

Directions for using your **GLOBAL SUN OVEN®**

Using your **SUN OVEN®** is easier than you may think. The best way to learn is to start cooking. After a few meals you will feel like an expert. Don't be afraid to experiment. Nothing will burn and you will find your **SUN OVEN®** much more forgiving than a conventional gas or electric oven.

Placement

Put your **SUN OVEN®** in a sunny place which is unobstructed by shadows from trees, buildings, etc. Remember that areas not currently shadowed may be affected later by trees or buildings as the sun moves across the sky.

Setup

Unsnap the webbing strap that holds the reflectors in place. Lift and unfold the reflectors (which are hinged to the top of the **SUN OVEN®**) and slide the slot on the bottom section of the reflectors over the thumb screw in the wooden frame, making sure the thumb screw fits through the slot. Twist the thumb screw one-quarter turn to hold the reflectors in place. **(Note: To protect the reflectors during assembly and shipping a protective film has been applied and must be removed before initial use.)**

Focusing

Aim the front of your **SUN OVEN®** towards the sun. Stand behind the oven and place it so that the shadows are even on both sides. Tilt the oven enough to eliminate the shadows in the front and back portions of the oven chamber. To adjust height of the rear leg, lift the back of the **SUN OVEN®**, depress the button, and slide it into the appropriate hole. Check again that the oven is properly aimed towards the sun (there should be minimal shadowing on the sides of the inner chamber) and adjust the leg length as necessary.

As the cooking time progresses, it will be necessary to occasionally adjust the aim of the oven. We recommend a minor adjustment hourly to eliminate shadows in the oven chamber. If you cannot adjust the oven for a long period of time, we suggest that you immediately aim the **SUN OVEN®** towards where the sun will be during its strongest time (between 10 AM and 2 PM). This will eliminate shadows during the most effective cooking period.

The **SUN OVEN®** works best on clear, sunny days. Intermittent clouds will slow down (but not stop) the cooking. Probably the most important key to efficient **SUN OVEN®** cooking is eliminating shadows in the oven chamber.

Preheat

You are now ready to let the **SUN OVEN**[®] pre-heat (usually it will reach 300 degrees F in about twenty minutes). The first time you use the oven it is best to leave it in the sun for 60 to 90 minutes, with the glass door closed and latched down, before placing the food in the chamber. After the oven has been pre-heated, let the oven cool and clean the inside of the chamber and the glass door with a non-abrasive cleaning solution. Now you're ready to get cooking.

Cooking Tips

The **SUN OVEN**[®] method of cooking is so natural and subtle that much less moisture is required for recipes – cooked in covered pans, that is. The natural, internal juices come into unique play, resulting in a superior, moist taste. Be sure to cut down, by at least one-third, any liquid measurements called for in stews or sauces. This does not apply to bakery products.

Since foods do not burn in the **SUN OVEN**[®], it is not necessary to stir foods after they are placed in the oven. Use a meat thermometer to determine when to remove meats (put the meat thermometer in the meat before placing it in the oven). Opening the oven door unnecessarily will slow the cooking process.

Cooking Pans

With your **SUN OVEN**[®], you can cook in any kind of pan that can fit into its interior. However, maximum results are obtained by using LIGHTWEIGHT, black or dark-colored pans. With anything requiring a lid, you can use either clear or colored Pyrex. Avoid shiny materials such as foil, the reflection reduces the cooking efficiency of the oven.

Maintenance

Maintenance on your **SUN OVEN**[®] is very minimal. Using any non-abrasive glass cleaning solution, such as Windex, will keep the reflector material and glass clean. If the reflectors and glass are not kept clean, the oven will not reach its target temperature.

Recipes

You may look at our web site for recipes.

PLEASE NOTE:

Glass latches (on right side of glass door) are tightened before shipping – you may need to unscrew them ¼ to ½ turn

SUN OVENS INTERNATIONAL, INC.

39W835 Midan Drive

Elburn, IL 60119

800-408-7919

Fax: 630-208-7386

E-mail: info@sunoven.com

Web Site: www.sunoven.com