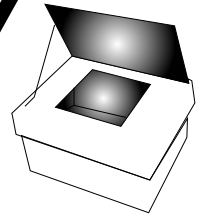
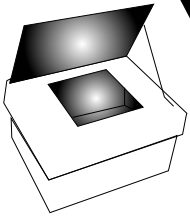


MANUAL 3

building a box solar oven

how to build a cardboard solar oven



MATERIALS:

- 2 cardboard boxes. 1 large cardboard box & a cardboard box that fits into this box & extra cardboard
- Piece of perspex
- Aluminum foil
- Newspaper, (not coloured)
- Stanley Knife & scissors
- Water soluble glue, paintbrush & container
- Non-toxic black paint & paintbrush
- Toilet roll inner tubes
- A coat hanger

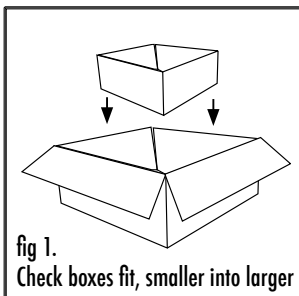
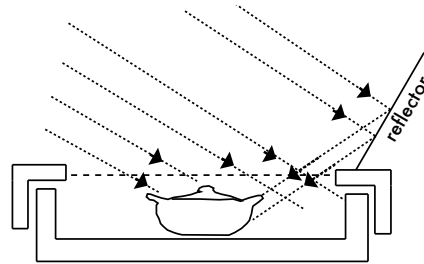


fig 1.
Check boxes fit, smaller into larger

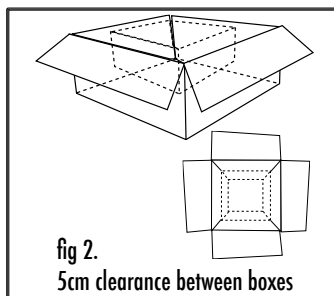


fig 2.
5cm clearance between boxes

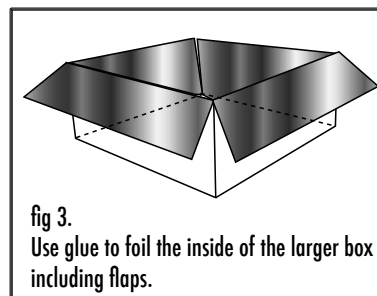


fig 3.
Use glue to foil the inside of the larger box including flaps.

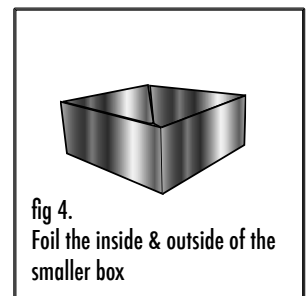


fig 4.
Foil the inside & outside of the smaller box

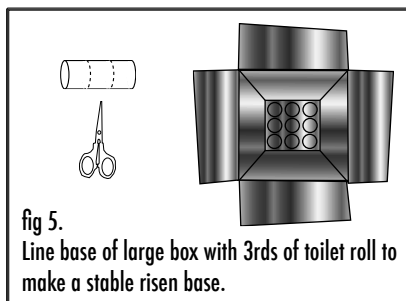


fig 5.
Line base of large box with 3rds of toilet roll to make a stable risen base.

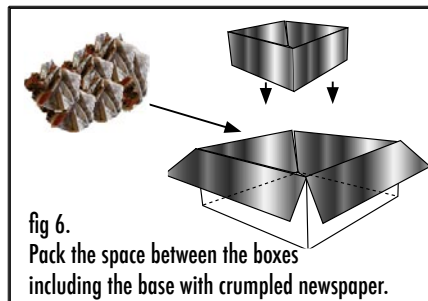


fig 6.
Pack the space between the boxes including the base with crumpled newspaper.

