber, chopped

Dressing Ingredients:

- 1 pound soft tofu
- 1 to 2 Tablespoons cider vinegar
- 1 Tablespoon fresh lemon juice
- 2 Tablespoons prepared mustard
- 1 & 1/2 teaspoons parsley flakes
- 1/2 teaspoon honey or agave nectar
- 1/4 teaspoon dried dill

Directions:

Thoroughly scrub and clean the potatoes. Prick each potato one time with a fork. Place the potatoes on a large non-stick cookie sheet (or an aluminum baking tray lined with parchment paper). Cover them with an inverted, large, black, non-stick cookie sheet (or cover them with parchment paper and top with aluminum foil that has been painted dull black). Place in a large solar box cooker. Cook the potatoes until tender but still firm. Immediately remove them from the cooker and allow them to cool. Peel them if you wish, and cut them into pieces.

Combine the potatoes, scallions, celery, carrot, and cucumber in a large bowl.

To make the dressing, combine the tofu and the remaining ingredients in a blender or food processor and process until smooth. (If you do not have a blender or food processor, mash and whip these ingredients with a fork getting them as smooth as you possibly can.)

Pour the dressing over the vegetables and mix well. Chill for at least two hours before serving.

Makes 8 to 10 servings.

Conventional Cooking Directions:

Boil the whole, unpeeled potatoes until they are tender but still firm, about 30 minutes.

Black Bean Sloppy Joes

(from Mary McDougall)

Set a salt shaker on the table for those who like saltier tasting Sloppy Joes.

Ingredients:

- 1 onion, chopped
- 1 green bell pepper, diced
- 0 to 1 & 1/2 Tablespoons water - depending on how much liquid you want in your Sloppy Joes -- (see note)
- 1 & 3/4 cups of drained, leftover, solar-cooked black beans (or canned beans, drained and rinsed)
- 1 8-ounce can tomato sauce
- 1/4 cup quick-cooking oatmeal
- 1 Tablespoon soy sauce
- 1/2 Tablespoon prepared mustard
- 1 teaspoon honey or agave nectar
- 1 teaspoon chili powder

NOTE: Fresh root vegetables require NO water when solar cooked.

Directions:

Place the onion, bell pepper, and water (if using any) in a medium-size oven glass pot and cover tightly. If the pot is not dark, drape a black cloth over it. Solar cook in a large solar box cooker or a in Sun Oven type solar cooker until the onion and pepper soften.

Meanwhile, mash the beans with a fork or with a bean or potato masher (do not use a food processor). Add the remaining ingredients to the mashed beans. As soon as the onion and pepper get soft, quickly add the bean mixture to them and resume solar cooking. Continue solar cooking until heated through, stirring one time about mid-way through cooking.

Serve on 6 whole grain buns with your choice of accompaniments, such as onions, tomatoes, lettuce, pickles, mustard, and ketchup.

Makes 6 servings.

Conventional Cooking Directions:

Place the onion, bell pepper, and 1/3 cup water (instead of the 0 to 1 & 1/2 Tablespoons of water) in a medium saucepan. Cook, stirring frequently, until they soften, about 5 minutes. Then, after all of the ingredients have been add to the onion mixture, cook over low heat until heated through.

Speedy International Stew

(from Mary McDougall)

Set a salt shaker on the table for those who like saltier tasting stew.

Ingredients:

- 2 14.5-ounce cans stewed tomatoes (Italian, Mexican, or Cajun)
- 1 & 3/4 cups of drained, leftover, solar-cooked black beans (or canned beans, drained and rinsed)
- 1 16-ounce can corn kernels, drained and rinsed (or 1 & 3/4 cups of frozen corn kernels, thawed)

Directions:

Place all of the ingredients in a medium-size oven glass pot and cover. If the pot is not dark, drape a dark cloth over it. Solar cook until heated through in a large solar box cooker or a in Sun Oven type solar cooker, stirring one time about mid-way through cooking.

