

Part III

1. RECIPE INFORMATION

SOME USEFUL SUGGESTIONS FOR COOKING IN TULSI HYBRID SOLAR OVEN

Preheat Tulsi for 10-15 minutes on High mode before cooking, to destroy any harmful bacteria, which may be present in the Oven during storage. Connect the detachable power cord only when you use electrical back-up. Cookers generally are available for 125 / 250 Volts power supply, but other voltage Ovens can also be supplied on order.

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, Asafoetida etc, according to the requirement and after 20 minutes transfer it to vegetable or meat.
- (b) Atleast, once a week prepare different combination of herbs and 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 to the main dish.
- (d) **All frozen fish, meat poultry and vegetables must be completely thawed before cooking.**

For a low fat diet, it is suggested not to brown food.

1. Switch on to “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 Tulsi, except in pulses and rice where more water is absorbed by 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 desired to use it indoors with electrical power. Select the mode whichever suits the day. “LOW” setting is used for throughout cooking, but certain recipes, i.e., steamed pudding which includes a raising agent need high temperatures to ensure that the sponge or such mixture rises. 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 and is nutritious and healthy.

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 almost same time to develop the same temperature again. The food should not be stirred until the end of cooking.

COOKING UTENSILS

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

USE HYBRID SOLAR COOKER AS A HOT CASE / OR A CURD MAKER

Tulsi is well insulated, and can be used as a Hot Case for keeping food hot for 4-5 hours. Thus, it 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.

RECIPIES

Using Tulsi requires certain amount of patience, but once you have devised your own method of preparation cooking becomes automatic and natural. We are presenting you few basic recipes for a startup. But after sometime you can devise your own method of cooking.

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. *Pre soaking rice is not required.*

STEWED TOMATOES

Whole tomatoes 2 loaf 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 in a covered or uncovered pan or put oil on the skins. Put little amount of water .Cooking time is usually 1-2 hours in sun. Make sure that you do not put very big sized potatoes. As the time required to bring them to boil increases substantially.

BEANS (DRIED)

Beans should be soaked overnight before solar cooking. A teaspoon of bicarbonate of soda may be added, if wished to aid softening. Soak the beans in plenty of water as they absorb a considerable amount overnight. Next day drain and rinse the beans and boil them in Tulsi. If dried beans are stale they won't cook successfully.

Add usual amount of water. Depending on type and condition of beans, some cook in 1 to 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	Ginger garlic paste	2 tablespoon.

Method :

Follow the instructions an in the previous recipe, but add 3 cups water to the beans. Bake for 2 hours. Drain (but save) the liquid; mash the beans, adding liquid to get the consistency you prefer. In a separate pan add oil and put spices to taste such as cumin, salt, ginger garlic paste, pepper and chopped onions, cook for 1-2 hours. Add this to the beans and bring to boil.

FRESH VEGETABLES

Add little amount water say 2 table spoon to green vegetables. Cook most green vegetables just 1-½ hours. If cooked longer they loose nice green color, though flavor is fine. Most root vegetables take more time.

LASAGNA

Spaghetti Sauce	1 Lt.	Ricotta Cheese	½ Kg
Shredded mozzarella 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 cooks the noodles)

BROCCOLI SOUP

Butter/Margarine	25 gm.	Onion	1 finely chopped and sauted.
Broccoli	450 gm.	Chicken stock	850 ml.
Salt	2 tsp.	Pepper	

Nutmeg

½ tsp.

Evaporated milk

1 can.

Method

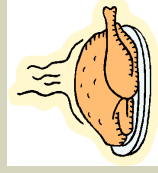
In the preheated Tulsi add broccoli, onion, butter, Add stock and seasoning. Cook for 2 hours. After cooking, liquidize or sieve and stir in the milk. Reheat for some time and serve hot.

BEAN SOUP

Mixed beans	2 cups	Onion	1 large chopped and sautéed
Dried parsley	3 tbsp	Garlic	4 cloves chopped and sautéed
Dash oregano		Tomatoes	2 chopped
Red pepper (optional)		green pepper	½, chopped
Ham stock	1 or 4 strips of bacon (smoked)		

Method:

Preheat Tulsi. Place ingredients in pot and cover to within 1 inch of top with soup stock or 3 cubes of beef in water. When done, add ½ lemon or 2 tablespoons vinegar. Cook for 4 hours or until done.



