



## Bright House 2011 Solar Energy Cook-Off Recipes



### 1<sup>st</sup> Place - Elementary Division

*The Baja Grillers  
Fellsmere Elementary  
Fellsmere, Florida*

#### Menu

##### The Baja Grill

Baja Marinated Flank Steak  
Baja Grilled Shrimp  
Black Beans, Corn and Rice  
Strawberry Salad

#### Baja Marinated Flank Steak

3/4 lb. flank steak  
6 oz. beef broth  
6 oz. Sprite  
1 teaspoon oregano  
1 teaspoon chili powder  
1 teaspoon cumin  
1/4 teaspoon cayenne pepper  
2 limes, juiced  
1 orange, juiced  
3 cloves of garlic, crushed

Cut flank steak against the grain into 1/2" strips.  
Mix remaining ingredients. Marinate with steak overnight. Grill for 1 hour.



#### Baja Grilled Shrimp

12 shrimp, shelled and deveined  
2 Tablespoons strained fresh lemon juice  
1/4 cup olive oil  
2 Tablespoons garlic, minced  
1 1/2 teaspoons serano chilis, seeded and minced  
3 teaspoons cilantro, minced

Combine ingredients and mix well; cover and chill overnight. Skewer shrimp; grill until done.

### **Black Beans, Corn and Rice**

- 1 (15 oz) can black beans, drained
- 1 (15 oz) can corn, drained
- 2 tomatoes, diced
- ½ cup red onions, chopped
- ½ cup cilantro, chopped
- 1 jalapeno pepper, seeded and diced
- 2 Tablespoons fresh lime juice
- 1 Tablespoon olive oil
- ½ teaspoon salt
- 1/4 teaspoon fresh ground pepper
- 2 cups cooked white rice



In a medium bowl combine black beans, corn, tomatoes, onion, cilantro, jalapeno, lime juice, oil, salt and pepper. Cook rice according to package directions. To serve, place a scoop of hot rice in a bowl, top with a generous scoop of the black bean mixture. Stir together before eating.

### **Strawberry Salad**

- 1 lb strawberries, hulled and halved
- 1 large mango, peeled and cubed
- ½ cup jicama, diced into 1/4" cubes
- 1/4 cup diced red bell peppers
- 3 Tablespoons fresh lime juice
- 3 Tablespoons lightly packed brown sugar

Lightly stir together all ingredients in medium bowl. Salad may be served immediately or covered and refrigerated for several hours.

## 2<sup>nd</sup> Place - Elementary Division

*The Baja Grillers  
Fellsmere Elementary  
Fellsmere, Florida*

### Nopales Quesadilla

12 to 16 shrimp, deveined  
2 teaspoons butter  
2 teaspoons adobo seasoning  
2 medium tomatoes, chopped  
1 green onion, chopped  
1 garlic clove, minced  
½ lime, juiced  
4 tortillas  
2 cups Monterey Jack cheese, shredded  
½ cup canned nopales, drained and rinsed  
2 teaspoons onion, chopped  
2 teaspoon cilantro, chopped



Melt butter and place shrimp and adobo seasoning in ziploc bag. Allow to marinate overnight. Arrange shrimp in pan and place in solar oven for 30 minutes. Flip shrimp and cook for 30 more minutes. Remove from oven. Mix tomatoes, onion, garlic and lime juice to make a Pico de Gallo. For each quesadilla, on a tortilla place ½ cup of shredded cheese, 4 to 5 pieces nopales, 1/4 tsp. Onion, 1/4 teaspoon cilantro and 3 to 4 shrimp. Fold filled quesadilla in half. Place on preheated pan and cook for half an hour. Flip quesadilla and cook for another 30 minutes.

### Cremoso de Massa

1 small can creamed corn  
1 small can of corn  
5 jalapenos, thinly chopped  
8 oz. cream cheese, softened

Spray 8 x 8" pan with non-stick cooking spray. Mix together corn and jalapenos. Top with cream cheese. Cover with plastic wrap and heat in solar oven for 1 hour. After an hour, stir ingredients, recover, and place back in solar oven for another hour.