Mary McDougall suggests serving this stew with a loaf of fresh whole grain bread and a simple green salad.

Makes 4 servings.

Conventional Cooking Directions:

Place all ingredients in a medium saucepan and cook over medium heat for 5 minutes, stirring occasionally.

Slow Beans and Berries (a spicy stew)

(from Mary McDougall)

This recipe contains no added salt for people on low-sodium diets. Set a salt shaker on the table for those who like saltier tasting stew.

Ingredients:

- 5 cups water
- 1 cup great northern beans
- 3/4 cup wheat berries
- 4 small red potatoes, cut in half
- 1 onion, sliced and separated into rings
- 2 teaspoons minced fresh garlic
- 4 teaspoons ground cumin
- 3 teaspoons turmeric
- Several twists of freshly ground black pepper

Directions:

Combine all of the ingredients in a large pot and cover. If the pot is not dark, drape a dark cloth over it. Solar cook, preferably in a Sun Oven type solar cooker, until the beans are completely done.

Makes 6 to 8 servings.

Conventional Cooking Directions:

Combine all ingredients in a slow cooker. Cook for 8 to 10 hours on the high heat setting.

Light Vegetable Broth

(from Mary McDougall)

According to Mary McDougall, this broth is low in sodium but rich in flavor.

Ingredients:

- 6 & 1/2 cups water
- 1/2 cup white wine or unsweetened apple juice
- 1 & 1/2 stalks celery, thickly sliced
- 1 & 1/2 carrots, scrubbed and coarsely chopped
- 1/2 of a large potato, scrubbed and coarsely chopped
- 1 small zucchini, thickly sliced
- 1/2 large onion, chopped
- 1/4 leek, white part only, cleaned and thickly sliced
- 1 to 2 cloves garlic, crushed
- 2 oz. mushrooms, cleaned and left whole
- 2 whole peppercorns
- 1 or 2 large springs of fresh parsley
- 1 or 2 large springs of fresh thyme
- 1 small bay leaf

Directions:

Place all of the ingredients in a large pot and cover. If the pot is not dark, drape a dark cloth over it. Place in a Sun Oven type solar cooker. Let it come to a boil and then allow it to simmer for 3 hours or longer. Strain the broth and discard the vegetables (or use them in your compost pile).

Use this in any recipe calling for vegetable broth. You can freeze in it 1- to 2- cup containers for future use.

Conventional Cooking Directions:

In order to get this recipe to fit into a small Sun Oven, I quartered the original recipe. The original recipe says, using a large soup pot, bring everything to a boil, reduce the heat, cover and simmer over low heat for 3 to 4 hours.

Chick'n Style Seasoning -- a quick substitute for vegetable broth

(from the Dr. Neal Pinckney Healing Heart Foundation at www.kumu.org)

This seasoning blend is low in sodium. Salt can be added to taste for those not on a low-sodium diet.

Use approximately 2 teaspoons of this seasoning blend per 1 cup of water to make a quick chicken-like stock.

Ingredients:

- 1 & 1/3 cups of vegan nutritional yeast flakes (See note)
- 3 Tablespoons of onion powder
- 2 & 1/4 teaspoons of garlic powder
- 1 Tablespoon of salt
- 1 teaspoon of celery seed
- 3 Tablespoons of Italian seasoning (or 1 1/2 T oregano + 1 1/2 T basil)
- 2 Tablespoons of parsley, dried

NOTE: Nutritional yeast is NOT brewer's yeast. Brewer's yeast tends to be bitter but nutritional yeast has a light cheesy taste. Also, you need to beware that some brands of nutritional yeast are NOT vegan because they contain dairy protein (in the form of whey and/or casein). Choose the vegan varieties. (I use Red Star T-6635+ Vegetarian Support Formula Nutritional Yeast.)

Directions:

Put all of the ingredients, except the parsley, in a blender and make a fine powder. Stir in the parsley. Store this mixture in an airtight container.

Makes 36 servings.