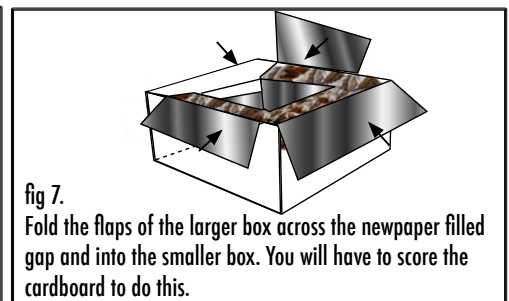


fig 7.
Fold the flaps of the larger box across the newspaper filled gap and into the smaller box. You will have to score the cardboard to do this.

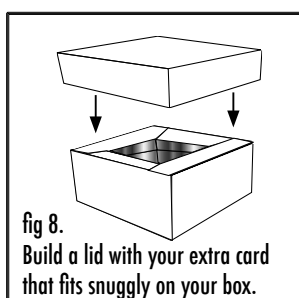


fig 8.
Build a lid with your extra card that fits snugly on your box.

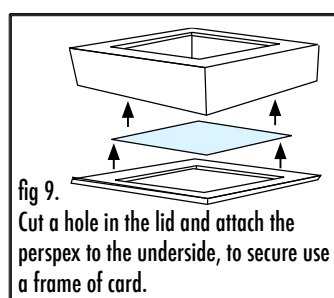


fig 9.
Cut a hole in the lid and attach the perspex to the underside, to secure use a frame of card.

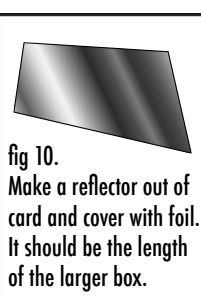


fig 10.
Make a reflector out of card and cover with foil. It should be the length of the larger box.

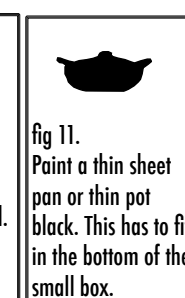


fig 11.
Paint a thin sheet pan or thin pot black. This has to fit in the bottom of the small box.

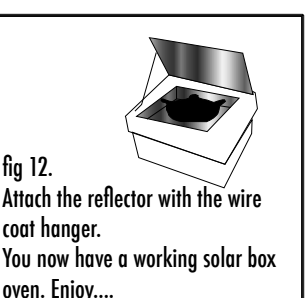
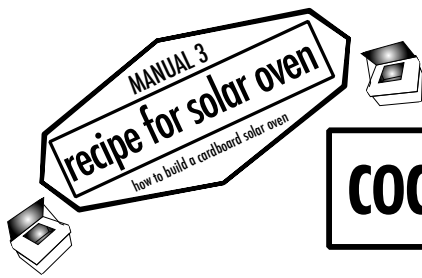


fig 12.
Attach the reflector with the wire coat hanger. You now have a working solar box oven. Enjoy....



coconut macaroons

when using a sheet pan raise it so it is close to the perspex. it is also a good idea to have the lid slightly open so steam can escape.

Makes 20

Preparation time: 15 minutes

Cooking time: 30 minutes

this is a good recipe to start with if you have never cooked in a solar oven before, because the results are so tangible. it is just a start, so much is possible, stews, curry, cakes, lasagna, breads, canning.....

1/4lb shredded coconut — combine
1 tsp vanilla
1/8 tsp salt

sweetened condensed milk — combine enough to make a thick paste

2 egg whites — beat until stiff / add

drop batter onto greased (black) sheet pan

— into the solar oven for 20 minutes till brown

YUMMMMM.....

MORE INFORMATION ON SOLAR OVENS

WEBSITES

www.solarcooking.org
www.backwoodshome.com
www.re-energy.ca
www.sci-toys.com
www.solarnow.org
www.outdoorcook.com
www.sunspot.org.uk

BOOKS

Cooking with Sunshine, Lorraine Anderson & Rich Palkovik.
Solar Cooking, Blue Rock Station Style, Annie & Jay Warmke