

# Tulsi Solar Oven

## Advantages of Solar Cooked Food

The Tulsi domestic solar oven or cooker is aesthetic, convenient, and practical in use. It does not require frequent tracking; a general deterrent to solar cooking for people with inflexible work schedules is an important benefit that Tulsi solar cooker provides.

The materials utilised in Tulsi solar cookers are carefully researched for the last two and a half decades to maximise efficiency and minimise weight for convenience in handling and are virtually maintenance free. All Energy Test Centres of Govt. of India use Rohitas solar cookers as reference cookers, to evaluate and test other solar cookers.

**NUTRITION** - Temperature controlled cooking retains vitamins, carbohydrates and proteins. Uncontrolled temperature on LPG or wood leads to loss of approx. 80% of food value.

**COMPLETE FOOD** - Solar cooking completes organic reactions enhancing flavour, aroma and taste. Organic compounds strengthen our immune system and defend against bacteria and virus.

**HEALTH** - The home maker does not necessarily inhale poisonous gases which emit while cooking with LPG or firewood.

**ACCIDENT FREE** - There are no chances of explosion or fire while using Solar Cooker. It is very dangerous for household families with infants to use LPG, wood or microwave oven, as they are highly accident prone.

**ENVIRONMENT** - If 3% of the population start using solar cooker, millions of tons of wood and LPG can be saved annually correspondingly millions of tons of Carbon dioxide emission is reduced.

**COST** - Solar Cooker is cheaper than Microwave oven; running cost of Solar Cooker compared to LPG, kerosene or fire wood is virtually nil and is maintenance free.

**MOBILITY** - Solar Cooker is highly mobile. This cooking device can cook during camping, picnics or on snow clad mountains without any man made means of energy.

**COSMIC ENERGY** - Solar cooked food is full of cosmic energies (life forces) that keep you healthy and less stressed.

### What can be cooked in Tulsi solar ovens?

Almost anything, which you can cook in a conventional electric or gas oven, can be cooked in a Tulsi solar cooker. You can bake, boil and steam using any of your favourite recipes.

### How does the cooked-food taste?

Food cooked in Tulsi tastes much better than food cooked over conventional stoves. In slow cooking, natural flavours and fibre retains its shape. Cooked food rises to its full volume and is fluffy. The food is always tender and more palatable.

### How long does it take to cook?

Cooking takes 1.25 to 2 hours. Cooking time depends on intensity of sunshine and the nature and quantity of material to be cooked. Hard meat and pulses take some more time to cook.

### Does Tulsi solar oven require special utensils?

No, dark pots with lid work best. Black pots absorb heat from sunlight and tight-fitting lids help 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 cooker is supplied with four stainless steel pots.

### Does food require constant stirring?

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

### Does Tulsi Solar oven require maintenance?

The Tulsi cooker is virtually maintenance free but the glass requires to be carefully handled. Even if it breaks it can be easily replaced. The only other maintenance required is a coat of black paint if it wears off.

### Does Tulsi Solar oven need constant tracking?

If the cooker is placed at the average position of the sun's transit over the sky, tracking may not be necessary. However, if the cooker is aimed at the sun at start a couple of nudges to reposition it over the 1-3 hour period would be desirable.



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