

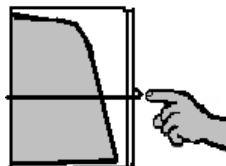
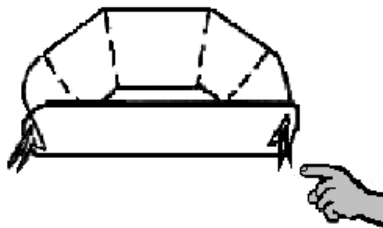
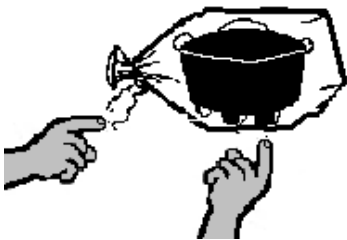
HOW TO USE THE COOKIT

Cooks good meals, stews, meat fish, vegetables, eggs everything but **stir-fry**.
Is safe for children, is convenient and stores flat. Saves time, money and wood / fuel
After heating the water you will have safe drinking water or safe water for baby care.



To cook by the sun you provide:

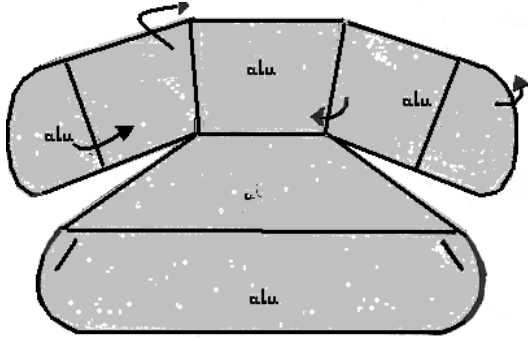
Reflective panel, high temperature plastic bag, small stones for pot stand, 2 clothes pins, rubber band, two strings, thin black pot (or painted black) with lid (or jar)



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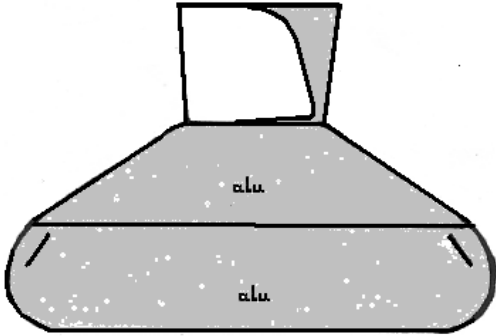
SOLAR COOKERS INTERNATIONAL is a non-profit organization promoting solar cooking to benefit people and environments worldwide.



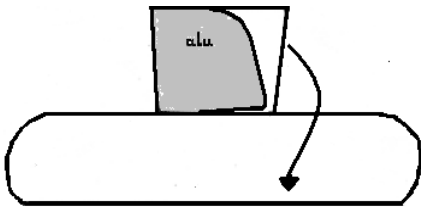
Folding instructions:

Small left part forward
Whole left part backward

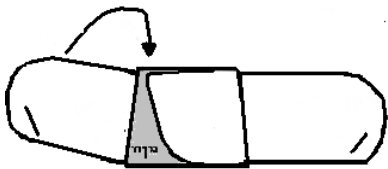
Small right part backward
Whole right part forward



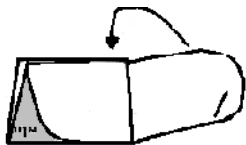
Close big part forward



Close small part to big part



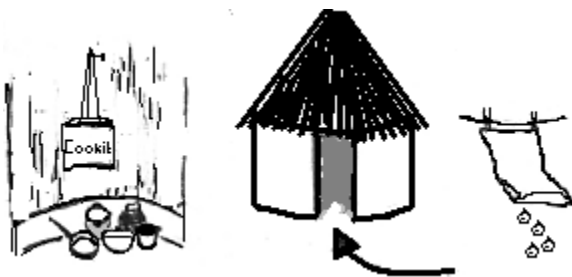
Fold left wing backward



Fold right wing backward



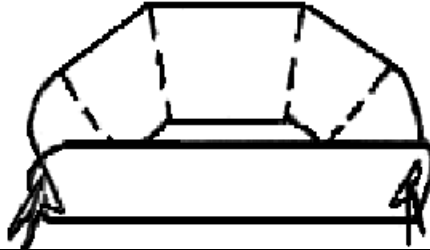
Put Cookit in cotton bag



Hang cotton bag in dry place

THE START

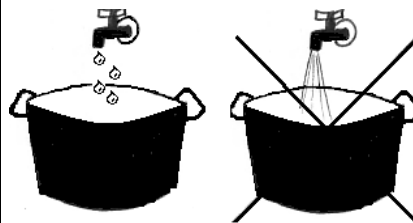
To set up the COOKIT, lay it flat with shiny side up. Fold up front round part. Fold up back part and pull ends forward to fit into slots in front. Close with clothes pins left and right. On windy days, place rocks in the corners or tie it down.



