

About

NEW GENERATION

Tulsi

SOLAR COOKING OVEN

**RECIPES
&
USER'S GUIDE**

Manufacturers Note

Dear Customer,

Congratulations, on becoming the owner of new technological solar cooking marvel, which will open a whole new world of safer and healthier life support for your family and the world. This small portable kitchen is powered by the Sun, use any where, no fire, no stirring required, no over flowing, no chance of over cooking or food burn; simply put food in the Oven and takeout, piping hot food as and when you require, may be terrace, camping or travel.

Tulsi Solar Oven not merely saves money on fuel, but cooks highly nutritious and tasty food for your family. It saves lot of time to attend to other chores and saves money, energy and pollution. **It keeps your family away from immense health hazards, which are inherent in the conventional methods of cooking.**

Solar cooking is easy. Cooking time is not important. Solar energy is what gives food the enhanced flavor, pleasing color and is the ultimate medicine for manly vigor and glorious skin complexion. The medicinal value evolves naturally by solar cooking.

The information contained in this User's Guide is given for guidance on how to cook in Tulsi Solar Oven with few commonly used recipes for cooking Indian, continental and other dishes. Visit <http://www.solarcooking.org/recipes>. We are confident that after using it for few days you will master its use, improve your family health and bring peace in the modern restless life style.

Food cooked by sun rays (UV + seven color lights + Infra red rays) is lovely in appearance aroma, flavor and taste. Solar cooked food is charged with solar photons (source of all energies) is natural, prevents diseases and promotes better body and mind.

WISH YOU A HAPPY, PROSPEROUS PROTECTED LONG LIFE WITHOUT DRUGS.

For the gracious hostess, solar cooking is a pleasant exercise of creativity. Solar Cooked food with loving care and imagination served on a platter with exquisite personal touch is always pleasure worth sharing with your family and friends.

We hope this manual will bring you with days of happy solar cooking and experimenting with new healthy dishes in your home, camping or in travel. Solar cooking will help to bring about a harmony of tastes, save time, energy and money in cooking of nutritious food for everyone anywhere.

Be it

- Farm house, camping, boarding.
- Hilly region with oxygen in short supply.
- Picnic spot.
- Remote areas not connected with grid supply.
- Interrupted grid supply.
- Power generated with any NRSE systems & devices like photo voltaic power, co-generation plants, and mini / micro hydro plants.
- And with sunrays during sunny hours.
- Sun or no Sun, Tulsi Hybrid Solar Oven enables cooking 24 hrs. and round the year.

Read the Advice & Instructions carefully and do not hesitate to contact us for any help or guidance.

C. K. Rohatgi

SAVE LOTS OF MONEY, IN SAFETY OF YOUR FAMILY, HEALTH, AND PROPERTY.

CONTENTS

GENERAL INFORMATION ABOUT SOLAR COOKING -

Very few people across the world are aware of the advantages of Solar cooking leaving aside the scientific reasons for its preference over other conventional methods of cooking. The ancient Indians were aware of this and that is the reason why the world's oldest Scriptures "VEDAS" had regarded and worshipped the Sun and had all praise for Solar cooked food. This chapter is an eye opener to those who condemn the solar cooking as rubbish with no match to modern cooking appliances.

USER'S GUIDE -

Two models of Tulsi solar cooker are described in this Instruction Manual and accordingly the Booklet is divided in three parts, with Recipe information as Part III.

Part -- I

TULSI SOLAR OVEN: - This is the basic Solar Cooker of high quality and performance. It works with solar energy and is therefore, operational during bright sunny days only.

- 1. User's information.**
- 2. Benefits of Tulsi Solar Oven.**
- 3. Construction.**

4. Directions for use.
5. Safety Instructions.
6. Maintenance and care of TulsI solar Oven.

Part - II

TULSI HYBRID SOLAR OVEN: - Basic features are common with TULSI SOLAR Oven. In addition, electrical back-up is provided which enables cooking at night and during non-sunny hours also.

1. General.
2. Use during broad daylight.
3. How to use TulsI Hybrid Solar Oven.
4. Circuit diagram.
5. Specification.

Part - III

1. Recipe information.

**SOLAR COOKED FOOD IS CHARGED WITH UNIVERSAL ENERGY, IS SUCCESSFUL TREATMENT FOR
PARKINSON DISEASE**

General Information about solar cooking -

"Let food be thy medicine and medicine by the food,"

- Uttered by the famous Greek physician Hippocrates more than two thousand years ago.

The importance of diet to health, especially in the prevention and cure of illness, is slowly becoming apparent. A variety of alternative diets are offered for treating cancer, cardiovascular disease, and food allergies. Virtually all these interventions focus on eating fresher and freshly prepared vegetables, fruits, whole grains, and legumes.

A healthy diet involves eating foods that provide all the nourishment that our body needs for growth, tissues repair, energy to carry out vital internal processes and to keep fit and active. In the last hundred years or so, the changes in eating habits in many countries have meant that large numbers of people have become overfed. Ironically, at the same time these dietary changes have left a lot of us undernourished, lacking in vitamins, minerals and trace elements that would help us to be in the peak of health.

Foods contain nutrients essential for normal metabolic function. An imbalance in nutrient intake or the consumption of harmful substances is the underlying factor in many chronic diseases, such as coronary heart disease, diabetes, obesity, and some cancers. Some alternate dietary lifestyles are believed to offer a greater resistance to illness. Food can be therapeutic in several ways. It provides nutrient that is needed by a sick person in a form he or she can use. It also provides nutrients for persons who are deficient in them. Sometimes food also supplies an agent or chemical that aids in the metabolism of other nutrients. Many people are allergic to some foods such as chocolate, lactose etc. Similarly some people get constipation from excessive high intake of

fiber. Diabetic patients especially Type 2 diabetics, need to watch out what they eat especially food containing sugar. People with heart disease need to control the intake of foods containing high amount of fat and cholesterol. These are all common sense diet therapies.

Here are some health ailments that can be easily treated with a simple food and diet remedy:

- Arthritis
- Acne
- Depression
- Diabetes
- Constipation
- Heart Disease
- Hypertension
- Infertility
- Migraine
- Stress

Eating for health does not have to mean switching to a fussy, complicated diet, or adopting every new fad that comes along. In the first place, a healthy diet should be an enjoyable one. For conventional nutritionists, food intake is broken down into various essential ingredients, such as carbohydrates, protein, fats, vitamins and minerals; however, people generally do not think in this way but eat meals or snacks which are a mixture of various elements. People should have an understanding of what is useful and which foods contain which of these ingredients, and then to look at the overall balance within the diet. Balance is probably the key word in nutrition.

Food loses its vitamins through cooking on fire or cold storage, so buy small quantities of fresh food solar cook and eat within a short period.

Food Supplements

Today's active adults may find that their on-the-go lifestyles sometimes cause them to miss out on important nutrients. Work, sports and kids activities all can have an effect on meal preparation and eating habits. For example, our Omega-3 and Omega-6 supplements come in a variety of formulations that allows you to take

advantage of the "good fats" those are so important today; and our additional supplements, like Garlic, Grape Seed Extract and Papaya, can assist you in your dietary goals no matter how far and wide your day takes you

SUNSHINE FOR COOKING

We all know that The Sun is what drives everything in this world. It makes plants to grow, it drives the winds, tides, waves and ocean currents, and it causes rains and makes rivers flow.

Today, the world is vastly different; we have made living more comfortable for ourselves but it has been achieved at great cost to the environment. We are burning up the fossil Fuels with insatiable greed, and are constantly polluting our atmosphere as the product of the burning; even basic five elements are polluted.

FIVE ELEMENTS ARE ESSENTIALS FOR LIFE

A proper understanding of the sunrays, Photo-chemistry, Photo-physics, photo-biology, interaction of light and matter, physical- chemical properties of electronically excited molecules, environmental effect on absorption and emission, and spectra photosynthesis is the requirement of the present times. Sunrays affect five essential elements and human body comprising of these five basic elements (air, water, earth, ether and fire). An understanding of this effect is essential before one can appreciate solar cooking and effect of solar cooked food on living beings.

SOLAR COOKER – AN ANCIENT COOKING DEVICE OF INDIA

Modern Science has not been able to touch even a fringe of knowledge ancient Indian saints had on the subject. Some indication we get from holy Indian Scriptures about the advancement of science and immense knowledge they had.

Solar Cooker is an ancient cooking device of India. Some of the oldest scriptures of India viz., "RIG VEDA" and "BRAHMAN GRANTHA" written 5000 years ago, describe food cooked by Solar energy as lovely in appearance, aroma, flavor and taste. It is the ultimate medicine, for manly vigor and glorious skin complexion; whoever uses solar cooked food, does not suffer from digestive disorders, blood disorders and respiratory problems. Solar cooked food was called "AMRITA" (NECTOR) and the cooking appliance was known as "AKSHAY PATRA" or "SURYA BHAND" which was used by highly learned people of those times.

सूर्यमहिमा

तं सूर्यं जगत्कारं महार्तेजं प्रवीपनं
महापापहरं देवं सूर्यं प्रणामाम्यहम्
नमस्ते आवित्य । त्वमेव प्रत्यक्षं कर्म कर्तासि ।
त्वमेव प्रत्यक्षं ब्रम्हासि । त्वमेव प्रत्यक्षं विष्णुसि ।
त्वमेव प्रत्यक्षं रुद्रवेसि । त्वमेव प्रत्यक्षं ऋगसि ।
त्वमेव प्रत्यक्षं तामासि । आवित्यावभूमिर्जायते ।
सर्व- सूर्याश्ववन्ति भूतानि सूर्येण पालितानि च सूर्यं लयं प्राथुवन्ति ।
सूर्यं तत्त्वा अन्नः महाव्याधोपमृच्यते
ॐ शान्तिः शान्तिः शान्तिः

अकालमृत्युहरणं, पुष्टितृष्टिप्रवायकं,
त्रिवीणहरणं, त्रितापशामकं, सर्वव्याधिविनाशनं,
सूर्यपक्वान्नमहाऔषधं ऋद्धिसिद्धिप्रवायकं
ऋणपूर्वं मुनि शार्दूलः सूर्यात्मे अन्नः शुभ

GLORY OF THE SUN

'SURYS MAHIMA'

(THE SOUL OF THE WORLD)

Creator of the world of great luster, mitigator of all sins, we pay homage. You are visible doer and deed, you are the only visible creator (Brahma), the preserver (Vishnu), and the destroyer (Mahesh), and you are 'rig', 'yajur', & 'Sama' Veda. From THE SUN is born the earth, all the objects are nourished and preserved by THE SUN and in the end all merge in THE SUN. All edibles ripened or cooked, in the end merge in THE SUN. All edibles ripened or cooked in the sunrays charge into super medicine the 'Amrita' (nectar), food improves cellular health and longevity of life.

PEACE

PEACE

PEACE

'O' GREAT SAGE ANGRIS LISTEN: FOOD COOKED BY SOLAR ENERGY PROMOTES LONGIVITY, IS NURISHING AND SATISFYING, IS CURE FOR ALL THREE DISORDERS (STOMACH, BLOOD, AND RESPIRATORY PROBLEMS) AND MOST TYPES OF FEVER AND AILMENTS. IT BALANCES "TRITAP" and CHARGE "PRANA", "OJAS", AND "TEJAS" IN HUMAN BODY, FOR DEVELOPMENT OF GLOWING PERSONALITY. NATURE HAS EVERY THING TO PROVIDE A HEALTHY LIVING

SOLAR COOKED FOOD IS NATURAL, PROTECTS YOUR LIFE AND BRAIN POWER.

Man has his origin from nature. Human body is composed of the five basic elements, earth, water, air, heat and light. Man is of nature and nature has every thing to provide for a healthy living for the human beings. His pursuit for easy and comfortable life together with the tremendous advancement in science and technology is keeping him away from nature, leading him to an unhealthy situation.

Our attempt is to bring man back to nature and provide him with adequate training to lead a healthy life and abiding by the laws of nature. Solar Cooked food is charged with many unknown energies to keep man healthy life long.