Serving size - 1 tablespoon

Each serving contains: Calories -- 21; Fat -- .049 gram; Carbohydrate --2.85 grams; Protein -- 2.16 grams.

Three-Orange Soup

(from Anna S.)

This is a delicious thick sweet potato-squash soup flavored with orange and ginger.

For this recipe, Anna combined and simplified several different Lorna Sass recipes -- one was a ginger-squash soup (several variations) and another was a sweet potato-orange soup.

Anna suggests serving this soup with solar-cooked couscous or solar-cooked whole grain brown rice and steamed broccoli or serving it with solar-cooked whole grain bread and a salad.

Ingredients:

- 1 & 1/4 cups of mashed cooked sweet potato obtained from solar-cooked chunks of it (You need 1 large sweet potato. Reserve any leftover cooked sweet potato for other recipes.)
- 1 & 1/4 cups of mashed cooked butternut squash obtained from solar-cooked chunks of it (You need 1 small butternut squash. Reserve any leftover squash for other recipes)
- 3/4 cup of diced onion
- 1 to 2 teaspoons of very finely minced or grated fresh ginger
- 0 to 1 Tablespoon of water (see note)
- 2 & 1/2 cups of vegetable broth (or broth made from Chik'n Style Seasoning)
- 1/3 cup of freshly squeezed orange juice
- 1 teaspoon of orange zest
- salt and pepper to taste
- a pinch of thyme or herbs de Provence

NOTE: Fresh root vegetables require NO water when solar cooked.

Directions:

This recipe can be solar cooked two ways.

The first way uses a large solar box cooker and a Sun Oven type cooker OR two large solar box cookers. The second way requires one large solar box cooker but will need much more time -- most of the day or possibly even two days.

Using the two-cooker method...

First, line a large cookie sheet with parchment paper and then set a very small oven glass pot in the middle of it. Place the onion, ginger, and water (if using any) in the pot and tightly cover it. Set the chunks of raw sweet potato and squash around the pot. Loosely cover the sweet potato and squash with parchment paper. Then, place either an inverted, large, black cookie sheet; or aluminum foil that has been painted dull black; or a large black cloth over everything on the cookie sheet. Place all of this in the large solar box cooker. Cook until everything gets done.

Meanwhile, put the vegetable broth, orange juice, and orange zest in a 2 & 1/2-quart dark pot with a dark lid. If the pot is not dark, drape a dark cloth over it.

NOTE: The sweet potato, squash, onion, and ginger need to get done a just before the broth mixture starts to boil. If both of your cookers cook at about the same rate, begin heating the broth mixture immediately after starting the sweet potatoes, etc. If you are using a box cooker for the sweet potatoes, etc., and using a Sun Oven type cooker for the broth mixture, you might need to wait a short while before you begin cooking the broth mixture.

At the appropriate time, set the pot of broth mixture into whichever type of solar cooker you are using for it and let it begin to heat.

After the sweet potato and squash chunks get done and while they are still hot, scoop the needed amount of flesh from them (leaving the peelings and rind). Mash this flesh with a fork until it is very smooth. Mix the cooked onions and ginger with it. (Reserve any remaining

cooked sweet potato and squash for other uses.)

While still hot, add this mixture to the pot of hot liquid ingredients (without removing their pot from the cooker). Quickly, but thoroughly, stir this mixture into the liquid. Then, quickly wipe off any steam that has collected on the cooker's glass lid and close it and allow the pot of soup to finish heating. The soup needs to reach the boiling point and then lightly simmer for a few minutes or until you are ready to serve it.

Just before serving the soup, stir-in the salt, pepper, thyme, etc. For a very creamy texture, this soup can be pureed in a blender or with a hand held blender just before adding the seasonings.

Using the one-cooker method that takes at least most of the day or possibly two days...

Cook the sweet potato, squash, onions, and ginger as directed in the two-cooker method.

Next, you have two choices. Either finish the soup immediately after the sweet potato, squash, onions, and ginger are done and are still hot OR allow them to cool and then refrigerate them until they are needed.

