



Bright House 2010 Solar Energy Cook-Off Recipes



Elementary Division

1st Place

Totally Stoked
Holy Trinity Episcopal Academy,
Indialantic, Florida

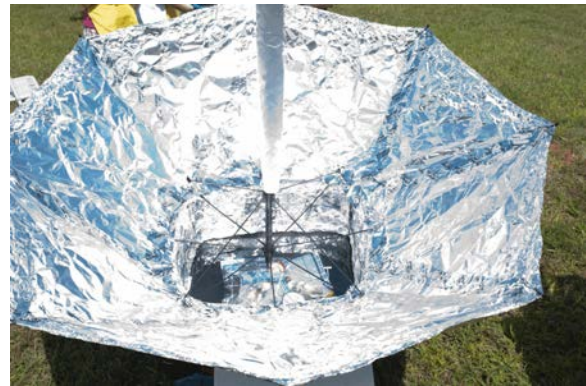
Menu

Island Delight

Key Lime Mahi-Mahi with Mango Chutney
Island Kabobs with Long Grain Wild Rice

Key Lime Mah-Mahi with Mango Chutney

1 key lime, juiced
1/4 cup red onion, sliced
1/4 cup olive oil
1 Tablespoon sea salt
1 lb. Mahi-Mahi filets
1 cup Major Grey's Mango Chutney
1 mango, sliced



Whisk lime juice, seasonings, onions, oil and sea salt together. Marinate Mahi-Mahi in mixture for 2 hours in cooler. Cook Mahi-Mahi until white and flaky. Glaze fish with mango chutney and garnish with sliced mango.

Island Kabob's Served Over Rice

1 each yellow, red and orange bell pepper
1 medium onion
1 cup whole fresh mushrooms
½ cup pineapple chunks
1 box Uncle Ben's Wild Rice
½ teaspoon Tiger Sauce

Clean, cut, skewer and cook yellow, red and orange bell peppers, onions, mushrooms and pineapple chunks. Cook in solar cooker until vegetables are tender. Meanwhile prepare rice according to package directions. Stir in Tiger Sauce. To serve, place kabob over rice.

2nd Place

*Team: The Italian Cookers
Holy Trinity Episcopal Academy
Melbourne, Florida*

Moroccan Vegetable Couscous

1 tablespoon olive oil
2 Tablespoons onion, chopped fine
2 Tablespoons bell pepper, chopped fine
4 Tablespoons carrot, chopped
4 Tablespoons zucchini, chopped
1 cup vegetable stock
1/4 lb cabbage, shredded
6 oz chopped tomatoes
1 Tablespoon finely chopped parsley
1/4 teaspoon salt
1/4 teaspoon ground cardamon
1/4 teaspoon caraway seeds
1/8 teaspoon ground turmeric
4 oz couscous



Heat olive oil in a medium saucepan. Cook onion, pepper, carrot and zucchini in the hot oil for 5 minutes. Stir in stock, cabbage, parsley, salt, cardamon, caraway seeds, and tumeric. Bring to a boil. Cover and simmer for 10 minutes (or longer if temperature is low). Stir in couscous. Remove from heat and let stand, covered, for 5 minutes. Uncover and fluff grains with fork.



3rd Place

*Team: Heaven's Flame
St. Martha Catholic School
Sarasota, Florida*

Shrimp Scampi Over Couscous

½ lb. medium shrimp, peeled & deveined
½ cup butter
1 clove garlic, minced
2 tablespoons fresh parsley, chopped
1 teaspoon oregano
Salt and pepper to taste
½ cup white wine
Couscous



Melt butter. Add garlic, parsley, oregano, and salt and pepper to taste. Cook shrimp in the sauce. Add white wine and heat through. Keep warm. Cook couscous according to package directions. Serve shrimp and sauce over couscous.

Cocktail Weenies Wrapped in Bacon

Mini weenies
Bacon
½ teaspoon oregano
Salt and pepper to taste

Place bacon and weenies in pan. Sprinkle with seasonings. Place in oven. When done, wrap together and insert toothpicks for serving.

Cappuccino Latte

1 cup fat free milk
4 Tablespoons decaffeinated coffee
1 teaspoon sugar
Fat free whipped cream
Cocoa
Cinnamon

Shake milk, coffee and sugar in a jar. Stop shaking when it turns foamy. Pour in a cup, top with whipped cream and a dash of cocoa and cinnamon.

Black and White Strawberries

Strawberries
White chocolate
Milk chocolate

Melt white and milk chocolate in separate containers. Cover strawberries in milk chocolate. Put white chocolate in a squirt bottle and drizzle over the strawberries.





Bright House 2010 Solar Energy Cook-Off



Best Design Awards

Elementary Division

1st Place

Team: Totally Stoked

*Holy Trinity Episcopal Academy
Indialantic, Florida*

Umbrella Parabolic and funnel with box cooker attached underneath. The large amount of reflective surfaces collect the Sun's rays in the box cooker, while the upper parabolic shape transfers heat rays into box. The stem helps to point the cooker directly at the Sun.



2nd Place

*Team: Touch of Heart and Sol 1
Jupiter Elementary School
Palm Bay, Florida*

This is one of three cookers (two box cookers and one panel cooker) that the team designed and built to cook their meal. All four made good use of reflective surfaces and materials.



3rd Place

*Team: Solar Savvy
New School Preparatory
Orlando, Florida*

This box cooker with highly reflective lid has an additional fresnel lense added to the glazing on the top.