WORLD OVER, THERE IS GROWING CONCERN OVER SIDE EFFECTS OF CHEMICAL PREPARATIONS –

Modern medicines help to achieve quick results, but are quite often used to control symptoms rather than cure the root cause of the symptoms. Strong medicines with wrong diagnosis, administered without proper direction often cause untold sufferings to the patients. While these medicines suppress the disease, Solar cooked food works at removing the cause of disease itself with no side effects. Most of the diseases can be cured / prevented by solar cooked food, cleansing of the body internally and externally and maintaining the correct body temperature at different parts of the body.

MORDERN FAST COOKING METHOD ZEPS MANY OF NUTRIENTS FOUND IN NATURAL AND SEASONAL FOOD AND MODERN LIFE STYLE ALSO IS RESPONSIBLE OF POOR HEALTH.

India was a leader in utilizing natural energies in the ancient times, but modern culture (especially food habits) tempted us to use commercial energy for various applications for the sake of monitory gains. This commercial energy burns the medicinal value of natural food and ruins joy of living.

As per INDIAN ancient Scripture 'GEETA'

**आहारः प्राणिनः सधीबलकृद्देहधारकः ।
आयुतेजः समुत्साहः स्मृत्योजोअग्निविवर्धनः ॥**

Food (AAHAR) provides, longevity, intelligence, vigor, health courage senses, memory and brain, the nucleus of our body; food improves cell growth that relieves and cures the diseases and deficiencies without supplementary doses of medicines.

Tulsi solar cooked Food (photosynthesized AHAR) provides, longevity, intelligence, vigor, health, courage senses, memory and brain, the nucleus of our body, food improves cell growth that relieves and cures the diseases and deficiencies without supplementary doses of medicines.

According to 'RIGVEDA'

FOOD COOKED BY SUNRAYS IS LOVELY IN APPEARANCE AROMA, FLAVOR AND TASTE. IT IS ULTIMATE MEDICINE FOR MANLY VIGOR AND GLORIOUS SKIN COMPLEXION.

Key benefits of Tulsi Solar Oven

Food cooked in Tulsi Solar Oven is charged with solar photons, is nectar, improves longevity, saves time, energy, money labor, and lot more. Solar cooked food is natural and pure full of all natural energies to make you healthy, wealthy and pleasant life.

1. Food cooked in Tulsi Solar Oven is charged with solar photons is super medicine AMRIT (nectar).
2. Tulsi Solar Oven is most convenient cooking appliance known to mankind, cooks complete family meal at a time without fuss.
3. Is aesthetic, convenient in handling.
4. There are no moving parts, lasts life long.
5. It saves time money, energy and lot more.
6. Cooks tasty food full of flavor and aroma and provides hot food day and night.
7. It is eco-friendly, no igniting fluids or flame, no fire hazard, smoke or soot. Indoor quality cuisine cooked literally anywhere in the world. Environmentally friendly – no open flames
8. It cooks four to five dishes at a time (full meal) unattended. No time setting is required.
9. No chances of burning food, no charring, no boils over.
10. It is portable, sets in seconds, can be used by RV campers, outdoor hobbyists. Portable for on-the-go lifestyles.
11. Every one can use it including, young children or handicapped.
12. Suit case design makes easy portability.

13. Cooking capacity 2Kgs. (4Lbs+) at a time and 6 Kgs. in rotation with solar and with electrical backup the capacity is much more.
14. The Tulsi Hybrid Solar Oven is designed with increased focus on well-being and longevity.
15. Pays for itself over, each and every time you cook.
16. Cooks at any elevation.
17. Stores away like a suitcase.
18. Hard to cook meat can be cooked easily.
19. Food remains hot for hours, solves flexible meal time requirements of modern family.
20. Shelf life of food cooked in Tulsi is three to four times more than cooked over quick fire appliance.
21. Food with lesser oil can be cooked, solves obesity problem.
22. Develops strong immune system to keep body strong enough to defend virus.
23. Enhances charm and beauty of the family members specially women folks.

WHAT IS SOLAR COOKING?

Solar cooking means cooking in open with Sun rays. Tulsi solar cooking is absolutely safe and protects the house wife from the hazards she faces while cooking on gas or kerosene stove. It is this knowledge and sense of security that enables her to concentrate on the task at hand. She saves lot of time to spend on her hobbies and with her near and dear ones which brings happiness and peace in the family.

The ultra modern futuristic, scientific, convenient, hygienic and fuel less way of cooking.

Tulsi Solar Oven has excellent features that lets you cook almost all types of food automatically. It can bake; steam, simmer, and can keep your food hot for hours and without any botheration of remaining constantly in the kitchen to watch. Just load the food in cook-n-serve bowl and go for your routines.

Cooking is gentle, less oils and spices are required, and you get the unique effect of food cooked over a slow fire in traditional way without to bother to watch it. It is an oven cum pressure cooker without pressure on housewife's time. Almost every thing except cooking of few dishes involving deep-frying is possible.

Tulsi Solar Oven cooks four to five dishes at a time gently and safely. The food will not burn, boil over, or dry even if left unattended for many hours. Solar Oven makes delicious soups, stews, and casseroles but is not limited only for this type of cooking. With its gentle cooking fish and delicate fruits and vegetables remain whole, even after cooking. Joints of meat 'roasted' in a Solar Oven retain their juices and without food shrink. Even mulled wine or warming hot punches can be prepared.

Tulsi Solar Oven is aesthetically designed, convenient, and practical in use. It does not require frequent cumbersome tracking or any tracking mechanism.

Frequently asked questions :

What can be cooked in Tulsi Solar Oven?

Anything, which you can cook in a conventional electric or gas oven, can be cooked in a Tulsi Solar or Tulsi Hybrid Solar Oven. You can bake, boil and steam using any of your favorite recipes.

What is the cooking temperature range?

There is no need to worry about temperature range. Quality cooking can be done in 1 to 2 hours depending upon solar intensity and environmental conditions. Food will not burn even if left for extra time.

How does the food-cooked taste?

Food cooked in Tulsi Oven tastes much better than food cooked over conventional stoves. The slow cooking enables the natural flavors to be retained in the food. Rice grains, pulses and grains retain their shape and yet are fully cooked. Rice rises to its full volume and is fluffy. The food cooked in Tulsi Oven is always tender and more palatable.

How long does it take to cook?

Cooking takes 1 to 2 hours. Cooking time depends on intensity of sunshine and the nature and quantity of material to be cooked. 'Dals', 'Kabuli chana' (gram) take about 2 hours to cook.

Does Tulsi Solar Oven require special utensils?

No, but dark, thin-walled pots with lids work best. Black pots absorb heat from sunlight and tight-fitting lids help to hold steam in the pot. Dark glass casserole dishes with lids also work well. For baking cakes, breads cookies, and pies, dark cookie sheets and baking tins work best. Tulsi Oven comes with four stainless steel pots.

Does food require constant stirring?

Solar Oven requires no stirring because there are no hot spots. The temperature rise is gradual. It is difficult to burn food in a Tulsi Solar Oven which is fully loaded.

Does Tulsi Solar Oven require maintenance?

Tulsi cooker is virtually maintenance free and is a lifetime asset. Only the Glass and Reflector require to be carefully handled, even if it breaks it can be easily substituted. The only other maintenance required is a coat of matt finish black board paint when the paint wears off.

Does Tulsi Solar Oven need constant tracking?

If the Oven is positioned at the average position of the Sun's transit over the sky tracking may not be necessary if there is good sunshine. However, if the Oven was aimed at the sun at start, a couple of nudges to reposition it over the 1-2 hour period would be desirable.

How hot does Tulsi Hybrid Solar Oven get?

Wrong question! The right one is: "how much food will it cook?" Answer: an entire meal for a family –main dish and hot beverage simultaneously but if you really need to know the temperature: typically 150° C in hot summer and 130° C in winter. It cooks most effectively from 9 AM to 3PM in summer and from 10 AM to 2 PM in winter when cooking with Sunrays; but cooking electrically is possible any time.

In what season will it cook?

Spring, summer, and fall are best; but it cooks round the year with little more time. However, cooking with Tulsi Hybrid Solar Oven is possible 24 hrs. round the year with very low electrical consumption.

Is this design well proven?

Tulsi Hybrid Solar Oven is in operation for over a decade and Tulsi Solar Oven for about 20 years with thousands of satisfied customers, in many countries. The Oven has been used by Indian Army at Kargil heights with satisfactory results.

How strong and lasting is the Oven housing?

UV resistant long lasting Housing is fabricated using heat-stabilized reinforced plastic 30% by weight with 0.3 mm long glass fiber chops; the result is a range of solutions that deliver lighter, strong and more viable housing than ever before.

What energy source is required for Tulsi Hybrid?

Solar and or low wattage of power backup may be from uninterrupted or weaker grid.

What about electrical components?

India's first and most efficient Tulsi Hybrid Solar Oven is fitted with reliable UL approved components.

Tulsi Hybrid Solar Oven the world's most admired practical in use Solar Cooker.

Tulsi Hybrid Solar Oven is designed to suit modern life style and is most convenient and time saving cooking appliance known to mankind. Based on design and performance, Tulsi Solar Oven has excellent features, besides being the safest cooking appliance. The new Hybrid Solar Ovens meets the cooking needs of people all over the world; built to tackle the toughest cooking task most conveniently and economically. It cooks all types of food right from boiling caramelic milk or tea and exotic Indian, Mughalai, Chinese or Continental dishes from breakfast to dinner without any fuss. The Solar Oven cooks food in the Sun during bright Sunlight with Solar Photons and during non Sunny or Partly Sunny hours with the help of low wattage & low consumption of electric power. It cooks four to five different dishes simultaneously and thus saves, time money labor and lot more. It is solving pressing problem of flexible mealtime requirement of modern life style and no frayed nerves when family guests arrive late for meal.

Solar Oven cooks most healthy and tasty food besides it keeps away in-house pollution menace, which is common while cooking on gas. These gases not merely cause lungs problem, equivalent to smoking 200

cigarettes per day, pregnant women who cook food with LPG are more likely to have miscarriages and put the health of babies at risk. Such grave consequences on health are currently being investigated at several Universities in Japan.

Effect of fast cooking modern appliances on family's health?

Fast cooking on coal, kerosene and LPG using pressure cooker or modern fast cooking methods such as Micro-oven zaps the food and destroys food fibers and various natural energies present to compensate our body and brain requirement to keep us healthy. People are advised to use solar oven to cook. Solar cooked food which will provide energy to work, save time and keep the family healthy and disease free.

- **In solar cooking food which, is in biochemical stage is gently cooked over a longer period by electromagnetic waves of sun rays (solar photons) consisting of energies like heat, light, bio, kinetic and chemical energies; food gets time for a sequence of chemical events forming too many known and unknown chains of organic compounds. Enzymes present, on heating, grow-up and stimulate the yeast activity, breaks complex protein into simple digestible form, starch is broken into carbohydrates and fatty acids break, and allows minerals to be absorbed by the body.**
- Box Type Solar Oven gently cooks food in its own juices thus conserving the vitamins and minerals while enhancing aroma and taste. Hence, you can cook without water and fry without fat.
- It has also been observed that dietary fibers remain intact in solar cooking. Fiber is an important characteristic of food of plant origin. Lack of fiber in diet has been associated with several gastric-intestinal disorders including constipation, DI-vermicular diseases of colon and even colon cancer. High fiber foods are of particular help to people with obesity, they are usually low in calories increase satiety thus preventing excessive intake of food. It also prevents absorption of cholesterol and thus reduces serum cholesterol.
- Food cooked by Solar Oven is more nutritious as the food gets time to form various compounds of vitamins, minerals, and other known and unknown substances, which in the presence of food fiber are easily digestible. Vitamins alone are not appetizing, that is why supplementary doses of vitamins prescribed by the doctors are

not good substitutes for the real thing. In Solar Ovens the temperature rise is slow, which safeguards the vitamins since the temperature does not exceed above normal cooking temperature and the carbonization of these compounds does not take place.