To finish the soup, scoop the needed amount of flesh from the cooked sweet potato and squash chunks (leaving the peelings and rind). Mash this flesh with a fork until it is very smooth. (Reserve any remaining cooked sweet potato and squash for other uses.)

Next, combine this mashed flesh, the cooked onion-ginger mixture, the vegetable broth, the orange juice, and the orange zest in a black pot with black lid and allow this mixture to solar cook. Check the soup only one time, about mid-way through cooking, and stir it. Then, quickly wipe off any steam that has collected on the cooker's glass lid and close it and allow the soup to finish cooking. The soup needs to reach the boiling point and then lightly simmer for a few minutes or until you are ready to serve it.

Just before serving the soup, stir-in the salt, pepper, thyme, etc. For a very smooth and creamy texture, this soup can be pureed in a blender or with a hand held blender just before adding the seasonings.

Makes 4 small servings.

Bean-Rice-Corn-Carrot-Cabbage Salad

(from SB)

This salad can serve as a whole meal.

Ingredients:

- 2 cups of leftover, solar-cooked black beans, drained (chilled)
- 1 to 1 & 1/2 cups of leftover, solar-cooked whole grain brown rice (chilled)
- 1 to 1 & 1/2 cups of frozen yellow whole corn kernels (still frozen)
- 3/4 to 1 cup of shredded raw carrots
- Large bowl of coarsely shredded raw cabbage
- Fat-free salsa or fat-free salad dressing of your choice

Directions:

Combine the beans, rice, frozen corn, and shredded carrots in a VERY large bowl (larger than the bowl containing the shredded cabbage). Add the shredded cabbage and mix well. Cover and keep refrigerated until ready to serve. (The frozen corn will help keep the salad cold while it thaws in it.)

When ready to serve, you and others can top your individual servings with a choice of different fat-free salsas or fat-free salad dressings.

Makes 4 very large servings.

Bean-Rice-Carrot Burgers

(adapted from a modified version of a bean & rice burger recipe found on the internet)

Your choice of herbs and flavorings, and their amounts, will determine how mild or how spicy these burgers will be.

NOTE: Whole grains and beans tend to absorb flavors thus making seemingly well seasoned recipes taste rather bland. Therefore, to avoid

getting too much sodium in these burgers, use little to no salt when preparing them. Then, those wanting more salt can sprinkle a little on top of their individual servings. Fortunately, you can use as many and as much herbs in them as you like -- but keep in mind that minced fresh herbs tend to hold their flavors better than finely-ground dried ones. However, black pepper seems to be one of the few exceptions, so be careful not to overdo that.

Ingredients:

- 1 cup of **very well drained**, leftover, solar-cooked kidney beans -- or most any kind of bean (can use canned beans)
- Salt and pepper to taste
- Herbs and seasonings of your choice to taste (Some people use a combination of 1/2 tsp. garlic powder, 1 tsp. oregano, 1/4 tsp. sage, and a pinch of thyme. You can use the same or different amounts of them or you can use chili powder, Italian seasonings, or whatever fresh or dry herb blend you like.)
- 3 Tablespoons (or more) of coarsely ground yellow whole corn grits (or any whole grain meal or whole grain flour) -- This prevents the burgers from being too soft and moist!
- 1/4 cup of diced raw onion
- 1/2 cup of shredded raw carrots
- 1 & 1/2 cups of leftover, solar-cooked whole grain brown rice

Directions:

