

Cooking a lamb roast in your solar cooker today.

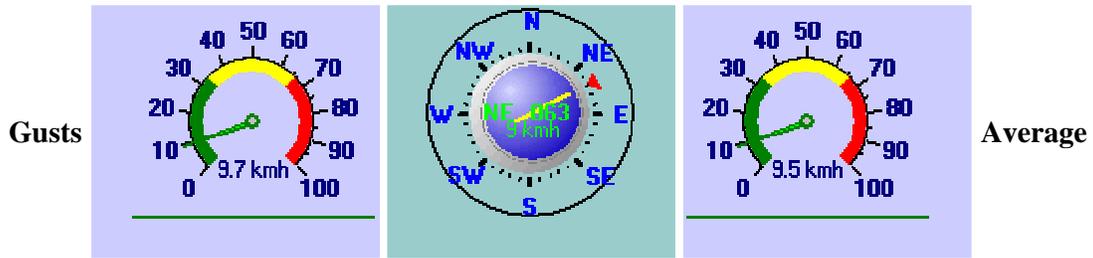
I had a small marinated road lamb weighing 1.6 kg very small but able to feed three just fine. Sitting in the freezer and put it in the fridge to throe out and not just out on the bench.

I got a regular size oven bag out and placed in a teaspoon full of flour to soak up the juices.

12 23: I decided to cook a roast for the evening meal later in the day about 7pm
The outside temp for Mansfield in Northeast Victoria.

Temperature / Humidity / Windchill Measured at 290M ASL					
General Conditions - Dry, Light Breeze North easterly at 12:27 PM 01/02/07					
Current Temp.	28.1°C	Max Temp Today	28.7 °C at 12:22 PM	Min Temp Today	11.1 °C at 6:53 AM
Windchill/Heat Index	27 C	Min Windchill Today	11.1 °C at 6:53 AM	Min Windchill Month	11.1 at 6 : 53 on Day 1
DewPoint	6.8 °C	Min Dew Point Today	3.2 °C at 4:44 AM	Windchill Record	-7.9 at 5 : 2 Day 21 4 2006
Humidity	26%	Max Humidity Today	63% at 6:49 AM	Min Humidity Today	26% at 11:52 AM
1Hour Change	+1.7C			Temp. 24hrs ago	24.1 difference now +4.1 °C
Max Temp Yesterday	29.0 °C @ 5:14 PM	Min Temp Yesterday	13.7 °C at 6:04 AM		
Max Temp Month	28.7C on Day 1	Min Temp Month	11.1C on Day 1		
Max Temp Record	40.7C on Day 22 1 2006	Min Temp Record	-3.1 C on Day 20 - 7 - 2007		

Wind Details			
Wind Speed	10.2 kmh (5.5 Knts) from NE	Max Average Today	31.2 Kmh (16.9Knts) at 12:26 AM from SSE
Gust Speed	6.4 kmh (3.5 Knts) from NE	Max Gust Today	37.0 Kmh (20.0Knts) at 12:26 AM from SSE
10 Minute Wind Speed	8.9 kmh from 36°	Max Gust last Hour	24.1 kmh NNE (13.0Knts) at 12:02 PM
Yesterday Max Gust	48.3 kmh SSE from the at 7:48 PM	Yesterday Max Av.	44.7 kmh S at 44.7 kmh S
Record Gust	90.7kmh on day 27 of 1 2006	Max Gust this Month	37.0kmh on day 1 of this month



Barometer				Cloud Base
Current Barometer	1018.9 hPa	Max Today	1021.2 hPa at 8:58 AM	
Change Last Hour	-0.9 hPa/hr - Falling slowly	Min Today	1018.5 hPa at 3:18 AM	
Change Last 3 Hours	-2.2 hPa - Falling	Change Last 6 Hours	-1.1 hPa	
Change Last 12 Hours	0.2 hPa	Change 24 Hours	---	
Yesterday Max	1018.8 hPa at 11:23 PM	Yesterday Min	1014.3 hPa at 2:24 AM	

Rain					
Rain 24 Hours	0.0 mm	Rain Since Midnight	0.0 mm	Rain 3 Hours	0.0 mm
Consec. Days no rain	10	Rain this month	0.0 mm	Rain last hour	0.0 mm
Days of Rain this month	0	Rain Rate	0.0 mm /hr	Max Rate Today	0.0 mm/hr at 00:00 AM
Last 7 Days Rain	0.0	Yesterdays Rain	0.0 mm	Rain this Year	23.2 mm

Source www.mansfieldweather.com.au

Quite a nice day with clear sky's after the smoke of the fires in the area past few weeks. So out comes the solar cooker. The slow rate of cooking adds so much more flavour and taste. Even more than the wood fired slow combustion stove. I love bread baked in the solar cooker. And just the best stews. It is very handy if only cooking for one or two people. I live alone and tend to pick instead of cooking a proper meal. With the solar cooker it takes a bit of meat and a few vegies. I do cheat and use frozen mixed vegies. (Too lazy to peel and cut the real ones up.) The way I tend to use it is, I put it on and forget it, and go to work. Sort of like a crock-pot inside which I have used in the past over winter. But this heats up the house too much during the summer. I eventually want to marry it to a dream pot which you start the cooking process and then use the thermos's like seal to slowly cook your food.

