

Enjoy your meal while you are celebrating your mother and support Solar Cookers International.

SCI's Mission

Harnessing the sun to benefit people and the environment

SCI's Vision

Solar Cookers International promotes the use of solar thermal cooking technology through global advocacy, direct service and “Solar Plus” partnerships with organizations including those that promote fuel efficient cooking and lighting in order to improve health, economies and the environment throughout the sun-rich, fuel-starved developing world.



Solar Cookers International

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Mother's Day

Solar Brunch

***(These recipes were
chosen to be cooked in a
box or panel style cooker
and to have a short
cooking time)***



Katie's Asparagus Quiche
Cheesed Onions
Apple Custard
Solar Mint Tea

Katie's Asparagus Quiche
9 eggs

1 cup shredded cheddar cheese

Approximately (25) 3-4" asparagus tips, raw

1 teaspoon paprika

1/2 teaspoon salt (optional)

freshly ground black pepper to taste

Spray the pie pan with oil. Place eggs into a bowl and wire whisk them until well beaten. Stir in all the rest except the asparagus tips. Pour mixture into pie pan. Gently place the asparagus tips in a wheel-spoke design around top of quiche. Crush more black pepper over top if desired. Cook about 1 1/2 hours to 2 hours

Cheesed Onions

5 to 6 medium onions

2 cups grated cheddar cheese

2 cups milk

1/4 cup butter or margarine

3 tablespoons flour

1/2 teaspoon salt

Slice onions and place in a dark round pan. Blend milk, butter, flour, salt and cheese together. Pour over the onions. Cover and bake 1 to 2 hours.

Apple Custard

1 13-oz. can evaporated milk

1/3 cup honey

4 eggs

1 teaspoon vanilla

1/2 teaspoon cinnamon or cardamom powder

3 to 4 cups apples

Blend ingredients (except apples) for a few seconds in a blender. Place apples in a dark baking dish. Pour liquid mixture over the sliced apples. Cover, place in solar oven and cook about 1 1/2 hours to 2 hours.

Solar Mint Tea

1 gallon water

several sprigs of freshly picked and washed mint

Crush the mint slightly before adding it to the water. Leave in sun all day. A jar can be painted black to increase temperature and keep an "off taste" from forming.