- Solar Oven cooks food slowly and gently allowing desirable organic reactions in food to be completed while developing and enhancing its natural flavor, aroma, sweetness besides maintaining nutritious value of food. Solar cooked food works like a medicine on our body, being easily digestible. It makes our body strong enough to defend against harmful bacteria, viral infections, and harmful free radicals present in the atmosphere.
- Solar cooked food is full of natural enzymes, well accepted by human body, which multiply in contact with human enzymes and so easily absorbed or digested and synthesizes various food contents, or gives more bio-power to human body.
- Just eating healthy food, stimulates immunity. Recently modern scientific research has revealed the complex mechanism of the immune system and its dependency on diet. Nothing makes as much difference to your health as a well functioning immune system. If you have good immunity, you can prevent anything from a common cold to viral infection, stomach disorders, chronic fatigue even the deadly cancer. Food contains antioxidants, which stimulate immune functioning and increase your resistance to infection.
- In cooking with solar photons (not with fire) enzymes at required temperature increase immune boosting cells and antibiotic contents and too many known and unknown compounds develop that do not diminish from natural food. Natural enzymes create unique metabolic compounds that alter the food chemistry to effect dynamically on human physiology as well as prevention of diseases.

Boost Your Brain Power with Powerful "Solar cooked food".

COMPARISON OF OTHER COOKING DEVICES WITH "TULSI SOLAR & HYBRID SOLAR OVENS"

	LPG WOOD OR KEROSENE STOVES	SOLAR COOKERS	TULSI WITH LOW WATT ELECTRICAL BACK-UP
ENERGY SAVING	These Cooking appliances are fast cooking devices, with heavy energy losses. These losses are 80% to 90% in general.	No conventional energy is required. To cook food, it cooks with solar energy which is "God's gift to man kind".	Tulsi Solar Box Cooker is heavily insulated with very low energy loss. These cookers are designed to cook food from 125 Watts. Solar insulation, as such, consumes very low energy to cook your food, during Non-sunny hours. Electrical backup makes it reliable cooking device and cooks food in 1-2 hours from 150 –400 Watts heater, depending upon Voltage, quantity of food and ambient conditions.
TIME SAVING	Takes longer time for cooking four to five items and requires constant watch and stir, to be safe. Guard or over flowing and burning.	No chance of burning, No overflowing required, No overflowing possible, Cooks food without any fuss and enables you to attend other household work during cooking.	With electrical backup food cooks gently over, longer time automatically. Similar to solar cookers. Besides it is provided with a selector switch for Different types of cooking as per requirement, time, and quality.
IN HOUSE POLLUTION MENACE	LPG or Kerosene Stoves pollute your house, Burnt gases are consumed by family members, equivalent to 200 cigarettes a day.	Solar cooking is in open SU with out any pollution.	No chance of fire and no in house Pollution.
WHO CAN USE	ONLY experienced person can cook taste meal. Cooking requires heat control and constant attention with risk of fire, as children cannot use such, and old aged persons.	Simplest cooking device known to Humankind. Cooks of its own Meals and mouth watering snacks without any attention fire.	Cooking is most simple and safe. Simply load variety of food in different Containers and breather away. Electrical backup, morning tea boiling of milk etc, can also be done conveniently, with no chances of overflow and No stirring is required.
ECONOMIC	Energy is in short supply and expensive as such procurement is difficult, not available	Solar Energy is abundantly available, free of cost everywhere	Hybrid solar cookers can be used with solar energy, Solar + electricity during cloudy or foggy days, and with extremely low electrical consumption During non-sunny hours.

	every Where or availability is difficult in many places. Consumes too much energy in cooking. Due to heavy losses expensive in use. Easy to maintain without maintenance.	So is most economical in use but simple solar cooker are not Reliable due to erratic sun rays.	
MAINTENANCE		Tulsi Solar Cookers have no moving parts. It works for years without any maintenance.	Tulsi Solar Cookers with electrical backup are fitted with reliable electrical backup with expected life of over 10,000 hours, lower voltage And frequency, however, increases further life of the heating element.
SAFETY	Unsafe due to fire hazards. Chances of gas cylinder or stove explosion, catching fire. etc.	Safest cooking appliance without chances of any accidental loss.	Very safe; cooker body is made out of insulated fiber glass body, other components are also suitably designed for safety, at medium and low Position of switch Cooker operates at ½ voltages through suitable diode.
PORTABILITY	These stoves are not portable nor can be used near hazardous places.	Tulsi is light in weight and can be conveniently shifted from one place to another. They can be taken for picnics etc.	Tulsi is light weight portable elegant and compact in shape of plastic Suitcase. The glasses used are so properly fixed that they do not break Even if the cooker drops from a height of 6 ft. It can be easily lifted and Shifted by a homemaker.
TYPES OF FOOD IT CAN COOK	Cannot cook all sorts of food requires, different cooking gadgets	Recipe is spice of life. New Solar cooker can cook almost all sorts of food nicely, bake, boil, simmer roast, and keep food hot for hours It can be used as food drier, hot case, ice box to make curd.	Hybrid Solar Cooker enhances working of Solar cooker especially during Non-sunny hour's food loaded at night would be ready by early morning with very low wattage. Food cooked slowly over a long period gets time to develop many known and unknown Compounds for a health life. Enzymes get time to grow up and break complex proteins into simple digestible proteins starch is broken into Carbohydrates.
SHELF LIFE OF FOOD	Cooking on quick fire appliance shelf life of Food is very short.	Solar cooked food has 4-5 times more shelf life compared to food cooked on quick fire appliances.	Food cooked with electrical back up over a longer period also has longer Shelf life and saves lots of food, which is otherwise spoiled.
WATER OR OIL CONSUMPTION	In cooking over quick fire appliances with metal pots, due to localized heating lot of oil & food juice evaporates requiring more oil in cooking Food.	In solar cooker you can cook food with lesser oil, water does not evaporate, and you can cook from its natural juices which is healthier.	With electrical back up once you cook on slow switch position, you need not put much water in green leafy vegetables, which contain sufficient Water. Further food, cooked in its own juice is more caramel and sweeter. Cooker.
DISINFECTING MEDIC	Total sterilization is the only way to destroy all heats resistance once spore	Dry heat at 150° C totally destroys bacteria, disinfect	Hybrid Solar Cooker can support during non- sunny hour of the day.

SUPPLIES	It requires auto calve or pressure cooker to sterilize any medicine supply.	medical supply.
WATER PASTEURIZATION	It is well known that water can be made safe to drink if it is boiled at 100°C but boiling water at 100°C all useful minerals present in water are settled down and water tastes poor.	Tulsi pasteurizes water as Water borne organism are Killed 65oC.
		Hybrid Solar can pasteurized contaminated water during non-sunny hours.

Comparison of Tulsi Solar and Hybrid Solar Oven with other Cooking Appliances.

	LPG Gas Stove	Kerosene Stove	Electrical Heater	Electrical Micro oven	Hybrid Solar Cooker	Solar Cooker
Time required for cooking 4 dishes for 4-6 family members.	50 to 60 minutes approx.	90 to 120 minutes approx.	2 to 2.5 hours	60 to 90 minutes approx. Each dish takes approx. 15 minutes.	From Electrical backup alone 40 to 90 minutes During party Sunny hours 40 - 60 minutes approx.	From Solar 1-2 hours during broad daylight.
Cost of energy for cooking 2 kg. food	100 paisa approx.	2 - 3 Rs approx. min.	6 Rs. minimum	3 - 4 Rs. Approx.	20 - 40 paisa approx. depending upon ambient condition	NIL
Maintenance	Cheap and negligible	Expensive and requires regular maintenance	Expensive requires regular maintenance	Expensive and costly repairing	Cheap virtually maintenance free	No cost, very long life with virtually free operation.
Cooking	You have to constantly keep watch and remain with the burner. Negligence can burn, or over-flow your food. Burned gases pollute your house, gas cylinder can explode. Infect it burns, sufficient vitamins, enzymes carbohydrate, fiber and flavor of your food.	Difficult procurement of K. oil, time consuming, danger of fire in house you waste time in stirring controlling over flow etc. smell, pollution besides it burns vitamins proteins carbohydrates fiber and flavor of food.	Most consumes heavy electricity not available every where. Chances of electrical shock. Consumes time and you burn your food, if not attended. Yet cooks unhealthy food for family.	Special utensils are required to cook food. Requires experience in time setting, its time consuming to cook separate dishes one after the other. Different food requires time setting for each dish, food flavor is twisted. Effects your health and immune system of your family, you cannot cook Roties (Bread) or dry vegetable. The Electro-magnetic radiation generates	You can cook all four to six items at a time, during cooking you need not to stand while cooking, be it baking boiling simmering. Besides, it is a hot case too. Children can cook without any fuss. It is portable can be used any where even in drawing room, No fumes, no irritating smell during cooking hardly requires space, is portable. However, you cannot make purees. It keeps you food warm for 2-3 hours after cooking.	Cooks delicious food in natural way full of flavor taste, aroma, which keeps you healthy. You can cook number of items at a time. It does not require any attendance, during cooking food does not burn even is kept for whole day. Your family members can

				undesirable organic flavor.		always enjoy hot food irrespective of time. The finest cooking appliance known to humankind but you cannot cook roties, paratha, papad etc.
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USER'S GUIDE -

Part – I

TULSI SOLAR OVEN

1. USER'S INFORMATION

Most of our ancestors cooked with fire, while protecting food from burning and sticking to the pots by constantly watching and stirring. Solar cooking is different, but the difference is nice. Gentle cooking or slow cooking retains the moisture and vitamins, makes food tastier. Cooking time is generally 1-2 hours for cooking four different dishes depending on the solar intensity and type of food stuff to be cooked. You simply need only put the food stuff in and take out whenever you require for eating, no watching or stirring or worrying. In other words it is wonderful time saving cooking device.

Solar cooking is versatile and time-tested; you can cook variety of dishes without compromising on your health. In this booklet, are given few recipes to get you started and hint on how various dishes can be cooked. Solar cooked food has immense therapeutic value, especially at the time when **Killer Diseases are on the rise and human values are deteriorating.**

An important consideration in Tulsi Box Type Solar Oven design is the intended function. For general cooking, many of us prefer cooking below 130° C as this requires less attention and is very slow to be overcooked. Only few people are aware of the fact that

gentle cooking preserves flavor and nutrients, it does not produce harmful carcinogens, which develops in uncontrolled high temperature cooking. General recipe books indicate that cooking starts at about 70°C, some dishes are considered done when the internal temperature reaches 90° C.

Solar box cooking is a different technology. Food gets tender and develops delicate flavor when cooked at lower temperatures for longer time. Food cooked with solar energy is dedicated to the education and assistance of those choosing to maintain and/or improve their health through a healthy and nourishing diet at the same time saving their family from pollution menace and bringing happiness. Rohitas Electronics takes pride in offering a practical in use Tulsi solar oven, which cooks nutritious naturally flavored healthy food.

New technology relies on the freely available and bountiful gift of nature, i.e. solar energy available at hand and Tulsi Solar Oven is the result of 25 years of research on it.

2. BENEFITS OF TULSI SOLAR OVEN

Safest cooking appliance designed to cook healthy food for modern fast placed life style.

TULSI SOLAR OVEN IS AESTHETICAL, ELEGANTLY DESIGNED, SIMPLE & PRACTICAL IN USE. COOKS FOOD WITHOUT CONVENTIONAL ENERGY THAT PRODUCES FIRE, OR HARMFUL SMOKE. IT IS SAFE TO PEOPLE AND ENVIRONMENT; THERE ARE NO CHANCES OF INJURY AND PROPERTY LOSS.

- It cooks with solar energy which is a combination of natural energies and is simple, convenient and safe and that delicious four-course meal can be cooked even by kids, handicapped or aged people.
- It cooks food slowly at lower temperature in natural way, developing aroma, flavor and taste.
- It is safe to cook in Tulsi Solar Oven; no chance of fire, no stirring required.