PORK CHOPS

Pork chops
Salt and pepper

2 fairly thick

Flour

Method :

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

CHICKEN CURRY

Broiler chicken	1 no.	Ginger	10 gms.
Coriander seeds	20 gm.	Onion	1 Nos.
Pepper corns	5 gm.	Oil	30 gms.
Garlic	10 gm	Red chilli	10 gm
Turmeric	5 gm.	Pepper	1 tsp.
Bay leaf	1 no.	Salt to taste.	

Method

- Clean the chicken joints thoroughly.
- Grind a fine paste of ginger and garlic. Add salt, and apply it on chicken, and set it aside.
- Roast and grind red chillies, peppercorns and coriander along with onion, turmeric and pepper
- Arrange the chicken in the container; add pepper bay leaf, oil and water to cover the chicken.
- Set the Tulsī in the sunlight.
- After 1-1/2 hours take it out, mix well and serve hot.



POT ROAST

A super one- pot meat 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 for more than an hour. If you cook all day, meat gets very tender.

CHEESY POTATO CASSEROLE

Butter		Onions	1 cup chopped
Cream of chicken soup	1 can	Sour cream	
Frozen hash brown cubed potatoes, thawed	120-ounce bag		

Grated sharp cheddar cheese 8 ounces
Crushed potato chips for topping

Method

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 Tulsi.

ROASTED CHICKEN

Chicken
Salt and pepper

Margarine

Method

Rub chicken with margarine, salt and pepper. Cook in covered baking dish. Chicken is done

SWEETS



CARAMEL CUSTARD

Milk 250 ml
Sugar 50 gm

Eggs 2 nos.
Grated nutmeg a pinch

Method

- Dissolve sugar for caramel in water in a smaller container get it browned.
- Boil the milk and pour over beaten eggs and sugar syrup.
- 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

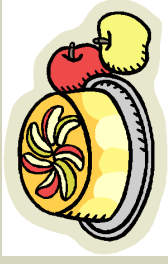
- Cut the bread loaf into small pieces.
- Boil the milk and pour it over bread. In addition, set aside for half an hour.
- Beat eggs well, add sugar, and grate lime ring. Nutmeg and pour over bread.
- Add sultanas, cashew nut and mix well.
- Pour into greased Tulsi container
- Adjust the Tulsi in the sunlight.
- After an hour take it out and serve it 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 and 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 gm.	Powdered sugar	115 gm.
Baking powder	$\frac{1}{4}$ tsp.	Butter	75 gm.
Eggs	2 nos.	Milk	30 ml
Cocoa powder	30 gm.		

Method

- Sieve flour, baking powder, and cocoa.
- Stir 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 container and place it in pre heated Tulsi.
- Cook it for one hour or so.
- Allow cooling in the same container turning out and serve.

FAMILY FRUIT CAKE

Self-raising flour (or plain flour)	200g	Mixed spices	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		

Method

- Sieve the flour and put baking powder with the spice and cinnamon.
- Add butter or margarine until the mixture looks like fine breadcrumbs.
- Add sugar, dried fruit, and peel.
- Mix egg and milk 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 an hour or so.

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 gm
Flour (with baking powder or use self-raising flour)	50 gm		
Hot water	1 dessertspoon		

Coating:

- Butter
- Flour
- Castor sugar

Method

- Mix 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 continue, 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 container, then coat with flour or an equal mixture of flour and castor sugar.
- Spoon the mixture carefully into the container.
- Bake it in Tulsī for an hour or so.
- Test cake before removing from Tulsī Press with finger, if no impression remains the cake is cooked.
- Turn the cake out carefully, allowing it to cool in the tin. Split and fill with jam or cream.

BANANA BREAD

Flour	2 cups	Baking soda	1 teaspoon
Sugar	1½ cups	Buttermilk	½ cup
Eggs	2	Bananas	2 (mashed or blended)
Walnuts	1 cup chopped		

Method

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.

