



### **Solar Association Tiloo**

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## **Instructions to use a solar cooker**

1. In order to have the best heating conditions, the shadow of the wooden bar should be parallel to the band in the middle of the cooker.
2. The reflection of the sun has to go into the solar cooker.

### **Instructions for cooking**

1. Put the solar cooker into the sun approximately one hour before you begin to cook in order to heat it up to 100 degrees or more.
2. Use thin-walled black pots to cook. Aluminium pots are okay. Use only "food safe" and "heat resistant" paint to paint the pots. For example, use black varnish (car paint) or use special paint for solar cookers. (Other paints can develop toxic gases)
3. Use 1/3 less water than usual if you cook rice or sauces
4. When cooking, try to open the oven as rarely as possible. Every time you open the door, the temperature drops.
5. It takes more time to cook in a solar cooker than in conventional ovens. You don't have to stir, as the food can not scorch (burn) in the solar cooker.

### **Instructions for grilling meat**

1. Only possible when no clouds cover the sun
2. Preheat the oven to at least 100 degrees
3. Always cook the meat in a high walled black form. A high wall is needed because of the greases (fat) that is dripping off the meat while cooking and otherwise, without high walls, would leak into the solar cooker.

### **Instructions to clean a solar cooker**

1. Keep the window of the solar cooker clean.
2. Keep the solar cooker out of rain either by covering it with a plastic cover or by taking in the house.
3. The inner trough/depression of the cooker is waterproof. If some water spills over or food boils over, you can clean it without any problems. However, do not scratch it in order to preserve the black varnish.

### **The following food is ideal to be cooked in a solar cooker**

1. All sorts of vegetable dishes and gratins
2. Potatoes, pulses (for example lentils) and cereals

### **The following food is not ideal to be cooked in a solar cooker**

1. Any kind of food that needs to be deep-fried (with oil or in a pan)
2. Pasta
3. Baking with filo dough / filo pastry / puff past