- 1- Thoroughly drain the beans and place them in a medium-size mixing bowl. Then, using a fork, mash the beans leaving little chunks of them intact.
- 2- In a cup, mix the salt, pepper, grits, and all of the dry herbs and seasonings. Stir this mixture and any fresh herbs into the mashed beans. Make sure that everything is thoroughly and evenly mixed.
- 3- Stir-in the diced onions and shredded carrots.
- 4- Add the rice. Then, using a fork, mash the rice, leaving little chunks of it intact, while stirring it into the mixture. Make sure that everything is thoroughly and evenly mixed. .
- 5- Form 6 patties.
- 6- Place patties on a 10 & 1/2 by 8-inch non-stick baking sheet (or any similar-size pan lined with parchment paper). Cover with a loose-fitting, small, black, non-stick baking sheet or cover with parchment paper and loosely top with aluminum foil that has been painted dull black.
- 7- Solar cook until almost done. (I usually bake them in my Sun Oven.)
- 8- Quickly uncover the burgers, wipe off any steam that has collected on the cooker's glass window, and allow the burgers to finish solar cooking -- uncovered.
- 9- When the burgers are done, remove them from the solar cooker. Leave them on the baking sheet for a few minutes. Then, using a spatula, carefully transfer them to plates or buns. Warning! They will be somewhat soft and moist, at first, but they will become firmer as they cool.

These can be placed on whole grain buns and topped with a choice of condiments, lettuce, tomato, etc. They can also be eaten like "steak" topped with steak sauce (or chipotle mustard or ketchup, etc.) and served with solar-baked potatoes and a green salad.

Variations:

- 1- Use sausage seasonings in them to make Sausage Veggie Burgers.
- 2- Use 1/4 cup (or more) dry old fashioned oats in place of the grits.

Makes 6 small burgers.

I have not converted all parts of the below cake recipe to solar cooking, but I do solar bake the batter. It is DELICIOUS! It makes a nice fat-free vegan treat for special occasions. However, since it is high in sugar and processed/refined flour, I do NOT recommend that you eat it every day. I have used stevia for up to half of the sugar in it.

Fat Free Vegan Carrot Cake

(adapted from Moosewood Restaurant's Book of Desserts)

NOTE: This cake bakes nicely in my Sun Oven but it does tend to be very moist. Therefore, some of you might want to use a tiny bit less water than the recipe calls for OR add 1 Tablespoon of cornstarch to the dry ingredients. Also, even though I solar-bake the batter, I am not sure how to convert one part of this recipe to solar cooking (using my large solar box cooker or Sun Oven) because it requires simmering the

carrots and dried fruit in water WITHOUT a lid. (If you know how to convert this part, please let me know how! Keep in mind that I do not have a dish or parabolic type of solar cooker. Thanks!)

Wet Ingredients:

2 cups packed shredded or grated carrots
1 & 1/2 cups packed brown sugar or sucanat
1 & 3/4 cups water
1 cup raisins or other dried fruit (golden raisins, dried pineapple, etc. Pick your favorites.)
1 tsp vanilla

Dry Ingredients:

3 cups whole wheat pastry flour or unbleached white flour or cake flour (or a combination of any or all of them)
1 tsp cinnamon
1/2 tsp ginger
1/2 tsp nutmeg
1/4 tsp cloves
1 tsp salt
1 tsp baking soda
2 tsp baking powder

Optional additional ingredient:

1 cup chopped nuts

Directions:

First part:

I am not sure if (or how) solar cooking this part (in my large solar box cooker or Sun Oven) would change the water measurement. The original directions say to combine the wet ingredients in a saucepan, bring them to a boil, and then allow them to simmer for 5 minutes, uncovered. Then, cover this mixture and allow it to sit for at least an hour on the counter (or overnight in the refrigerator, after it has cooled).

Second Part:

When the allotted time for the carrot mixture to set has past, combine the dry ingredients in a large mixing bowl. Gently fold the cooled carrot mixture into the dry ingredients until no trace of flour is left. Then fold in any optional ingredients. (Be careful not to over-mix the batter because doing this can cause the cake to turn out tough -- especially if you are using unbleached white flour.) I pour the batter into a silicon bundt pan, loosely cover the pan with a small, non-stick, black baking sheet, and solar bake the cake until it is almost done. When the cake is almost done (to help prevent the cake from being too moist), I remove the cover and then continue solar baking it until it is firm to the touch and a probe comes out clean. Cool in the pan on a rack for 10 minutes, and then invert the cake onto a serving plate.

