Preparedness Newsletter

First Presidency

Food Storage

September News

Welcome to the "Preparedness" Group! This month we are discussing solar cooking. We all know that the Sun is an important resource and helps everything thrive here on the earth. So why not use this great resource for cooking as well? To better explain how solar cooking works, imagine you are getting into a car that's been sitting in the sun on a hot day. We all have experienced that wilted feeling when we get into that parked car. If the car windows were also rolled up, the temperature in the car can reach dangerous levels rather quickly. So how did the car absorb all of that heat? Sunlight passes through the windows of your car and is absorbed by the dark interior. The absorbed sunlight turns into heat which becomes trapped, so the interior of the car gets hotter and hotter. Unlike a car, with a solar cooker this heat buildup is encouraged. With a solar cooker, shiny surfaces are put in the path of the sun to reflect as much sunlight as possible onto a dark cooking pot. The dark pot absorbs the suns rays and turns them into heat. The pot is insulated in a cooking box (cooker) with a glass window or heat-resistant bag to prevent this heat from escaping so your food can cook completely. See the basics of solar cooking here:
http://www.reynoldsnet.org/preparedness/Solar_cooking.html

There are many advantages to solar cooking. After the initial purchase of your solar cooker, solar cooking is **cost free**. There is no need to buy fuel or other heating sources. You **don't have to heat** up your kitchen especially in those hot summer months. **Food cooks slowly**, evenly and **remains moist** even if they are left in the cooker after they are cooked. Cooking with solar is **safe for children** to use and food can't be overcooked. Solar cooking is **portable** and your cooker can travel anywhere with you. Solar cookers are also **easy to build** from a variety of materials. Go here for a complete listing of the advantages of solar cooking:
http://www.reynoldsnet.org/preparedness/Solar_cooking.html

You can cook almost anything in a solar cooker that you can cook in a conventional oven. Most **foods take approximately twice as long to cook then in a conventional oven.** You can't fry or sauté foods, but you can bake cakes and breads, roast a chicken, simmer a stew, or cook foods like rice, beans, pasta potatoes and vegetables. The low temperatures of a solar cooker are ideal for egg, milk, and cheese dishes and protein isn't destroyed to the extent that it is at higher temperatures. And unlike in a microwave oven, foods do brown in a solar cooker. You can use your own recipes and spices in your solar cooker. By making small adjustments in time or the amount of water, your favorite foods taste as good or better then ever! See typical solar cooking times here:
http://www.reynoldsnet.org/preparedness/Solar_cook_times.pdf

I'm excited to use my new solar cooker and use the power of the sun! Imagine cooking in the summertime despite a blackout. What a great resource we have! Thank you for your interest in the group, and good luck with solar cooking!☺

-Jennifer Reynolds

Calendar

September 4th, 10-11:30am, at Sill's home- Solar Oven Cooking. Learn the basics of Solar Oven Cooking.

September 26th, 8am-12pm, at the Reynolds' home- Dry Pack Canning Day! Bring your bulk items, cans and oxygen absorbers and we will help you can!

Solar Cooker Recipe

Peach Pudding Cake

1/4 cup melted butter

1 package yellow cake mix

1 3 1/4-oz. instant vanilla pudding mix

1 egg

1 cup milk

1 16-oz. can peaches, undrained (or 2 cups)

1 teaspoon grated lemon peel

Melt butter in 13 x 9 inch pan. In large bowl, stir cake mix and pudding mix together. Add egg and milk. Beat until smooth. Add peaches with juice and lemon peel. Pour into baking pan. Cover. Bake 2 hours or until done.

-Solar Cookers International

Go here for a complete on-line list of Solar Recipes:
http://solarcooking.wikia.com/wiki/Recipes