Put FOOD into BLACK POT with lid



Add NO water to fresh vegetables and meats. For most other food add the usual amount of water. If it turns out too dry or moist, then the next time add more or less water.



Put pot ON STONES into high temperature clear plastic bag

to hold air all around and under pot.

Close the bag with a string

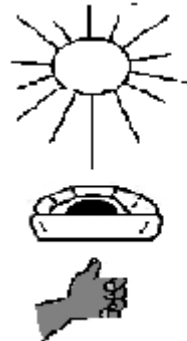


*Place the COOKIT into a sunny spot.

*Face shiny side toward the sun in the morning

*Adjust front panel with the clothes pins so there is a small shadow under it (higher mid-day, lower early late in day)

*While putting in or out food, stand in front of the COOKIT to make a shadow for less glare in your eyes.



After cooking: Turn plastic bag inside-out and hang up with clothes pins to dry. Fold up the COOKIT; put in cotton bag and hang up inside at home.









COOKING SPEED





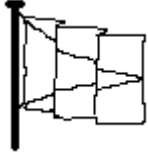



OK



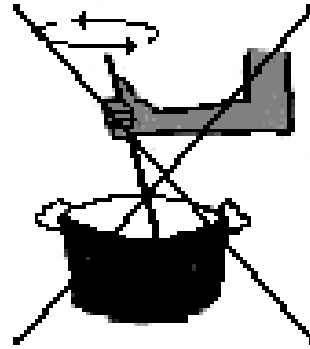
NOT OK

 <p>The SUN HIGH in the sky</p>
 <p>NO CLOUDS</p>
 <p>NO WIND</p>
 <p>Black POTS with LID Max 1 litre, light weight</p>
 <p>SMALL QUANTITY SMALL PIECES</p>
 <p>LITTLE or NO WATER added</p>

To cook under any of these conditions you may need to preheat food over a fire or other stove before putting it in the CookKit to finish OR partly cook it in the CookKit, then quickly finish it over a fire.

 <p>The SUN LOW in the sky</p>
 <p>PARTLY CLOUDY</p>
 <p>MUCH WIND</p>
 <p>WHITE or SHINY Large, Heavy</p>
 <p>BIG QUANTITY BIG PIECES</p>
 <p>MUCH WATER</p>

COOKING HOURS



Start early, allow several hours

Approximate cooking times for 4 pounds (2 kilo's) of food on a sunny day is:

<p>EASY TO COOK</p> <p>Egg</p> <p>Rice</p> <p>Fish</p> <p>Chicken</p> <p>Vegetables (above ground)</p>		<p>1 – 2 hours</p>
<p>Potatoes</p> <p>Vegetables (roots)</p> <p>Some beans, lentils</p> <p>Most meat</p>		<p>3 – 4 hours</p>
<p>HARDEST TO COOK</p> <p>Large meats</p> <p>Most dried beans</p> <p>Soup and stew</p>		<p>5 – 8 hours</p>

TO PASTEURIZE WATER

If the water is contaminated (dirty) it can be made safe to drink by heating in a COOKIT.



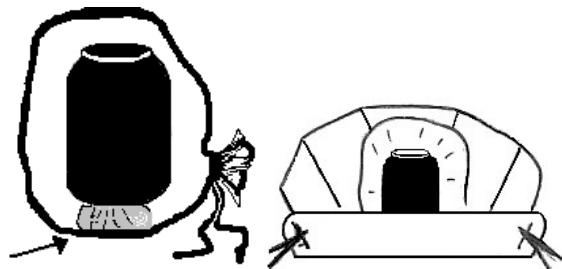
-
- Put water in a **BLACK JAR** (or black pot)



- Put a **LID** on the jar loosely



- Put jar on a **POT STAND** inside a high-temperature **PLASTIC BAG** so there is air under and around the pot



- Keep pasteurised water covered until Used. Don't let fingers or unclean objects Touch clean water. If you aren't sure, re-pasteurize water.