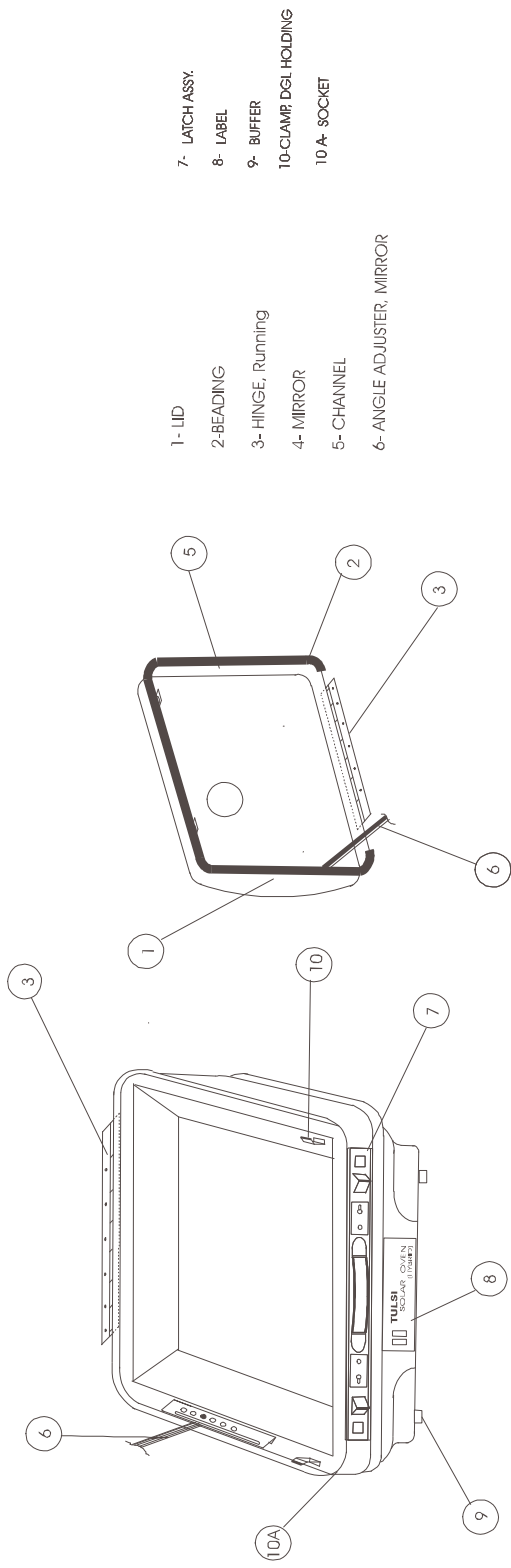
- It cooks with freely available solar energy, available everywhere. It is an outdoor cooking appliance that works nicely in camping or in travel
- Designed to suit modern nuclear family concept, is safe, economical and free from pollution menace.
- Tulsii Solar Oven cooks unattended and saves time.
- Food never over cooks.
- Economically weaker sections save on firewood/ kerosene/ coal or LPG while rich urban consume natural food to live happily without drugs and lesser diseases.
- Tulsii solar cookers are portable and energy consumed is free.
- No chance of milk spilling over or food is burned even if is left over the whole day.
- Shelf life of solar cooked food is three to four times more than the food cooked over other cooking appliances.
- Cooked food remains hot for hours no need to reheat food if there is gap between cooking and eating.
- Solar cooked food is charged with solar and cosmic energies (life forces) to keep you healthy and wise.
- Tulsii solar Cooke cooks number of dishes at a time without any fuss.

Saves time, money, labor, LPG gas which can be used for other tasks.

3. CONSTRUCTION

The body of Tulsii Solar Oven is made of UV stabilized Fiber reinforced plastic. A high reflectivity metallic mirror is fitted in the lid, which is hinged to the body. An angle adjuster mechanism is provided which adjusts angle as per Sun inclination so that reflected sunrays always fall on the pots and tray.

A double glass lid (DGL) is hinged to the body; it covers the black painted aluminum tray. The DGL along with the tray and seals make it a closed hot chamber and prevents heat loss. High-density insulation is provided at the bottom and around the cooking tray to prevent escape of heat. Four stainless steel pots painted with especially developed black paint are kept inside the tray for loading the foodstuff. Refer Illustrated view of components given below: -



- 1- LID
- 2-BEADING
- 3- HINGE, Running
- 4- MIRROR
- 5- CHANNEL
- 6- ANGLE ADJUSTER, MIRROR
- 7- LATCH ASSY.
- 8- LABEL
- 9- BUFFER
- 10-CLAMP DGL HOLDING
- 10 A- SOCKET

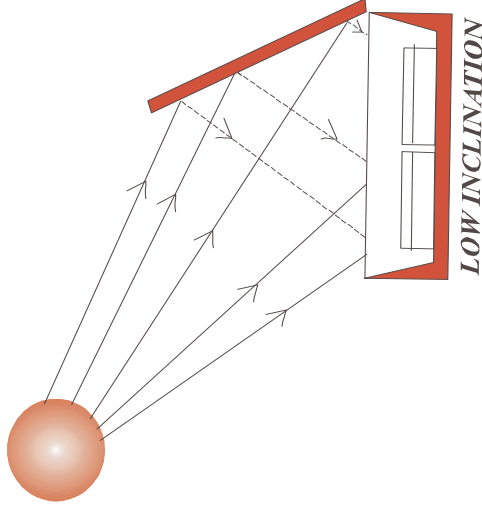
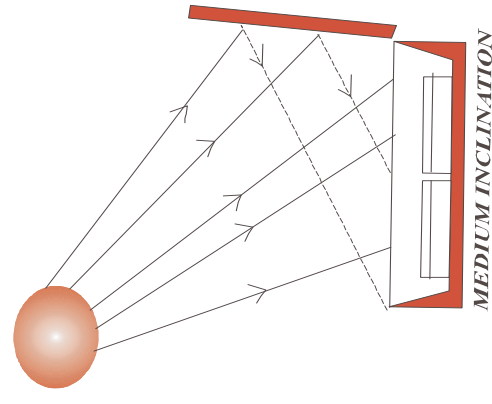
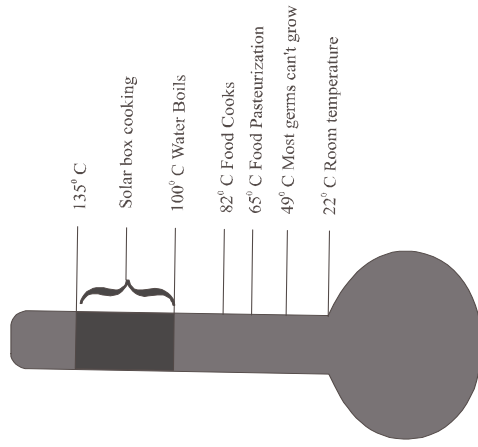
4. DIRECTIONS FOR USE

The first step before placing the Oven in the Sun is to ensure that the protection film from the Reflector is peeled off, and Reflector and the glasses are clean. Now take the Oven in the Sunlight, open the lid and let it remain in the Sun for about 15 to 20 minutes for pre-heating before loading the foodstuff.

Now cut and mix all the ingredients as per your recipe, open the cooking pots, place the food stuff in the pots and close the same; open the DGL (double glass lid), place the pots in the cooking tray and ensure that the DGL is tightly closed so that the heat does not escape from the Oven.
 Next step is to turn the Oven facing the Sun, adjust the Reflector so that the reflection of the Sun rays falls on the DGL, there by maximum heat is collected inside the tray. (Refer diagram below.)

Keep observing every 30 minutes that the direct and reflected Sunrays are falling squarely on the DGL. As the Sun moves in the sky drag the Oven in the direction of the Sun and adjust the mirror angle accordingly

SUN POSITION DURING A DAY



- While cooking use water only if required. Do not add water to green vegetables, preferably use little water.
- Keep containers closed while cooking, however, in case of bread, cake etc. or for shallow frying, pots should be kept open.

- Soften hard pulses in water for at least 8-9 hours or overnight before cooking for tastier, nutritious and quicker results.
- Do not open DGL once the food is placed inside for cooking until the water droplets start flowing inside the DGL indicating that the food is cooked.

When the meal is ready open the lid carefully as steam will gush out and may cause injury. Use gloves.

It is suggested to use specially designed four Nos. of Stainless Steel cooking pots supplied with Tulsi Solar Oven, to save time, prevent cooking failures and preserve food value. These pots are painted with especially developed black paint. However, you are at liberty to use your own glassware or other metal cooking pots but those may not be efficient and may increase cooking time.

5. SAFETY INSTRUCTIONS

- Keep Tulsi Solar Oven in vertical position during transportation to avoid damage to Reflector or Glass breakage.
- Use hand gloves while loading and unloading the pots to avoid any injury due to hot gases.
- Mirror lid should always be kept open while cooking with Sunrays or electrically; when the cooking is over close the lid only when the Oven is cooled down.
- Switch off the supply before loading or unloading food while cooking electrically.

6. MAINTENANCE AND CARE OF TULSI SOLAR OVEN

Tulsi oven is virtually, a maintenance free cooking appliance requiring only general up keep, periodic inspection for condition and regular cleaning for best performance and long life.

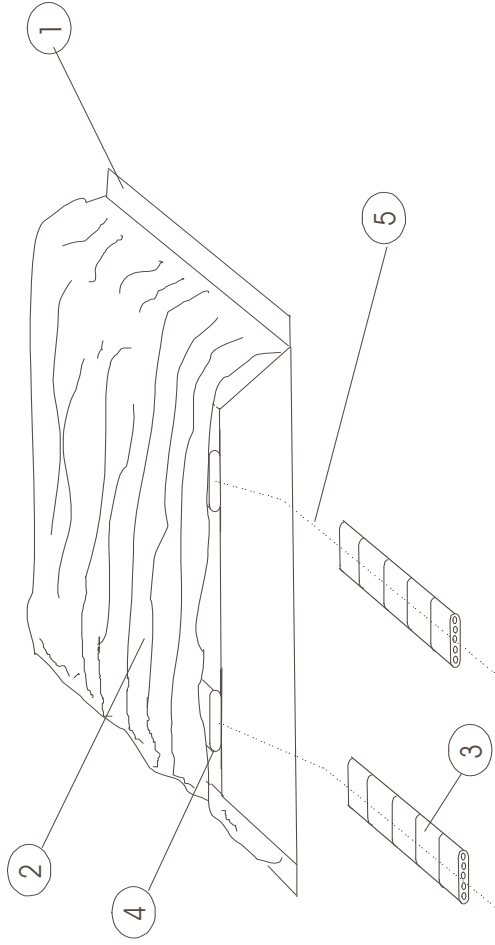
- Scrubbing with coarse material will damage the black surface required to absorb solar heat. Although the black coating is long lasting, but in case the Tray or cooking Pots require recoating, paint with matt finish Black Board Paint.
- Keep the Reflector and glasses clean and free from dust. Clean surface improves performance.
- **Water or any type of chemical should not be used for cleaning the Reflector, gently use only dry cloth.**
- Tulsi solar oven is light - weight, you can carry it inside overnight to protect it from rain and animals.
- Take care of surface materials and glass, because they are liable to be damaged or broken.
- Inspect periodically the cooker for condition and repair / replace the damaged seals etc.

Part II

TULSI HYBRID SOLAR OVEN

1. GENERAL

There is no difference in Tulsi Solar Oven and Tulsi Hybrid Solar Oven except that an electrical system is provided in Tulsi Hybrid Solar Oven, which enables cooking round the clock through-out the year. Heaters are provided at the bottom of the Tray connected to a Thermostat, which controls and maintains the required temperature within the specified range by cutting in or out the electric supply. Two illuminated Switches are provided on the front panel. When the cooking is set to low one Switch illuminates and when it is set to high both Switches illuminate. Refer diagram below for heating elements layout below the Tray.



- 1 - TRAY
- 2- Insulation
- 3 - CLAY (Biscuit)
- 4 - Al. PLATE
- 5 - Heating element

2. DURING BROAD DAY LIGHT

Follow instructions given in Part – I for TULSI SOLAR OVEN.