CORN BREAD

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

Method

Mix bread mix egg and green onion with enough buttermilk to get the right consistency. Put the mixture in preheated *Tulsī* 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	2 level tsp.		

Method

- 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 container.
- Prove again until raised..
- Bake in Tulsi.

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.		

Tulsi Solar Oven

Rev. 2 (Part III, Aug. / 10)

Coating: Flour

Method

- 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 foil, if desired, 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)

Millet-flour (Mahango) 1 part Water 2 part

Method

Put water and flour in a container and boil the porridge for one or two hours in Tulsi



CABBAGE CASSEROLE (FOR 10 PERSONS)

Cabbage	Water	5 dl
Rice	Salt	according to taste
Ground beef	Onion	1-2 chopped
White pepper powder		
1 kg		
3 dl		
300 gm		
0,5 teaspoon		

Method:

In the bottom of the 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 2 hours in Tulsi

MEAT-VEGETABLE CASSEROLE (FOR 5-6 PERSONS)

Meat	Tomatoes	2
Onion	Cooking oil	1 dl
Salt	Black pepper	
500 g		
2		

Method:

Put the meat cubes, chopped onions, chopped tomatoes and all other ingredients in container. Bake in Tulsi 1 to 2 hours. Season as you like

FISH-VEGETABLE CASSEROLE (FOR 5-6 PERSONS)

Tomatoes	4 large	Fish	500 g
Potatoes	4-5	Salt	
White pepper		Lemon juice	(half lemon)
Onion	1	Peas	1-2 dl
Carrots	2		

Method:

Peel potatoes, carrots and onion. Cut potatoes into halves, carrots into small cubes and chop onion, and peas and boil them in a pot. In other container, bake the fish, mix all ingredients cook for 15 min.

MACARONI-MEAT CASSEROLE (FOR 6-8 PERSONS)

Macaroni	3 dl	White pepper	
Ground meat	250 g	Salt	to taste
Onion	1	Milk	5 dl
Eggs	2		

Method

First boil macaroni in water (1 litre) in Tulsi 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 2 hours in Tulsi. The casserole will be ready when it has acquired a firm texture.

WHITE BEANS IN TOMATO SAUCE (FOR 6-8 PERSONS)

White beans	5 dl	Tomato purée	1 tablespoon
Tomatoes	4 large	Onions	2
Butter	1-3 tablespoons	Salt	1 teaspoon
or margarine		Basil	1 teaspoon

Lemon juice

Parsley

Method

Boil the beans in one container for 2 hours. In another container put chopped onions in margarine. Add mashed tomatoes, purée, salt, and herbs and simmer in the solar box for about half an hour. Add cooked beans. Let the mixture boil and serve with grilled meat or sausages.

INDIAN SNACKS AND MEAL WITH TULSI SOLAR AND HYBRID SOLAR OVEN

VEGETABLES AND RICE

To make rice into great vegetarian meal put vegetables of your choice (onion, squash, celery, carrot. Peas etc.) with 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 the juices from the meat will replace it.

FRUIT, SUCH AS APPLES, PEACHES, BANANAS

Take cups of several peaches, bananas, apples or mixture (remove peaches, apple cores) into a pan. Sprinkle sugar and cinnamon. Bake for an hour, or 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 flour. 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.

SQUASH

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

BOILED EGG

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

COCONUT RICE

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

Method :

- Clean, wash and soak rice for half an hour.
- Scrap and grind coconut . Squeeze out the milk and keep aside.
- In ghee sauté onion, bay leaf cinnamon and cloves.
- 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	a few springs
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..
- Add the ground masala, tomatoes, ghee and green coriander.
- Put this masala in the main solar cooker container.
- Wash and soak Dal
- Add enough water to cover the mixture.
- Wash and soak rice.
- Add double the quantity of water as to rice. Add salt to taste..
- Place this container in Tulsu and cover with the lid
- Adjust the solar cooker in the sunlight and keep it for one hour.
- 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 for 2 hours
2. Put the rice, dal, turmeric, cinnamon, cloves and ghee into the 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

PALAK PANEER

Spinach	50 gm.	Tomatoes	100 gm.
Onion	1 No.	Chilli powder	¼ tbsp.
Paneer	200 gm.	Ginger garlic paste	1 tsp.
Oil	100 gm.	Salt to taste.	
Cumin		Corriander	