### 3<sup>rd</sup> Place - Elementary Division

*Metallic Core  
Hollywood Christian Academy  
Hollywood, Florida*

#### **Chicken Kabobs with Rice**

1 chicken breast, skinned cut into cubes  
1/4 each—green, orange and red bell peppers, cubed  
4 mushrooms  
1 onion, cut in eighths  
6 cherry tomatoes  
Uncle Ben's Ready Rice

Salt, pepper and garlic powder to taste

Season chicken with salt, pepper and garlic powder.  
Arrange chicken and vegetables on skewers. Place in oven  
and cook until chicken is done. Meanwhile cook rice.  
Serve kabob on plate over rice.





## Bright House 2011 Solar Energy Cook-Off Recipes



### 1<sup>st</sup> Place - Middle School Division

*The Panda Dynasty  
Edgewood Jr/Sr High  
Merritt Island, Florida*

#### Menu

##### The Panda Dynasty

Miso Soup  
Gyozo Panda Style  
White Rice  
Steamed Broccoli

#### Gyozo Panda Style

12 Gyozo  
½ cup mushrooms, sliced  
¼ cup red bell pepper, sliced  
¼ scallions, diced  
1 teaspoon cornstarch  
½ teaspoon ginger, finely diced  
½ cup water  
¼ cup soy sauce

Place all ingredients except gyozo in pan.  
Record beginning temperature and preheat  
solar cooker. Add gyozo and record  
temperature. When temperature reaches  
165° F, cook for 30 minutes longer.





## 2<sup>nd</sup> Place - Middle School Division

*Alezza Grille*  
*Hidden Oaks Middle*  
*Palm City, Florida*

### Country Style Chili

6 slices thick cut applewood bacon  
4 cloves garlic, finely chopped  
2 medium onions, finely chopped  
1 red bell pepper, chopped  
1 yellow bell pepper, chopped  
3 Tablespoons chili powder  
1 Tablespoon ground cumin  
1 Tablespoon chipotle chili powder  
2 teaspoons dried oregano  
1 Tablespoon paprika  
1 lb lean ground beef  
1 lb ground pork  
1 cup beer  
1 (15 oz) can of kidney beans  
1 (24 oz) can crushed tomatoes  
1 (24 oz) can diced tomatoes  
Sour cream, shredded cheddar and sliced scallions for garnish  
Lime wedge



In a pot, cook the bacon until lightly crisp. Add the garlic, onions, bell peppers, herbs and spices. Add the beef and break it up. Add pork. Cook until very lightly browned and stir in the beer and beans. Toss, then add the crushed and diced tomatoes. Let cook. Place in bowls and garnish with sour cream, shredded cheese and sliced scallions. Serve with a lime wedge.

### Comfort Cornbread

1 cup cornmeal  
3/4 cup flour  
1 Tablespoon sugar  
1 ½ teaspoons baking soda  
1/4 teaspoon salt  
2 large eggs, lightly beaten  
1 ½ cups buttermilk  
6 Tablespoons butter, melted

Butter the baking dish and allow the oven



to heat up. In a large bowl, mix together the cornmeal, flour, sugar, baking powder, baking soda, and salt. In a separate bowl, mix together the eggs, buttermilk, and butter. Pour the buttermilk mixture into the cornmeal mixture. Pour the batter into the prepared baking dish. Bake until the top is golden and a knife inserted comes out clean.

### **3<sup>rd</sup> Place - Middle School Division**

*International Cooking Flare  
South Seminole Middle  
Casselberry, Florida*

#### **Stuffed Peppers**

4 green bell peppers  
½ cup rice, cooked  
2 cups tomato sauce  
2 Tablespoons parsley, chopped  
Salt and pepper to taste  
4 oz parmesan cheese

Cut tops off peppers, seed insides and arrange peppers in a baking dish. In a bowl, combine rice, tomato sauce, parsley, salt and pepper. Put mixture in peppers. Bake for 2 hours. Top each pepper with parmesan cheese and bake until cheese melts.



#### **Baked Zucchini**

5 medium zucchini, cut into 1/4" pieces  
1/4 cup butter, melted  
2 ½ Tablespoons fresh oregano, minced  
Salt and pepper to taste  
1 cup grated parmesan cheese

In a bowl, toss the zucchini, butter, oregano, salt and pepper. Arrange in a single layer on a greased baking sheet or shallow baking dish. Sprinkle with parmesan cheese. Bake until golden brown. Taste. Add seasonings.