3. HOW TO USE TULSI HYBRID SOLAR OVEN

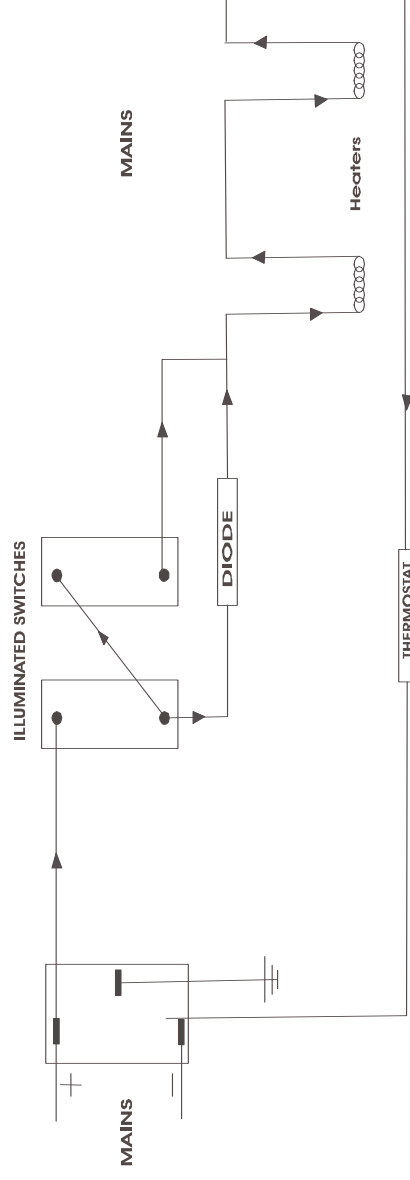
When electrical back-up is required for cooking, pre-heat for ten minutes and thereafter load the food stuff. Close the Pots and place them in the Tray and tightly close the DGL.

Ensure that the Power Line Voltage and the Voltage of Tulsii Hybrid Solar Oven is same by referring the Label affixed near the Socket. Now plug in the Power Cord.

Put the Oven Switch on 'Low' which will get illuminated indicating Low temperature mode; for high setting simultaneously put 'On' the other Switch also and observe that both the Switches will illuminate. The Thermostat will control the Oven temperature and will take care of cooking. Unlike in cooking heaters and other modern cooking Appliances electric consumption in Tulsii Hybrid Solar Oven is low just because the heaters do not remain on during the entire cooking period and that the Heaters fitted are low wattage Heaters.

4. CIRCUIT DIAGRAM

Circuit diagram of Tulsi Solar Oven (Hybrid)



5. SPECIFICATION

Basic Tulsi Solar Oven (without electrical backup) is of the same standard as GRADE 'A' of Indian Standards Specification No. IS: 13429: 2000.

Tulsi Hybrid Solar Oven is a variant of the above with electrical heating system as an additional feature.

Technical Specification:

Aperture area	: 0.2372 m ²
Cooking Capacity	: Two Kgs. approx. at a time.
Cooker box material	: Fire retardant resin, UV stabilized, Fiberglass body.
Pots	: Four stainless steel, solar black painted.
Cooking tray	: Al. 480 x 480 mm.
Cooker outer box	: 535 x 535 mm.
Heater power	: High – 500 watts ± 10 %, Low – 250 watts ± 10 %
Voltage	: Oven is supplied in 12, 24, 48, 110 or 220 Volts.
Power consumption	: 0.15 to 0.50 units for cooking one time meal depending upon ambient conditions, quantity and quality of food etc.
Switch Position	: Low - for gentle cooking. High- for faster cooking.

Part III

1. RECIPE INFORMATION

SOME USEFUL SUGGESTIONS FOR COOKING IN TULSI HYBRID SOLAR OVEN

Preheat Oven for 10-15 minutes on normal mark before beginning of cooking to destroy harmful bacteria, which may be present in the Oven during storing. A detachable electric Power Cord is provided. Connect it only when you use with electrical back up (in door use). Cookers generally are available for 125/250 Volts power supply, but other voltage Ovens are also available.

Browning method: Browning improves the appearance and flavor of many recipes. Some people, however, prefer not to do this and it is really a matter of individual taste. Browning can be done in many ways.

- (a) Heat a little oil in a small pot during pre-heating time then add thin sliced Onion, Asafetida etc, according to requirement and after 20 minutes transfer it to vegetable or meat.
- (b) Once a week prepare different combinations of herbs onion in oil for 30 minutes, store in a bottle, pre-heat the Oven, and transfer the required amount of mixture.
- (c) Cook vegetable/meat and brown in separate small pot. After cooking is over transfer this browning vegetable meat/ etc.

Follow the method given below if you are short of time. For a low fat diet, it is suggested not to brown food.

1. Switch on at "Low" mode for cooking food.
2. Put vegetables/meat salt along with all spices. (different dishes in different pots).
3. Add herbs and seasonings with minimum quantity of water, since water does not evaporate during cooking inside the solar Oven, except in pulses and rice where more water is absorbed in the food itself.

OVEN SETTING AND TIME

After placing food into the Tulsi oven, adjust the Oven properly in the open Sun or take it in if desire to use with electrical power. Select Switch mode whichever suits the day. "Low" is used throughout cooking for certain recipes,

i.e., steamed pudding which include a raising agent, need a high temperature to ensure that the sponge or such mixture rises, while chicken and joints of meat should be cooked only on high to ensure quick heat penetration into the solid. Chicken chops and cubes of meat may be cooked on low, as per requirement. However, most of the vegetarian food cooked on “LOW,” tastes better. Indian Vegetarian food on “LOW” setting is most delicious where normal cooking time is 1 to 2. Hours, food cooked for long hours tastes good.

DURING COOKING

After closing the DGL, it is best to forget about the Solar Oven until you are ready to serve the food. Resist the temptation to lift the lid and peep for checking cooking of food because lifting of lid causes temperature drop and it will take some time to develop the same temperature again. The food should not be stirred until the end of cooking.

COOKING UTENSILS

Stainless steel containers for cooking food duly black painted from outside are supplied with the Oven. While using Solar Oven with electrical back up, you can conveniently use your own utensils, may be stone or glass ware or any other metal, provided height of containers do not touch DGL, in that case cooking time will vary. In case of use of stone or glassware one has to increase cooking time by about 50%.

USE HYBRIDS SOLAR COOKER AS A HOT CASE / ICE BOX OR A CURD MAKER

Hybrid Solar oven is well insulated, and can be used as an Ice Box/Hot Case for keeping food hot or cold for 4-5 hours. Thus Solar Oven can be used as a Curd Maker too; just heat milk slightly and allow fermenting milk after adding about 4 teaspoons of curd. The curd will be ready in few hours.

PLAIN RICE

Put rice into one of the pot and add the usual amount of water (double) this is usually one part rice to 2 parts of water, but adjust if you prefer your drier or wetter.

STEWED TOMATOES

Whole Tomatoes, small pieces of bread and cheese. Salt, paper, basal of other favorite's herbs.

Place each tomato in a custard cup and slice part way down into quarter. Sprinkle small pieces of bread and cheese on the top/ put custard cups inside a covered black pan. Bake about an hour.

WHOLE TOMATOES, BEETROOT ETC.

Wash potatoes and simply keep them a covered or uncovered pan or put oil on the skins. If like them. Cooking time is usually 1-2 hours in sun depending upon size of potatoes.

BEANS (DRIED)

For faster cooking soak most beans in water overnight) (pinto beans do not **need presoak** Add usual amount of water. Depending on type and condition of beans, some cook in 1 to 1-1/2 hours or more add salt. Tomatoes, onions serve over rice cooked in separate pot or add rice to cook with the beans for 1 hour.

REFINED BEANS

Dried pinto beans 1 Cup Water 3 cups
Chopped Onions 1

Add 3 cups water to the beans. Bake 2 hours. Drain (but save) the liquid; mash the beans, adding liquid to get the consistency you prefer. Add spices to taste such as cumin, salt, garlic power, pepper and chopped onions

(Soaking most beans overnight reduce cooking time though pinto beans sometimes cook fine without presoaking)

FRESH VEGETABLES

Add no water. Cook most green vegetables just 1-½ hours. If cooked longer they lose nice green color, though flavor is fine. Most root vegetables take more time.

LASAGNA

Spaghetti Sauce	1 Lt.	Ricotta Cheese	½ Kg
Shredded morsels Cheese	½ Kg	Parmesan Cheese	
Lasagna noodles	¼ Kg		

Method:

In the bottom of the pan pour 1/3 of the spaghetti sauce. Coat uncooked noodles with ricotta cheese and make a bottom layer in the pan. Add half the shredded mozzarella. Repeat to make a second layer. Top with remaining spaghetti sauce and Parmesan cheese. Cover and bake for 2 hours.
(No need to pre cook the noodles)

BROCCOLI SOUP

Butter/Margarine	25gm.	Onion	1 finely chopped and saluted.
Broccoli	450 gm.	Chicken stock	850 ml.
Salt	2 tsp.	Pepper	
Nutmeg	½ tsp.	Evaporated milk	1 can.

Method

In the preheated Tulsii add broccoli, onion, butter, Add stock and seasoning. Cook for 2 hours. After cooking, liquidize or sieve and stir in the milk. Reheat for some time and serve hot.

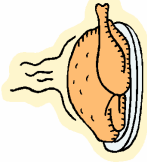
BEAN SOUP

Mixed beans 2 cups
dried parsley 3 tbsp
Dash oregano
Red pepper (optional)
ham hock 1 or 4 strips of bacon (smoked)

 onion
 garlic
1 large chopped and sautéed
4cloves chopped and sautéed
tomatoes, 2 chopped
green pepper 1/2, chopped

Method:

Preheat Tulsī. Place ingredients in pot and cover to within 1 inch of top with soup stock or 3 cubes of beef bouillon in water. When done, add 1/2 lemon or 2 tablespoons vinegar. Cook for 4 hours or until done.



PORK CHOPS

Pork chops 2 fairly thick Flour
Salt and pepper

Coat chops with flour, salt and pepper. Sear on both sides. Place in a dark pan, uncovered, and bake in preheated, Tulsī cooker. Remove from cooker and cover with gravy; return to the cooker for about 45 minutes. Serve with rice.

CHICKEN CURRY

Broiler chicken	1 no.	Ginger	10 Gms.
Coriander seeds	20 gems.	Onion	1 No.
Pepper corns	5 Gms.	Oil	30 gms.
Garlic	10 gms	Chili red	10 gms
Turmeric	5 gms.	Pepper	1 tsp.
Bay leaf	1 no.	Salt to taste.	

Method

Clean the joint chicken
 Grind separately garlic, ginger, and salt, apply on chicken, and set aside.
 Roast and grind red chillies, peppercorns and coriander along with onion, turmeric and pepper
 Arrange the chicken in the solar cooker container; add pepper bay leaf, oil and water to cover the chicken.
 Set the solar cooker in the sunlight.
 After 50 minutes take it out, mix well and serve hot. Note: if using young chicken cook for 1 hour or more.



POT ROAST

A super one- pot meal with vegetables of your choice, such as potatoes, carrots, Onion, turnips, celery, Zucchini, and Mushrooms. Just put any size pot roast and vegetables together in a pot: add no **water, cook one, plus hour. If you cook all day, meat gets very tender.**

CHEESY POTATO CASSEROLE

Butter ¼ cup onions 1 cup chopped
cream of chicken soup 1 can sour cream 1 16-ounce
frozen hash brown cubed potatoes, thawed 1 20-ounce bag
grated sharp cheddar cheese 8 ounces
Crushed potato chips for topping
Melt butter in small pan. Sauté onion until translucent. In a bowl, stir together sour cream, chicken soup and onions. Mix well. Add potatoes, salt, pepper and cheese. Stir until all ingredients are well blended. Pour into un-greased dark-colored dish. Sprinkle potato chips on top. Cook for 2 hours in Tulsii.

ROAST CHICKEN

Chicken Margarine
Salt and pepper
Rub chicken with margarine, salt and pepper. Cook in covered baking dish, using basting syringe to baste occasionally with pan drippings. Chicken is done

SWEETS



CARAMEL CUSTARD

Milk 250 ml Eggs 2 nos.
Sugar 50 gm grated nutmeg a pinch

METHOD

Dissolve sugar for caramel in water in the solar cooker smaller container
Keep in solar cooker smaller container and first get it browned.
Boil the mild and pour over beaten eggs and sugar.
Strain into the prepared container. Sprinkle over with grated nutmeg.
Set the solar cooker in the sunlight.
After one-hour remove, cool for few minutes and turn on to dish. Serve either hot or cold.

