

Solar cooking for the serious boondocker

By Tom and Nancy Vineski



Solar cooking makes a lot of sense for the serious boondocker, especially if your coach does not have a propane oven. Not only is the cooking fuel renewable (at least for the foreseeable several million years) but the rig stays cool, the food doesn't burn and the pots cleanup very easily!

There is no great secret to cooking with the sun. Just about any recipe and any style of cooking can be accommodated to solar cooking. Any that is except frying (which really isn't good for you anyway, so...). Bake a chicken, whole or in pieces, breads and cookies, sauces, soups, beans, pot roasts...you name it. Temperatures in the Sun Oven brand solar cooker regularly reach 300-350 F on clear sunny days. Need an evening meal but won't be home to cook it? Relax. Put the food in the cooker frozen in the morning, orient the cooker to sky where sun will be later, come home and take the food out! It can be that easy.

If we sound enthusiastic about solar cooking, it's because we are. We've been promoting and cooking with sunshine since 1992 and find it a perfect fit for the RV lifestyle. We've used cardboard cookers, panel cookers, homemade cookers and now the Sun Oven brand cooker. We found this manufactured oven to be the most reliable and efficient in terms of cost (under \$200) and size (19"x19"x17" and less than 20 lbs) for the RV lifestyle. For more information on all kinds of solar cookers, checkout Solar Cooking International. And always keep the SunnySide up!



Note: There are plans available on the Internet to build your own solar oven (http://solarcooking.wikia.com/wiki/Category:Solar_cooker_plans#Selected_designs).

Evaluation of Several Original and Commonly Used Solar Cooker Designs (<http://solarcooking.org/research/Dormio-report.htm>)