You might want to top this cake with lemon glaze (recipe below). Do this by poking holes in the top of the cooled cake with a toothpick or a sharp knife and then slowly pour the lemon glaze over the top of it.

Makes one 4 to 5-inch high 10-inch bundt cake or 20 to 24 regular-sized cupcakes.

Conventional Baking Directions:

Bake uncovered for an hour or longer in a preheated 300-degree F. conventional oven.

Lemon Glaze for Fat Free Vegan Carrot Cake

(I have not tried solar cooking this. However, solar cooking the lemon glaze in an oven glass custard cup covered with a small dark lid might work.)

Ingredients:

1/2 cup sugar
1/4 cup fresh lemon juice (about 2 lemons)

Conventional Cooking Directions:

Combine the sugar and lemon juice and heat until the sugar dissolves.

Here are two recipes that I have NOT tested but I see NO reason why they should NOT do well in a solar box cooker. However, you might want to experiment with them to make sure they do work OK.

Easy Brownies

(from Mary McDougall)

Mary says that she found this hint on the internet and that, much to her surprise, these brownies turned out quite moist and delicious—and didn't taste like pumpkin at all. She also tried this recipe using a box of Dr. Oetker Organics Brownie Mix, instead of the cake mix, and baked it in a square baking pan. She said this way took longer to bake and the consistency was not as good as the ones made with the cake mix, but that they still had a nice flavor.

Ingredients:

1 box Dr. Oetker Organics Chocolate Cake Mix
1 15-ounce can pure pumpkin (not pumpkin pie filling)

Directions:

Pour the mix into a bowl, stir in the pumpkin until very well combined. Pour into a 9 X 12 non-stick baking dish.

Conventional cooking directions:

In a preheated 325-degree F. oven, bake uncovered until done, about 25 minutes. Insert a toothpick into the center, if it comes out clean it is done.

Suggestion for solar cooking this recipe:

Simply set the baking dish of batter in large solar box cooker or in a Sun Oven type solar cooker and bake until done. Insert a toothpick into the center, if it comes out clean it is done. (Since the batter is already dark, I assume that there is probably no need to place a loose-fitting black cover over it.)

All-Wrapped-Up-Potatoes

(from Mary McDougall)

Set a salt shaker on the table for those who like saltier tasting potatoes.

Ingredients:

- 8 medium thin skinned white potatoes, thoroughly scrubbed and cleaned, and thinly sliced
- 1 onion, peeled, sliced and separated into rings
- 3 Tablespoons soy sauce
- 1/8 teaspoon paprika
- Several twists of freshly ground black pepper

Directions:

Place a large sheet of heavy-duty aluminum foil over a 15 x 10-inch baking tray. Place an identical layer of parchment paper over the foil. Layer the potatoes and onion rings on the parchment paper in the center of the baking tray. Drizzle the soy sauce over the potatoes and onions, then sprinkle with paprika and pepper. Fold over the parchment paper to enclose the vegetables, then wrap securely in the foil.

Conventional cooking directions:

Bake the foil pouch of vegetables on the baking tray for 1 & 1/2 hours in a preheated 350-degree F. oven.

Suggestions for solar cooking this recipe:

Cover the foil pouch of vegetables and tray with aluminum foil that has been painted dull black or a black cloth and solar cook in a large solar box cooker until the vegetables are done.

Another way that might work is simply to layer these vegetables in an large, shallow, rectangular, glass baking dish and drizzle the soy sauce over the potatoes and onions and then sprinkle them with paprika and pepper. Cover the dish with parchment paper and then cover and **tightly seal** with aluminum foil that has been painted dull black (or cover with parchment paper, then cover and **tightly seal** with plain aluminum foil, and drape with a black cloth). It might be a good idea to have the foil large enough so that about 1-inch of its outer edge can be tucked underneath (all the way around) the baking dish. Solar cook in a large solar box cooker until the vegetables are done.

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