BREAD PUDDING

Bread	115 gm.	Milk	225 ml
Sugar	60 gm.	Eggs	2 nos.
Sultanas	30 gm		
Grated nutmeg	a pinch		
Cashew nuts	30gm	Lemon rings	a little.

METHOD

- Break bread in small pieces.
- Boil the mild. Pour over bread. In addition, set aside for half an hour.
 - Beat eggs well, add sugar, and grate lime ring. Nutmeg and pour over bread.
 - Add sultanas, cashew nut and mix well.
 - Pouter into greased solar cooker container
 - Adjust the solar cooker in the sunlight.
 - After 50 minutes take it out and serve with custard.

PLUM PUDDING

Flour	65 Gms.	Bread crumbs	55 gms.
Margarine/ butter	100 Gms.	Brown sugar	115 gms.
Eggs	3 nos.	Sultanas	55 gms.
Mixed peel	55 gms.		

METHOD

Put flour and bread crumbs into basin.

- Add all other ingredients mix well.
- Put into well greased solar cooker container
- Pre heat solar cooker in sunlight or with power in case of hybrid solar cooker.
- After one hour take it out and serve with custard sauce.



CHOCOLATE CAKE

Flour	115 g	Powdered sugar	115 GMS
Baking powder	¼ tsp.	Butter	75 GMS
Eggs	2 nos.	Milk	30 ml
Coca powders	30 g.		

METHOD

- Sieve flour, baking powder, and cocoa.
- Cream butter and sugar till light and fluffy.]
- Add eggs one at a time followed by one-tablespoon flour.

- Fold in the rest of the flour
- Add milk to form a dropping consistency.
- Grease and line the cooker with greaseproof paper.
- Put the mixture in to the prepared container and placed in pre heated solar cooker.
- Cook it for one hour.
- Allow cooling in the same container turning out and serve.

FAMILY FRUIT CAKE

Self-raising flour (or plain flour)	200g	mixed spice	1 level tsp.
Baking powder	2 level tsp	cinnamon	½ level tsp.
Butter or margarine	75-100 gm	sugar	75-100 gm
Currants	100 gm	Milk	125 ml.
Sultanas	100 gm	mixed peel	25 gm
Egg	1		

- Sieve the flour and put baking powder with the spice and cinnamon.
- Rub in the butter or margarine until the mixture looks like fine breadcrumbs.
- Add the sugar, dried fruit, and peel.
- Mix with egg and mild to form a soft consistency, i.e., so the mixture drops easily from a knife.
- Put into the greased and floured loaf tin, making the mixture quite level on top.
- Bake for the time and at temperature given.
- Test the cake before removing from the tin. Ensure the cake has shrunk away from the sides of the tin, and when a fine skewer is inserted into the cake, it should come out quite clean. Slice and serve. If any mixture is left and becomes cold spread with a little butter and use as bread.

SPONGE CAKE

Eggs	2	castor sugar	50-75 g
Flour (with or without baking powder or use self-raising flour)			50 gm
Hot water	1 dessertspoon		

Coating:
Butter flour and castor sugar

- Put the eggs and sugar into a large mixing bowl, and whisk until the mixture is thick and creamy (you see the trail of the whisk). If done over hot water continues beating until the mixture cools again.
- Sieve the flour at least once.
- Fold gently into the egg mixture with a metal spoon. Lastly, fold in the water.
- Grease the tin lightly, then coat with flour or an equal mixture of flour and castor sugar.
- Spoon the mixture carefully into the tin.
- Keep it in the cooker.
- Test cake before removing from the oven-press with finger, if no impression remains the cake is cooked.
- Turn the cake out carefully, allowing it 1 minute to cool in the tin. Split and fill with jam or cream.

SAUCE

Chunk pineapple (reserve fruit) 1 cup juice from a 17-oz. can

brown sugar ½ cup ground ginger 1 teaspoon
salt ½ tsp. Cornstarch 2 tablespoons
cider vinegar ¼ cup Soya sauce 2 tablespoons

Cook, stirring constantly, until thickened. Set aside. Arrange the following over meatballs:
1 green pepper, cut in one-inch pieces, slightly blanched.

Drained pineapple from can (above)

1 large or 2 small tomatoes cut in 8 pieces.

Pour sauce over all

BANANA BREAD

Flour 2 cups baking soda 1 teaspoon
sugar 1½ cups shortening ½ cup
buttermilk ½ cup eggs 2
bananas 2 (mashed or blended) walnuts 1 cup chopped

Mix all ingredients well. Pour into greased and floured loaf pan. Bake in the solar cooker; expose it for 1-½ hours or until toothpick inserted in center.

HOME BAKED BREAD

Bread flour 3 cups
salt 1 tsp.
water 1¼ cups. Yeast Olive oil corn meal or whole-wheat flour ¼ cup
1 tsp

The dough to a greased loaf pan and place in the microwave oven with 2 cups of hot water. Dough should double in size in about 35 minutes. Remove to your **Tulsi** and bake for approx. 45 minutes. For a better crust, brush loaf tops with salt-water 5 minutes before done. Test for doneness by tapping the loaf, if it sounds hollow, the bread is done.

CORN BREAD

Jiffy Corn Bread Mix 1 package Egg 1
Green onion 1 chopped Buttermilk 1

Mix bread mix egg and green onion with enough buttermilk to get the right consistency. Put the mixture in preheated **Tulsi** until done.

WHITE BREAD TIN LOAF

Cooking time 30-40 minutes with electrical backup and 1-2 hours in Solar.

Yeast liquid Sugar 1 tsp.
Warm water 250 ml. Fresh yeast 15 gm
(If fresh yeast is unavailable use 1 level dessertspoon dried yeast)
Dry ingredients
Lard or margarine 15 gm. Flour 400 gm.
Salt 1-2 level tsp.

- Dissolve the sugar in the warm water. With fresh yeast add liquid and use immediately. Sprinkle dried yeast on top of liquid- leave for 10 minutes or until mixture becomes frothy.

- Rub the lard into flour and salt, sieved into a warm bowl. (All yeast utensils need to be warm.)
- Add yeast liquid and knead well.
- Cover the bowl with a cloth or put dough into a greased, large polythene bag.
- Allow rising until double its size; this takes about 45-60 minutes in a warm place –2 hours in a cool room.
- Re-knead dough; continue kneading until dough springs back when pressed with a floured finger.
- To shape loaf press to oblong, fold in three and put in a greased warm tin.
- Prove again until raised to the top of the tin.
- Bake in Solar Cooker with.

To test: Knock bottom of loaf- it should sound hollow.

Note: The liquid in yeast cooking should not exceed (38°C). Preferably use strong flour – a little more may be needed as makes of flour vary for liquid they absorb.

COB LOAF

Cooking time 40-90 minutes with electrical back up alone and 1-2 hours from solar (depending upon solar intensity)

Yeast liquid:

Sugar 1 tsp. Warm water 250 ml.

15 gm fresh yeast or 1 level dessertspoon dried yeast

Dry ingredients:

Lard or margarine 15 gm flour 400 gm

Salt -2 level tsp.

Coating:

Little extra flour

- Prepare the yeast liquid as in preceding recipe or cream the yeast and sugar. Add the warm liquid, sprinkle the top with flour, and leave in a warm place until the sponge breaks through.
- Rub the lard into flour and salt, sieved into a warm bowl. (All yeast utensils need to be warm.)
- Add yeast, liquid knead well.
- Cover bowl with a cloth or put dough into a greased, large polythene bag.
- Allow rising until double its size; this takes about 45-60 minutes in a warm place –2 hours in a cool room. Re-knead dough; continue



kneading until dough springs back when pressed with a floured finger.

- To shape the cob loaf, mould dough into a round ball, flatten slightly and cut top of
- Loaf with a sharp knife.
- Dredge with a little extra flour, put on to a lightly floured tray to prove. Cover with greased polythene, if wished and leave until double in size.
- Bake until the given time.

To test: Knock bottom of loaf- it should sound hollow. Store in an airtight tin or bread bin.

Note: The liquid in yeast cooking should not exceed (38°C). Preferably use strong flour – a little more may be needed as makes of flour vary for liquid they absorb.

Porridge (Namibian)

- 1 part millet-flour (Mahango)
 - 2 part water
- Put water into the solar box cooker. Wait until it boils. Add flour and mix well. Boil the porridge for one or two hours while stirring.

Porridge for the children (for 5 children)

- 1 cup millet-flour (Mahango)
- 2 cups water
- 1 egg
- 2 tablespoons milkpowder
- 1 tablespoon sugar
- 1 tablespoon vegetable oil

Make loose porridge. Add one egg and mix well. Add the other ingredients and mix well. Serve porridge when it is still hot.

Cabbage Casserole (for 10 persons)

- 1 kg cabbage
- 5 dl water
- 3 dl rice
- 0,5 teaspoon salt
- 300 g ground beef
- 1-2 chopped onion
- 1-1,5 teaspoon salt
- 0,5 teaspoon white pepper powder
- (2-3 tablespoons syrup)

In the bottom of the roaster pan, place 1/3 of chopped cabbage and a little salt. Mix together ground meat, rice, chopped onion and spices. Spread this mixture over the cabbage. Then cover the mixture with 1/3 of chopped cabbage and salt. Spread the rest of the mixture over the cabbage and top with remaining cabbage. Pour over water in casserole. Cover and bake for 3 hours in solar box cooker.

Meat-vegetable casserole (for 5-6 persons)

- 500 g meat
- 2 onion
- 2 tomatoes
- 1 dl cooking oil
- salt
- black pepper
- season as you like

Put meatcubes, chopped onions, chopped tomatoes and all other ingredients in casserole. Cover the casserole and bake in solar box cooker 1 to 2 hours.

Fish-vegetable casserole (for 5-6 persons)

- 4 large tomatoes
- 2 carrots
- 4-5 potatoes
- salt
- white pepper
- lemon juice (half lemon)
- 1 onion
- 500 g fish (fresh or frozen)
- 1-2 dl peas

Peel potatoes, carrots and onion. Cut potatoes into halves, carrots into small cubes and chop onion. Mix all ingredients slightly in casserole and cook in the solar box for about 2 hours.

Macaroni-meat casserole (for 6-8 persons)

- 3 dl macaroni
- 250 g ground meat
- 1 onion
- 1 teaspoon salt
- white pepper
- 5 dl milk
- 2 eggs
- salt

First boil macaroni in water (1 litre) in the solar box for about half an hour. Pour off water and put ground meat, chopped onion, spices, mixed milk and eggs into the pot and bake casserole for about 3 hours in the solar box. The casserole will be ready when it has acquired a firm texture.

Cooked beans (for 6-8 persons)

- about 3 dl soaked beans
 - 3/4 l water
 - 1 teaspoon salt
 - 1 bayleaf
 - 1 bouillon cube
- Soak beans overnight. Pour the water off and rinse beans with clean water. Put all ingredients into a pot and cook beans until their size has doubled.

White beans in tomato sauce (for 6-8 persons)

- 2 onions
 - 1-3 tablespoon butter
 - or margarine
 - 4 large tomatoes
 - 1 tablespoon tomato purée
 - 1 teaspoon salt
 - 1 teaspoon basil
 - 5 dl cooked white beans
 - parsley
 - (lemon juice)
- Boil chopped onions in margarine. Add mashed tomatoes, purée and salt, and simmer in the solar box for about half an hour. Add herbs and cooked beans. Let the mixture boil and serve with grilled meat or sausages.

Finnish meat stew (Karelian stew) (for 6-8 persons)

- 500 g meatcubes (half beef, half pork)

- 1-1 1/2 teaspoon salt
- 4-5 allspice (pepper)
- water
- (2 onion)

Put all ingredients in a pot. Pour water in until two-thirds of the meatcubes are covered. Let the stew boil slowly in the solar box for about 4 to 5 hours. When this meal is ready, the meat will have become very smooth and tasty.

QUICK 'N' EASY INDIAN SNACKS AND MEAL WITH TULSI SOLAR AND HYBRID SOLAR OVEN

FEW INDIAN RECIPES

PLANE RICE

Put rice into one of the pot and add the usual amount of water (double) this is usually one part rice to 2 parts of water, but adjust if you prefer your drier or wetter.

