

Solar Cooking



Umbrella Solar Cooker

From *The Australian Outdoor Cookbook* by Lex Lammo

What you need: An old black umbrella, if not black, paint with vinyl matt black, Heavy duty aluminium foil, fast drying glue, wet sponge, billy can and billy can holder.

Instructions: Open up the umbrella so that it remains open. Cover its interior with heavy duty aluminium foil using numerous spots of fast drying glue to hold it to the fabric. Use the wet sponge to iron out any bulges or wrinkles. Place the umbrella upside down in the sun, positioning it to the sun and anchoring it down. Slide a piece of paper up and down the handle to find the hot spot and mark it. Cut the handle off at the mark and re-anchor the umbrella facing the sun. Suspend the billy can dead centre over the end of the handle. You may need to re-adjust the angle of the umbrella every half hour or so.



Safety Tips: Use good quality sun glasses when using this cooker and avoid looking directly into the reflector while it is in position. Don't let parts of the body near the "hot spot" for any length of time – this will burn! The food will be hot – use oven gloves, tongs etc. as appropriate.

Why Not..

Place bacon and eggs in an oven bag and seal top of bag. Put bag into billy of water and cook your meal.

Try cooking a cake or muffin mix by the same method.

Have a competition with an ordinary fire – time how long it takes to boil water by each method.

Have a decent stew – cut meat and vegetables into cubes about 1.5cm square and just cover with water. Cook until vegetables are soft and meat is cooked right through. Add seasoning (and cornflour if thickening is required) and boil until thickened.