



Sun Oven

You can bake, steam, and cook anything you normally cook in your regular oven or on your cook top, apart from frying.

There are no additional costs to use a sun oven. No fuel, no briquettes, etc. The only thing you need is the sun!

If you have enough sun to cast a shadow, you can cook in your sun oven. If it is overcast, but you can still see a shadow it will just take longer to cook your food. It does not have to be hot outside to cook in your oven!!! I use my Sun Oven a lot more in the summer because I don't like to heat up my house by turning on my oven, but it works great in the winter as well.

There are two ways to cook in the sun oven, either "quick" or "crock-pot" style depending on if you want to "babysit" your oven. If you want to cook quickly, cook something large (like a turkey), or cook in winter when the sun isn't high in the sky, reposition your sun oven every 30ish min. If you want to cook "crock-pot" style, put your oven out early and position for noon day sun. Your food can sit in the oven until you are ready to eat it at night.

Preheat your oven unless you are cooking "crock-pot" style. This is especially important when you are baking bread.

If oven temperature is above 170 your food is still cooking. Never go below 150 for longer than 90 minutes.

Because of even heating in the sun oven, you do not need to stir your food.

Every time you open the door on your oven you will need to add approximately 15 min to your cooking time.

You can't burn food in your sun oven except for cookies because of the sugar content.

Food is super moist when cooked in your sun oven. I especially like to cook chicken breasts in the sun oven because they turn out so moist. In the summer if I have a salad that calls for chicken, I just stick some chicken breast in my sun oven and let them cook. They are so juicy, and I didn't heat up my house with my oven or stand over a frying pan to cook them.

Don't cook directly on the bottom of the sun oven, remove the trivet from the hooks and place it on the bottom of the oven. Place your food on top of the trivet. Air needs to circulate in the oven.

To use your oven as a cooler, place an ice brick in the oven with your food. The sun oven is a good insulator.

Clean oven reflectors and glass with window cleaner.

****To order the Sun Oven and receive a free cover worth \$59.00 use this link:**

<https://www.sunoven.com/promotions/ref/CaffPrep>

**If you are having a hard time finding the desire or finding time to "play" with your sun oven, take it camping with you. Sometimes just getting it out of the box seems daunting because you aren't quite sure what to do with it. You will find using your sun oven is easy and doesn't even have much of a learning curve. I promise if you take it camping along with a brownie mix you will find the motivation to take it out of the box and use it 😊. You will never want to put it away again!!!

www.caffeinatedpreparedness.com

Pans:

You do not need special pots to cook in your sun oven. Any pan that fits will work. Some pots are easier and work faster for different reasons, but don't let that stop you from cooking!

9 x 13 pans will fit in your oven, you just need to make sure they don't have handles on the side of the pan.

Black enamel pots are ideal for cooking because they are dark and thin. Thin pots work well because they don't take a lot of time to heat up.

Glass lids on thin black pots are a good option for the sun oven. The pan will heat up quickly, it won't reflect the sun, you will be able to see the cooking process of your food and the lid will help keep the moisture inside the dish, so condensation doesn't build up on the sun oven glass.

If you have a reflective pan put a dark cotton dishtowel over your pan so it doesn't reflect the sun.

Only use a Dutch oven for "crock-pot" cooking, it takes about 1.5 hours to heat up your pan.

Add 5 to 10 min. cooking time per additional pan (when you are criss crossing your pans on top of each other)

Bread:

It takes about 45 min to cook 1 loaf of yeast bread on a sunny day.

Spritz yeast bread with water before you put it in the sun oven to help with browning.

Don't let your bread raise all the way before you put it in the sun oven, let it finish raising in the oven.

When making batter bread (pumpkin, zucchini, banana) I always error on the side of cooking longer than shorter. The bread stays really moist and it takes some time to cook. I also suggest checking it with a thermometer before taking it out of the oven to make sure it is fully cooked.

Boiled Eggs:

Leave eggs in the paper carton, remove the lid of the carton and place in oven. It will take around 40 – 60 min. to cook eggs. No water is used to boil the eggs. To check if your eggs are done, you can spin the egg, if it doesn't wobble it is done. Eggs are amazing in the sun oven because they are so easy to peel. You do not need to check each egg, all the eggs will cook evenly, if one is done, they are all done.

You can overcook eggs in the sun oven. I would not recommend cooking eggs "crock-pot" style.

Don't cook eggs in a pan, they will get dark spots on them where they touch the pan and other eggs.

Dehydrating:



Put the door latch under the glass to leave a small gap for the air to escape.

Dehydrate between 110 – 150 degrees.

Sun oven sells dehydrating trays on their website.

Turkey:

Up to a 21-pound turkey will fit in the sun oven. Take out the leveling tray and place it in the bottom of the oven. Put the turkey in an oven bag, do not cut holes in your bag. Place turkey directly on the leveling tray. In the summer, move sun oven at least 4 times during the day to keep good sun. If you cook a turkey in the winter refocus oven every 20 min. I suggest using a probe thermometer like the one pictured when cooking a turkey. It beeps when your food reaches the desired temperature, and you don't have to open the sun oven to check the temperature.



Corn on the cob:

Keep corn in the husk, wash and put it in the sun oven damp. Cook for 35 min. Can leave in the oven for up to 2 hours.

Baked Potatoes:

Scrub the potatoes do not wrap in aluminum foil. Place potatoes in the sun oven directly on the rack. If you are doing an exceptionally large batch, simply remove the sun oven rack and place in the bottom of the oven. Place the potatoes directly on the rack. I have found the temperature in the sun oven only reaches around 250 if I load the entire oven with potatoes. So, make sure to plan accordingly.

Water Purification:

Use a WAPI (sold on www.sunoven.com)

Fill a glass quart jar with water and float the WAPI on top of the water. Put the green wax side up when you start. Put the lid on your jar and place in the Sun Oven. You can fit 4, quart jars in your oven at one time. When the wax in your WAPI falls to the bottom of the tube your water is purified. Because the entire oven is the same temperature, when one jar is done, they will all be done.



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For additional information visit:

www.caffeinatedpreparedness.com

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