Bright House 2010 Solar Energy Cook-Off Recipes



Middle School Division

1st Place

*Team: Jordynators
Edgewood Jr/Sr High
Merritt Island, Florida*

Menu

Szolaris

Edamame

Vegetable Soup

Bean Salad

Beef Wellington

Ham Panini

Apple Turnovers

Bean Salad

3 cups canned white beans, drained
2 Tablespoons olive oil
2 garlic cloves, minced
½ teaspoon rosemary, finely chopped
½ teaspoon thyme, finely chopped
1/3 cup low sodium chicken broth
3 Tablespoons flat leaf parsley, chopped
4 large basil leaves, chopped
Juice from one lemon
½ teaspoon salt
Fresh grated black pepper to taste



In a small skillet, combine the olive oil and garlic; cover and cook until garlic is soft—about 3 minutes. Uncover and add the rosemary and thyme. Cook until the herbs begin to sizzle and there are small bubbles around them. Do not let the garlic brown. Add chicken broth and boil for 30 seconds. Place the beans in a serving dish. Scatter the parsley and basil over the beans and pour the dressing on top. Sprinkle the lemon juice, salt and pepper on top. Serve warm.

Beef Wellington

1 lb beef tenderloin
12" square sheet of puff pastry

Cut the beef into 1" strips. Line a baking sheet with a non-stick mat. Lay out one sheet of puff

pastry and place the cut tenderloin about ½" from the top edge. Carefully fold the tenderloin, completely covering the tenderloin. Press dough down at seam to seal. Using a knife cut sealed portion of dough away and place tenderloins on baking sheet. Bake in box cooker until puff pastry is golden brown.

2nd Place

*Team: Solar Bells
Edgewood Jr/Sr High
Merritt Island, Florida*

Manhattan Clam Chowder

½ cup water
½ cup tomato paste
1 can (6.5 oz) minced clams
1 carrot, chopped
1 stalk celery, chopped
½ potato, chopped
Sea salt, pepper and Italian Seasoning to taste

In pan mix water and tomato paste. Add clams, carrot, celery and potato. Season to taste. Cook in box oven for 2 hours.



Shrimp and Scallop Skewers

1 ½ lbs large shell-on shrimp
1 ½ lbs. scallops
¼ cup extra virgin olive oil
½ teaspoon red chili flakes
½ teaspoon fresh minced oregano, chopped
½ teaspoon sea salt
3 lemons cut into eighths lengthwise

Combine seasonings and olive oil in a bowl. Marinate shrimp and scallops in mixture (keep chilled). Skewer shrimp and scallops (alternating). Place in cooker and cook until shrimp are done (pink).

Baked Apples

4 apples, cored
1 cup granulated sugar
1 cup brown sugar, packed
2 Tablespoons cinnamon

Core apples, mix sugars and cinnamon. Put apples in 4 inch deep cake pan. Put half of the sugar mixture in the apples. Cook for 2 hours. Put the rest of the sugar mixture on top of the apples and return to box oven for another hour. Sprinkle top lightly with cinnamon before serving.

3rd Place

*Team: Del Sol Ninjas
South Seminole Middle School
Casselberry, Florida*

Vegetarian Chili

12 oz package Boca Burger
(2) 15 oz cans black beans, rinsed and drained
15 oz can dark red kidney beans
15 oz can light red kidney beans
28 oz can diced tomatoes
12 oz can tomato juice
1 large onion, chopped
3 Tablespoons chili powder
1 ½ Tablespoons ground cumin
2 bay leaves
Salt and pepper to taste



In a large pot, combine Boca Burger, black beans, diced tomatoes, tomato juice, onions, chili powder, cumin, garlic powder, bay leaves, salt and pepper. Bring to a simmer and cover. Let cook for at least 2 hours before serving.

Jiffy Cornbread

1 package Jiffy corn muffin mix
1 egg
1/3 cup milk

Blend ingredients. Batter will be slightly lumpy. Fill muffin cups ½ full. Bake 30 - 40 minutes or until done.



Double Tomato Bruschetta

6 roma tomatoes, chopped
½ cup dried tomatoes, packed in oil
3 cloves garlic, minced
1/4 cup olive oil
2 Tablespoons balsamic vinegar

1/4 cup fresh basil, stems removed
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1 French baguette
2 cups shredded mozzarella cheese

In a large bowl, combine roma tomatoes, sun-dried tomatoes garlic, olive oil, vinegar, basil, salt and pepper. Allow the mixture to sit for 10 minutes. Cut baguette into 3/4 inch slices. Arrange slices on a baking sheet. Heat in oven. Divide tomato mixture over baguette slices. Top with cheese. Return to oven and cook until cheese is melted.





Bright House 2010 Solar Energy Cook-Off Best Design Awards



Middle School Division

1st Place

***Team: Phoenix 3
Sweetwater Branch Academy
Gainesville, Florida***

Twin repurposed satellite dishes were used to focus the Sun's energy onto two cooking chambers which were open on the bottom to slide in the pot and also focus the rays onto the bottom of the pot.



2nd Place

***Team: Jordynators
Edgewood Jr/Sr High
Merritt Island, Florida***

This team designed and built three cookers to accommodate their varied menu. The cooker on the far left used three large fresnel lenses as the glazing. In it, they made Beef Wellington.



3rd Place

***Team: Team Lincoln
Lincoln Middle School
Gainesville, Florida***

This team made novel use of recycled materials to create a unique box cooker capable of housing several pots of food.



Other Original Designs