I shall log the times in and temps along the way and get back to you later in the day.



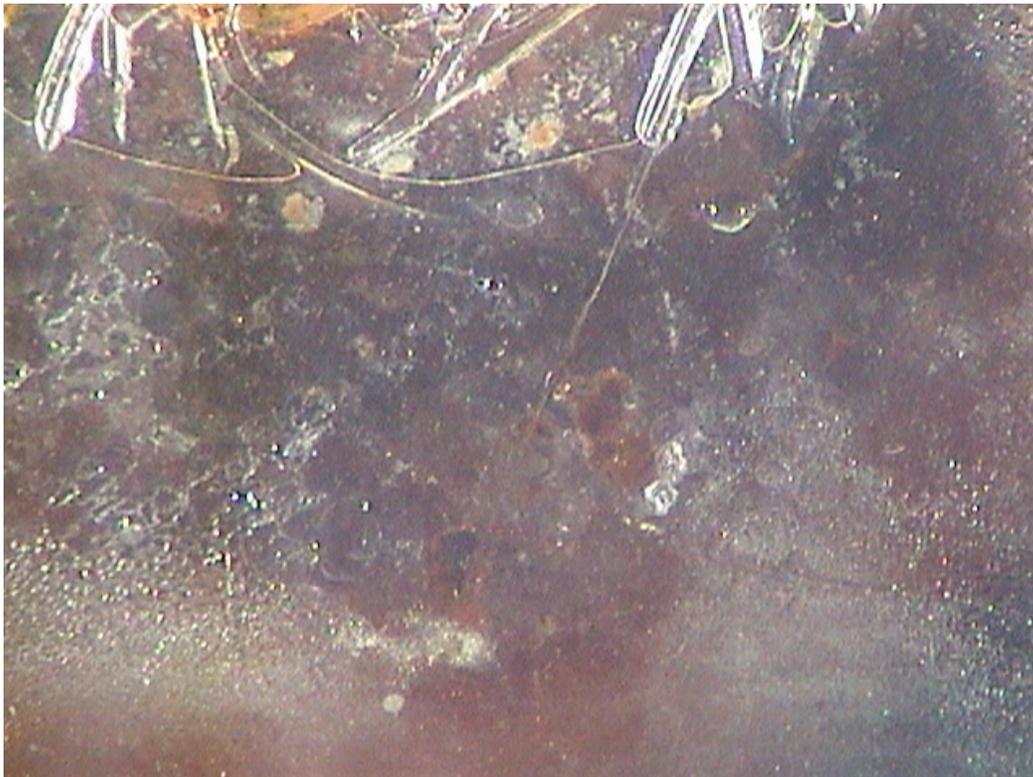
Solar oven sitting on back lawn facing northwest into the sun.

1. Meat (Marinated Roast Lamb) was brought while on special and stored in the freezer.
2. Put on a plate to thaw in the fridge.
3. Placed in an oven bag with a teaspoonful of flour.
4. Bag tied tight. And two fork holes in to let the pressure out.
5. Placed in a glass-baking dish then put both in out in the sun facing the sun to northwest.
6. Meat started to boil and produce it's own juices within a ½ hour.
7. Meat slowly cooked from 12-30pm to 4-30pm boiling away.
8. Added a black tin of cut and washed and unpeeled potatoes, carrots, pumpkin, parsnip with a sprinkle of frozen peas and corn. And a dash of water
9. 5-12 pm the smell was too much and my neighbour came for a look.
10. Mixed the lamb juices and gravox (Gravy mix) together for thick tasty gravy.
11. 5-15pm had a grand meal. Was hopping for a latter meal but not to be

The meat was just so tender.



You can see the glass cookware with the oven bag tied in a knot and the bag half full of juice. You can see the condensation build up. After about 2 pm I left the lid down with the catches on but not on tight. (To let the steam out.)



This photo was a close up to show the juices and fluid build up, which is actually boiling in the photo; it really does not do it justice. As it moves in the bag whilst cooking.

Over all it is a very clean process. And tidy way to cook. I was in and out all day working in the back yard. And really did not have to spend any time looking after it at all. I could have gone out and come back later, and the meal would still be fine. If home late the sun would have gone and the oven cooled. But still warm enough it eat.

I have also found it useful to boil my drinking water I keep water in the fridge to drink during the day. It gets rid if the foul taste and no smell of chlorine (What they must do to our water supply during a drought.) when I first started I had thought of pasteurising the water but it boils so easy.

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