



## Solar Cook-Off Team Recipe Form

Submit 3 copies of each recipe-use additional pages if needed. All recipes must be typed and include complete instructions and all ingredients used to prepare and garnish dish(es). Please use word to type your recipe and ingredients. **NO HANDWRITTEN WILL BE ACCEPTED. Team form information is PDF Fillable.**

**\*Recipe may be substituted no later than final Registration Deadline of April 30, 2017**

Submitted by (Team Name): \_\_\_\_\_

School: \_\_\_\_\_

Name of Recipe: \_\_\_\_\_

Approximate cooking time: \_\_\_\_\_ Type of cooker: \_\_\_\_\_

Source of recipe: \_\_\_\_\_

***Below is a sample of how your recipe ingredients must be submitted including detailed instructions:***

*Ingredients (list amount of each)-for example:*

- 5 Large Potatoes
- 2 Carrots
- 1 small Onion
- 1 lb Beef or Pork boneless ribs
- 1 Package Brown Gravy Mix
- 1 Tablespoon of oil
- 2 Cups of water

- 1 Table spoon of Salt (more or less if desired)
- 1 Dash of black pepper (more or less if desired)
- 2 Beef Bouillon cubes
- 1 Tablespoon Corn Starch
- Dash of Oregano

**Instructions: step-by-step complete instructions for preparing your dish(es):**

**Steps**

- Set out your solar pot to preheat with 1 Tablespoon of Oil.
- Cut meat into cubes, size according to preference.
- After about fifteen to thirty minutes add your beef cubes and ½ tablespoon of salt into solar pot, stir to coat in oil, cover and let cook for about 30 min.

**In the meantime:**

- Peel and Dice Potatoes and carrots into cubes
- Dice small onion (some like them cut larger)
- Place all together into a bowl
- Pour salt, pepper and Oregano on top of dice veggies.
- In 1 cup of cold water mix your brown gravy mix thoroughly and let sit.
- In the other 1 cup of water dissolve two beef bouillon cubes and then stir in 1 tablespoon of corn starch.
- After meat has cooked half an hour add the bowl of diced ingredients all at once with the gravy mix to the solar pot, stir and mix well all of the ingredients together. Cover and let cook for an hour. Then add the bullion and starch mixture, stirring all ingredients again.
- Cover and let cook for 3 to 4 hours (or longer if desired)
- Stir only once or twice at the most during simmering process so as not to let out heat too often.
- Adjust solar cooker to the sun every 15 - 2 hours.