VEGETABLES AND RICE

To make rice into great vegetarian meal put vegetables of your choice (onion, squash, celery, carrot. Peas etc.) Right in with the rice and water. If you use FRESH vegetables, cooking may take only 45 minutes to one hour in bright daylight.

CHICKEN BIRYANI

Just put raw cut chicken pieces on top to cook along with the rice salt to taste and other condiments and spices and cook one hour, Add about ¼ less water to the rice, as juices from the meat will replace it.

FRUIT, SUCH AS APPLES, PEACHES, BANANAS

Cups of several peaches, bananas apples or mixture (remove peaches, apple cores) into a pan Sprinkle with sugar and cinnamon. Bake one hour, more if desired. Optional meringue topping: Beat three eggs whites until stiff, adding one teaspoon of vanilla and ¾ cup of sugar while beating. Spread on top of cooked fruit. Return to solar box and bake uncovered 1/2 hour. Serve hot or cold.

BEVERAGES

Tea hot water can be ready most of the day. Mild can be pasteurized during sunny hours during non-sunny hours you can use electrical backup.

SAUCES/GRAVY (WITH FLOUR OR STARCH)

Heat juices and flour separately with cooking oil in the floor. Then combine and stir. It will be ready quickly. During non-sunny hours, you can use electrical back up or solar and electricity both.

ROASTING NUTS

Bake in uncovered pan. Almonds- 1/2 hour, peanut-1 hour.

FRESH VEGETABLES

Add no water. Cook most green vegetables just 1-1/2 hours. If cooked longer; they loose color, though flavor is fine. Most root vegetables take more time.

STEWED TOMATOES

Whole Tomatoes, small pieces of bread and cheese. Salt, paper, basal of other favorite herbs. Place each tomato in a custard cup and slice part way down into quarter. Sprinkle small pieces of bread and cheese on the top/ put custard cups inside a covered black pan. Bake about an hour.

WHOLE TOMATOES, BEETROOT ETC.

Wash potatoes and simply keep them a covered or uncovered pan or put oil on the skins, if desired. Cooking time is usually 1-2 hours in sun depending upon size of potatoes.

SQUASH

Winter squash (Huber banana) cooks fast in large chunk in a covered pot. A bit of butter and brown sugar add flavor.

Add usual amount of water. Depending on type and condition of beans, some cook in 1 to 1-1/2 hours or more add salt. Tomatoes, onions serve over rice cooked in separate pot or add rice to cook with the beans for 1 hour.

REFINED BEANS

1 Cup dried pinto beans

Add 3 cups water and chopped onions

(Soaking most beans overnight reduce cooking time though pinto beans sometimes cook fine without presoaking)

Bake 2 hours. Drain (but save) the liquid, mesh the beans, adding liquid to get the consistency you prefer. Add spices to taste such as cumin, salt, garlic power, and paper.

BOILED EGG

Cook in shells without water 1 hour. Little longer cooking whites tend to “tan.”

COCONUT RICE

Basmati rice	200gms.	Coconut	1
Ghee	50 gm.	Onion	1 large, sliced
Pepper		Water	400g
Salt to taste		Bay leaf	1
Cinnamon	1” peck.	Cloves	4

METHOD

1. Clean, wash and soak rice for half an hour.
2. Scrap and grind coconut ads water. Squeeze out the milk and keep aside.
3. in ghee sauté onion, bay leaf cinnamon and cloves.
4. Add rice and add coconut milk to cook the rice. Add Salt.

BOILED RICE MASALA DAL

Rice	200 gm.	Tur-dal	100 gm.
Green chillies		5 gm.	Green coriander
Turmeric	a pinch	Coconut (grated)	25 gm.
Cumin (Jeera)	a pinch	Tomatoes (chopped)	100 gm.
Ghee (oil)	15 gm.	Salt to taste.	

METHOD

Grind together coconut, turmeric, cumin, and green chillies to a fine paste.

1. Wash and soak all.
2. Add the ground masala, tomatoes, ghee and green coriander.
3. Put this masala and all in the main solar cooker container.
4. Add enough water to cover the mixture.

5. Wash and soak rice.
6. Add double the quantity of water as to rice. Add salt to taste.
7. Put rice and water in the small container of the solar cooker.
8. Place this container in the main container and cover with the lid
9. Adjust the solar cooker in the sunlight and keep it for one hour.
10. After one hour take out the container, add enough salt to the dal, mix it well, and serve hot with boiled rice.

MOONGDAL KITCHEDI

Pulao Rice	200 gms.	Moongdal	100 gms.
Cinnamon (dalchini)	1 small pc.	Clove	3 nos.
Ghee (oil)	30 gms.	Coriander leaves	10 gms.
Turmeric	a pinch.	Salt to taste	

METHOD

1. Soak Rice and Dal overnight
2. Put the rice, dal, turmeric, cinnamon, cloves and ghee into the solar cooker container.
3. Add double the quantity of water to rice. Salt to taste and cover with lid.
4. Adjust the solar cooker in the sunlight and keep it for one hour.
5. After one hour take it out from the container and serve hot, garnished with chopped coriander leaves
- 6.

PALAK PANEER

Spinach	50 gm.	Tomatoes	100 gm.
Onion	1 No.	Chili powder	¼ tsp.
Paneer	200 gm.	Ginger	1" Pc.
Oil	100 gm.	Salt to taste.	

METHOD

1. Chop and wash the spinach. Cut the paneer into small one inch cubes cut the tomatoes into small pieces and chop the onion and ginger.
2. Put all the ingredients in the container in the cooker.
3. Leave the cooker for 1 hour, close the lid of the container before keeping it in the cooker, and do not add water to raw food.

VEGETABLE CURRY

Potato	1 piece.	Turmeric	1 tsp.
Chili powders	1 tbsp.	Carrot	1 Piece
Curd	½ liters.	Green peas	50 gms.
Beans	50 gms.	Garam masala	1 tsp.
French beans	50 gms.	Water	½ liter
Salt to taste.			

METHOD

1. Make a paste out of mixing curd and beans with water.
2. Cut all vegetables into small pieces.
3. Mix turmeric powder, chili powders, and salt to form a paste.
4. Put the mixture in the container and add the water. Close the lid of the container and place it in the cooker.
5. Leave the cooker for an hour, or 1-1/2 hour. Sprinkle garam masala and Ghee.

IDLI

Rice	200 gms.	Urad dal	100 gms.
Fenugreek seeds	little	Salt	to taste

METHOD

1. Wash and soak rice for about 30 minutes.
2. Grind coarsely in the grinder
3. Soak urad dal for one hour and grind with methi seeds until it is light and frothy
4. Mix ground rice, dal, and a little water and keeps it overnights.
5. Add a pinch of salt and steam in the solar cooker for 40 minutes
6. Serve hot with coconut chutney.

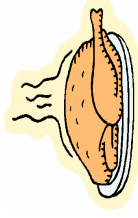
Note- To steam idle. Cook in smaller container along with sambhar in the large container or put idlies in smaller cups or perforated vessel, which fits snugly into the lower pots

SAMBHAR

Tur dal (arhar dal)	50 gms.	Red chillies	5 gms
Turmeric	pinch	Coconut	30 gms.
Asafetida (hing)	¼ tsp.	Brinjals	30 gms
Coriander	5 gms.	Methi seed	a pinch
Cumin	a pinch	Tamarind	20 gms.
Onions	one No.	Drumsticks	1 No.
Salt to taste.			

METHOD

1. Wash all. Put into the solar cooker, add enough water to cover and adjust the cooker in the sunlight and keep it for 45 minutes
2. Roast and grind coconut, coriander seeds, red chillies, methi seeds, turmeric, hing and jeera.
3. Cut the vegetables into large pieces.
4. Put ground masala and vegetables into the dal. Add enough water to cover and keep it again for cooking.
5. After 50 minutes add tamarind pulp, and salt to taste. Serve hot.



FISH CURRY

Fish	500 gm.	Chilies red	5 gm.
Chilies green	5 Nos.	Coconut	55 gm.
Garlic	few flakes	Tamarind (imli)	25 gm.
Coriander	3 tbsp.	Ginger	1 pc.
Turmeric	30 ml.	Salt to taste.	

METHOD

1. Clean and wash fish and cut into pieces.
2. Grind together coriander, red chilies, ginger, garlic, coconut, green chilies, and turmeric.
3. Add salt and tamarinds pulp to the masala and apply on the fish.
4. Arrange the fish in the solar cooker container, add enough water to cover the fish and adjust the cooker in the sunlight.
5. Keep it for 50 minutes and take it out.

CHICKEN CURRY

Broiler chicken	1 no.	Ginger	10 gms.
Coriander seeds	20 gms.	Onion	1 No.
Pepper corns	5 gms.	Ghee (Oil)	30 gms.
Garlic	10 gms	Chili red	10 gms
Turmeric	5 gms.	Garam Masala	1 tsp.
Bay leaf	1 no.	Salt to taste.	

METHOD

1. Clean the joint chicken
2. Grind separately garlic, ginger, and salt, apply on chicken, and set aside.
3. Roast and grind red chilies, peppercorns and coriander along with onion, turmeric and gram masala.
4. Arrange the chicken in the solar cooker container; add the ground masala, bay leaf, ghee and water to cover the chicken.
5. Set the solar cooker in the sunlight.

6. After 50 minutes take it out, mix well and serve hot. Note: if using young "DESHI" chicken cook for 1 hour or more.

EGG MASALA

Eggs	4 nos.	Onions	1 nos.
Oil	30 gm	pepper corn	few
Coriander seeds	25gms	Turmeric	½ tsp.
Red chillies	4 pcs.	Gram masala	½ tsp
Ginger	10 gm.	Coriander leaves	¼ bunch.
Vinegar (sirka)	2 tsp.	Water	400 ml.

METHOD

1. Chop onions, roast and grind coriander, paper corns, turmeric, red chillies ginger and garam masala along with onions.
2. Add vinegar, Water, oil, chopped coriander leaves, and salt to taste.
3. Put this masala into the solar cooker container and break the eggs into the masala.
4. Adjust solar cooker in the sunlight and keep it for 45 minutes.
5. After 45 minutes open the container and serve the egg curry, hot.

VARIATIONS: Instead of breaking the eggs directly into the masala, put in whole eggs let them cook in the masala. After 45 minutes remove the egg, shell, cut into halves and put into masala.

MUTTON KORMA

Mutton	500 gm.	Dry coconut	40 gm.
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Onions	100 gm.	Ginger	5 gm.
Garlic	few pods	Red chillies	5 gm.
Curd	125-gm.	coriander seeds	15 gm.
Poppy seeds	10 gm.	Pepper corns	2 gm.
Garam masala	5 gm.	Ghee	50 gm.
Salt to taste.			

METHOD

1. Roast and grind coconut, red chillies, coriander, poppy seeds, peppercorns, and garam masala along with onions, ginger and garlic.
2. Wash and cut mutton and soak in curds for half an hour.
3. Put mutton, ground masala, salt and ghee into the solar cooker and add enough water to cover the mutton, or preferably do not add water to let it cook with its own juice.
4. Set the cooker in the sunlight
5. After 1 1/2 hour , when the mutton is cooked serve hot in winter cook for 2 1/2 hour

MUTTON DHANSAK

Mutton	200 gm.	Tur dal	20 gm
Masur dal	10 gm	Moong dal	10 gm.
Val dal	5 gm.	Onions	25 gm.
Red pumpkin	50 gm	Methi saag (GREE)	20 gm.
Potatoes	50 gm.	Mint leaves	1 spring
Dhania hara	10 gm	Chillies green	2 gm.
Chili powder	2 gm	Jeera powder	1 pinch
Dry coconut	10 gm.	Ginger	2 gm.
Garlic	1 pod.	Pepper	few
Turmeric	1 pinch	Tomatoes	10 gm.
Brinjal	30 gm	Sweet potatoes	10 gm
Jeera Powder	½ tsp	Rice	200 gm.
Cinnamon	1 pc.	Cardamom	2 nos.
Cloves	4 nos.	Bay leaves	2 nos.