Method

- Chop and wash the spinach add little water.
- In another container put oil tomato puree, Onion grinded into a fine paste and ginger garlic paste. Add spices and condiments.
- Put both the containers in Tulsi and boil them for an hour
- After spinach is boiled, grind the spinach to fine paste.
- Cut Paneer into small one inch cubes.
- Add paneer and all the masala to the spinach and cook for half an hour or till done.
- Serve hot, garnish with green coriander and garam masala

VEGETABLE CURRY

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

Method

- Cut all vegetables into small pieces
- Make a paste out of mixing curd and beans with water.
- Mix turmeric powder, chilli powders, and salt to form a paste.
- Put the mixture in the container and add the water. Close the lid of the container and place it in Tulsi.
- 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

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

Note- To steam idli. 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 pots

SAMBHAR

Tur dal (arhar dal)	50 gms.	Red chillies	5 gms
Turmeric	pinch	Coconut	30 gms.
Asafetida (heeng)	¼ tsp.	Brinjals	30 gms
Coriander	5 gms.	Methi seed	a pinch
Cumin	a pinch	Tamarind	20 gms.

Onions
Salt to taste.

Drumsticks

1 No.

Method

- Wash and soak the dals for an hour.
- Keep it in Tulsi adding enough water to cover and adjust the cooker in the sunlight and keep it for an hour.
- Roast and grind coconut, coriander seeds, red chillies, methi seeds, turmeric, heeng and jeera.
- Cut the vegetables into pieces.
- Put ground masala and vegetables into the dal. Add enough water to cover and keep it again for cooking.
- After 50 minutes add tamarind pulp, and salt to taste. Serve hot.

FISH CURRY

Fish	500 gm.	Chillies red	5 gm.
Chillies 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

- Clean and wash fish and cut it into pieces.
- Grind together coriander, red chillies, ginger, garlic, coconut, green chillies, and turmeric.
- Add salt and tamarind pulp to the masala and apply on the fish.
- Arrange the fish in Tulsi, add enough water to cover the fish and adjust the Tulsi in sunlight.
- Bake it for an hour or so, or till it is cooked.
- Serve hot.

EGG MASALA

Eggs	4 nos.	Onions	1
Oil	30 gm	Pepper corn	few
Coriander seeds	25gm	Turmeric	½ tsp.

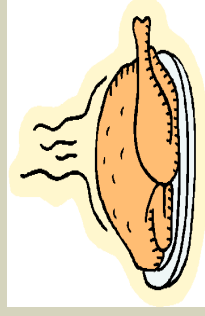
Red chillies 4 pcs.
Ginger 10 gm.
Vinegar (sirka) 2 tsp.

Gram masala ½ tsp
Coriander leaves ¼ bunch.
Water 400 ml.

Method

- Chop onions, roast and grind coriander, paper corns, turmeric, red chillies ginger and garam masala along with onions.
- Add vinegar, Water, oil, chopped coriander leaves, and salt to taste.
- Put this masala into the solar cooker container and break the eggs into the masala.
- Adjust Tulsī in the sunlight and keep it for 45 minutes.
- 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.
Onions 100 gm.
Garlic few pods
Curd 125-gm.
Poppy seeds 10 gm.
Garam masala 5 gm.
Salt to taste.

Dry coconut 40 gm.
Ginger 5 gm.
Red chillies 5 gm.
Coriander seeds 15 gm.
Pepper corns 2 gm.
Ghee 50 gm.

Method

- Roast and grind coconut, red chillies, coriander, poppy seeds, peppercorns, and garam masala along with onions, ginger and garlic.