Salt to taste

METHOD

1. Wash and cut the mutton into large pieces. Chop the vegetables and onions.
2. Pick and wash all the dals, chop coriander leaves, mint leaves, and green chillies.
3. Roast and grind red chillies, jeera copra along with ginger, garlic, green chillies, and onion to fine paste.
4. Into the main container of the solar cooker put in the mutton, ground masala, chopped green leaves, pepper, turmeric, and tomatoes.
5. Add water.
6. Pick and wash rice, add double the quantity of water. Put the rice with water in the small solar cooker container.
7. Add cinnamon, cardamom, cloves, and bay leaf.
8. Place this container in the main container and cover with the lid.
9. Adjust the solar cooker in the sunlight and keep it for 1½ hours.
10. After 1.1/2 hours take out container, add enough salt to the dhansak and mix it well.
11. Serve hot with rice.

BROCCOLI CASSEROLE

Eggs	3	tablespoons flour	3
salt to taste		cottage cheese	8 oz
cheddar cheese	1 cup grated	chopped broccoli	2 packs

In a container, mix together eggs, cottage cheese, grated cheese, flour and salt. Thaw broccoli, drain, and mix into egg mixture. Cover and bake 1 hour.

BAKED VEGETABLES

Cauliflower	100 gm.	Tomatoes	100 gm.
Potatoes	100 gm.	Garam masala	1 tsp
Carrots	75 gm.	Shelled Peas	100 gm.
Salt to taste.	Oil		2 tsp.
Green chilly	2 - 3		

METHOD

Wash & cut all the vegetables. Put them in a container and boil them for 45 min...

White Sauce:

Boil 1 cup flour maida, half cup milk and 1 cup water, and cheese. Stir vigorously into a smooth paste. Make sure it does not form lumps. Pour this mixture over the vegetables. Grate a thick layer of cheese over it. Bake in the cooker till the cheese turns brown. Sprinkle garam masala and serve hot

PANEER TIKKA

Paneer	200 gm.	Cardamom	4-5
Onion	3 nos.	Cloves	3-4
Tomatoes	100 gm.	Sugar	1/2 tsp.
Ginger	1 Pc. Mawa		50 gms.
Garlic	3-4 pods	Oil	2 tsp.
Salt to taste.			

METHOD

1. Grind onion, ginger, garlic, and green chillies.
2. Add tomato puree, and all the dry ingredients.
3. Prepare curry and add salt, sugar, mawa, and a little water.
4. Put paneer pieces in the curry. Put a little oil in the container and cook.

VEGETABLE ROLL

Potatoes	½ Kg	Bread crumbs	
Peas Shelled	100 gms.	Green chillies	3 - 4
Carrots	½ cup	grated Dhania	25 gm.
Cauliflower	1 small	Refined oil	2 Tsp.
French Beans	½ cup	Grated Cheese	1 cup
Onion	½ cup	Red chilly powder.	½ tsp.
Salt to taste			

METHOD

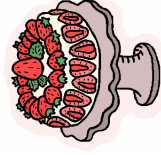
Boil and mash potatoes with a little salt in the refined oil. Add onion, chillies, dhania, salt and red chilly powder mix well. Add peas & other vegetables and cook in the solar cooker till tender. Spread a polythene and evenly put breadcrumbs on it. Put potatoes mix on these crumbs and roll them. Spread another polythene on these potatoes and roll out 1/2" thick. Remove the upper polythene and spread the cooked vegetables and paneer on it evenly. Now roll on an aluminium foil. Cook in the cooker for 1 1/2 hours in the sun.

PUNJABI DAL MAKHANI

Urad Dal Whole	200 gm.	Green Chillies	4
Moong Dal Whole	25 gm.	Green coriander	1 bunch
Masoor Dal Whole	25 gm.	Tomatoes	2
Moth Dal Whole	25 gm.	Asafoetida	a pinch
Rajma	25 gm.	Cumin seeds	1 tsp.
Chane Ki Dal	25 gm.	Butter/cream	50 gms.
Onion	1 Big	Chili pwd.	1/2 tsp
Garlic	8-10 pods	Dhania pwd.	1 tsp.
Ginger	1" pc.	Ghee/Oil	2 Tsp
Turmeric Pwd.	1/2 tsp.	Salt to taste	

METHOD

Make a paste of ginger garlic onion and green chillies. Wash all dals and put them in the container with 750 gms. water, turmeric powder, chilly powder, asafoetida, salt, 1 tsp. ghee, and the ginger garlic paste. Cook in the cooker till the dals are done. Slice other onion and green chillies. Heat one tap ghee; add Cummins seeds, fry onion and chillies till brown. Now add dhania, chilly pwd, and tomatoes. Cook till tender. Garnish dal. Serve with butter/cream.



SWEETS & JAMS

CARAMEL CUSTARD

Milk	250 ml	Eggs	2 nos.
Sugar	50 gm.	Grated nutmeg	a pinch

METHOD

1. Dissolve sugar for caramel in water in the solar cooker smaller container
2. Keep in solar cooker smaller container and first get it browned.
3. Boil the mild and pour over beaten eggs and sugar.
4. Strain into the prepared container. Sprinkle over with grated nutmeg.
5. Set the solar cooker in the sunlight.
6. After one-hour remove, cool for few minutes and turn on to dish. Serve either hot or cold.

BREAD PUDDING

Bread	115 gm.	Milk	225 ml
Sugar	60 gm.	Eggs	2 nos.
Sultanas	30 gm	Grated nutmeg	a pinch
Cashew nuts	30 gm.	Lemon rings	a little.

METHOD

1. Break bread in small pieces.
2. Boil the mild. Pour over bread. In addition, set aside for half an hour.
3. Beat eggs well, add sugar, and grate lime ring. Nutmeg and pour over bread.
4. Add sultanas, cashew nut and mix well.
5. Pouter into greased solar cooker container

6. Adjust the solar cooker in the sunlight.
7. After 50 minutes take it out and serve with custard.

PLUM PUDDING

Flour (Maida)	65 gm	Bread crumbs	55 gms.
Margarine/ butter	100 gms	Brown sugar	115 gms
Eggs	3 nos.	Garam masala	½ tbs.
Sultanas ((kishmish)	55 gms.	Mixed peel	55 gms.

METHOD

1. Put flour and bread crumbs into basin.
2. Add all other ingredients, mix well.
3. Put into well greased solar cooker container
4. Pre heat solar cooker in sunlight or with power in case of hybrid solar cooker.
5. After one hour take it out and serve with custard sauce.

BAKED COCONUT PUDDING

Bread	60 gm.	Coconut	60 gms,
Milk	300 ml.	Sugar	75 gms.
Lemon rings	a little	Margarine/ butter	30 gms.
Eggs	2 nos.		

METHOD

1. Heat the milk and margarine together.
2. Pour over the breadcrumbs.
3. Add grated coconut. Lemon ring. In addition, sugar.
4. Beat the eggs, add to mixture, and mix it well.
5. Allow to stand for half and hour
6. Put into a greased solar cooker container.
7. Pre heat solar cooker in sun or with power in case of hybrid cooker.
8. After one hour take it out and serve hot.

CHOCOLATE CAKE

Flour (maida)	115 gms.	Powdered sugar	115 gms.
Baking powder	¼ tsp.	Butter	75 gms.
Eggs	2 nos.	Milk	30 ml
Coca powders	30 gms.		

METHOD

1. Sieve flour, baking powder, and cocoa.
2. Cream butter and sugar till light and fluffy.]
3. Add eggs one at a time followed by one-tablespoon flour.
4. Fold in the rest of the flour
5. Add milk to form a dropping consistency.
6. Grease and line the cooker with greaseproof paper.
7. Put the mixture in to the prepared container and placed in pre heated solar cooker.
8. Cook it for one hour.
9. Allow cooling in the same container turning out and serve.

FRUIT CAKE

Flour	115 gms.	Baking powder	¼ tsp.
Mixed spice	½ tsp.	Egg	2 nos.
Powder		Milk	30 ml.
Butter	85 gms.	Candid peels	25 gms.
Powdered sugar	85 gms.	Caramel	30 ml
Sultanas	50 gms.		

METHOD

1. Clean sultanas and chop candied peel.
2. Sieve flour, baking powder, and spices.
3. Rub in the butter into the flour and add sugar.
4. Add fruits, well-beaten eggs, mild, and caramel to form a dropping consistency.
5. Line the solar cooker container with greased proof paper.

6. Put in the mixture and cover loosely covers the lid.
7. Adjust the cooker in the sunlight or connect power to mains and keep it for one hour,
8. After one hour take it out and allow cooling in the same container.

SPONGE CAKE

Eggs	2 castor	Sugar	50-75 gms.
Flour	50 gms.	Hot water	1 dessertspoon
Coating:			
Little butter			
Shaking of flour or flour and castor sugar			

1. Put the eggs and sugar into a large mixing bowl, and whisk until the mixture is thick and creamy (you see the trail of the whisk). If done over hot water continues beating until the mixture cools again.
2. Sieve the flour at least once.
3. Fold gently into the egg mixture with a metal spoon. Lastly, fold in the water.
4. Grease the tin lightly, then coat with flour or an equal mixture of flour and castor sugar.
5. Spoon the mixture carefully into the tin.
6. Bake for time and at temperature give.
7. Test cake before removing from the oven-press with finger, if no impression remains the cake is cooked.
8. Turn the cake out carefully, allowing it 1 minute to cool in the tin. Split and fill with jam or cream.

Variation: Plain flour can be used with no baking powder or with ½ level tsp., or use self-raising flour

JAMS AND GOOSEBERRY JAM

Gooseberry (Amla) –	1 kg.	Sugar	1-25
Salt	1 tsp.	Turmeric powders	1 tsp.
Nutmeg powders	1 tsp.	Ginger	50 gms.

The medicinal and nutritional values of the Indian Gooseberry (Amla) has been known down the ages, The fruits has 15 times more vitamin C. than lemon and 20 times more vitamin than orange beside out of basic six 'RAS' Amla has five RAS According to

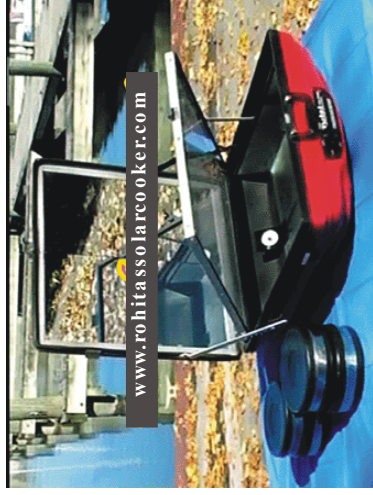
Ayurveda that is why is known as 'Amrit phal' super medicine or NECTAR. The fruit eliminates body fats. Stimulates, digestion, imparts strength to the body and bones, restores vitality, purifies blood and keep the skin healthy.
METHOD - Wash fruit and Solar bake for an hour .Now crush a rough pulp and remove stones. Add sugar and other ingredients, as per choice/ requirement. Again solar cook for one hour. Now your jam is ready, poor **hot into a bottle and screw tightly; this jam can be kept for years without spoilage.**

NOTE; - Do not mix sugar in starting or before gooseberry is baked.

PINEAPPLE JAM

Peel and dice yams. Add pineapple chunks and a bit of juice. Bake in covered pot about an hour.

Rohitas Electronics is world's only manufacturer of Tulsi hybrid (Electrical back up) solar Ovens with universal repute and recognition.



ALL ELECTRICAL COMPONENTS IN TULSI HYBRID SOLAR OVEN ARE U / L
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US FOOD AND DRUG ADMINISTRATION REGISTRATION # 11460627156

In the new millennium, profitability, productivity and perfection are the key words. One has little time to spend on the necessary house hold chores such as cooking. L.P.G. and Microwaves seem to be a practical ill'quick fix' to replace the long procedures in food preparation. The food industry is the second fastest growing industry today, expanding its range of products to make a variety of instant ready-to-eat or ready-to-cook foods, plentifully available in the market. The processing plants employ the use of microwaves routinely. Microwaves are used in hotels and fast food outlets and it is now a common household appliance. The dependency on microwaves for food preparation and the widespread use of microwave ovens imply that no one is exempt from its influence. The undoubted advantages of microwaves, besides speeding up cooking and re-heating, are quick thawing and dehydration (drying out) processes. They are cheaper on energy than conventional methods.



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