- Wash and cut mutton and soak it in curd for half an hour.
- Put mutton, ground masala, salt and ghee into Tulsī add water to the mutton depending on the consistency required.
- Set Tulsī in the sunlight
- 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	20 gm.
Potatoes	50 gm.	Mint leaves	1 sprig
Dhania hara	10 gm	Chillies green	2 gm.
Chili powder	2 g	Jeera powder	1 pinch
Dry coconut	10 g.	Ginger	2 gm.
Garlic	1 pod.	Pepper	few
Turmeric	1 pinch	Tomatoes	10 gm.
Brinjal	30 g	Sweet potatoes	10 gm
Jeera Powder	½ tsp	Rice	200 gm.
Cinnamon	1 pc.	Cardamom	2 nos.
Cloves	4 nos.	Bay leaf	2 nos.
Salt to taste			

Method

- Wash and cut mutton into pieces. Chop the vegetables and onions.
- Pick and wash all the dals, chop coriander leaves, mint leaves, and green chillies.
- Roast and grind red chillies, jeera along with ginger, garlic, green chillies, and onion to fine paste.
- In main container put mutton, ground masala, chopped green leaves, pepper, turmeric, and tomatoes and add water.
- Pick and wash rice, add double the quantity of water. And keep it in other container.
- Add cinnamon, cardamom, cloves, and bay leaf and cover the container.
- Adjust Tulsī in the sunlight and keep it for 1½ hours.
- After 1.1/2 hours take out container, add enough salt to the dhansak and mix it well.
- Serve hot with rice.

BROCCOLI CASSEROLE

Eggs	3	Flour	3 Tablespoon
Salt to taste		Cottage cheese	8 oz
Cheddar cheese	1 cup grated	Chopped broccoli	2 packs

Method

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 chilli	2 - 3		

Method

- Wash & cut all the vegetables. Put them in Tulsii 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 into 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
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Onion 3 nos.
 Tomatoes 100 gm.
 Ginger 1 Pc.
 Garlic 3-4 pods
 Salt to taste.

Cloves 3-4
 Sugar 1/2 tsp.
 Mawa 50 gms.
 Oil 2 tsp.

Method

- Grind onion, ginger, garlic, and green chillies to a smooth paste.
- In a container, add all the spices, onion garlic paste, tomato puree, mawa, little oil and salt .
- Cook for 2 hours in the sun or till the mixture turns golden brown.
- Cut paneer into pieces. and add it to the mixture also add sugar and water and cook for half and hour .

VEGETABLE ROLL

Potatoes ½ Kg
 Peas Shelled 100 gms.
 Carrots ½ cup grated
 Cauliflower 1 small
 French Beans ½ cup
 Onion ½ cup
 Salt to taste

Bread crumbs 3 - 4
 Green chillies 25 gm.
 Dhania(coriander) 2 Tsp.
 Refined oil 1 cup
 Grated Cheese ½ tsp.
 Red chilli powder.

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 add cooked vegetables and paneer on it evenly. Now roll on an aluminum foil. Cook in Tulsji for 1 ½ hours in the sun.

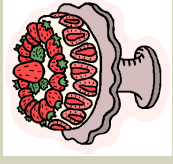
PUNJABI DAL MAKHANI

Urad Dal Whole	200 gm.	4	Green Chilies
Rajma	25 gm	1 bunch	Green coriander
Tomatoes	2	1 tsp.	Cumin seeds
Asafoetida	a pinch	1" pc.	Ginger
Butter/cream	50 gm.	2 Tsp	Ghee/Oil
Onion	1 Big	½ tsp	Chili pwd.
Garlic	2-3 pods	1 tsp.	Dhania pwd.
Turmeric Pwd.	½ tsp.		Milk
Salt to taste			

Method

- Presoak Dal and Rajma overnight.
- Boil them in the morning for around 2 hours.
- Make a paste of ginger garlic onion and green chillies.
- To this paste add turmeric powder, dhania, cumin seeds, asafetida, chilly powder, asafetida, salt, 1 tsp. ghee and onions.
- Cook in Tulsii till it turns golden brown
- Add little milk and cook for 15 min .
- Add this mixture to the main dals.
- Add Butter /cream
- Cook for half an hour.
- Garnish with garam masala and Green coriander.
- Serve hot.

SWEETS & JAMS



BAKED COCONUT PUDDING

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

Method

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

JAMS AND GOOSEBERRY JAM

Gooseberry (Amla)	1 kg.	Sugar	1 Kg.
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 through the ages, The fruit 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 the stone. Add sugar and other ingredients, as per choice/ requirement. Again solar cook for one hour. Now your jam is ready, pour it **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.

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TULSI SOLAR OVEN

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