



## Bright House 2012 Solar Energy Cook-Off Recipes



### Elementary Division

### 1<sup>st</sup> Place - Culinary

*Sun Scouts - Mini Taste of Tuscany  
Girl Scout Troop 30027  
Stuart, Florida*

#### Menu

##### Mini Taste of Tuscany

Petit Caprese Salad  
Crusty Bread  
Grandma's Italian Wedding Soup  
Three Cheese Lasagne  
Chocolate Covered Strawberries

##### Grandma's Italian Wedding Soup

2 cups chicken stock  
6 frozen mini meatballs  
½ cup orzo  
20 baby spinach leaves  
Mixed herbs (basil, oregano, parsley, garlic) to taste

Pour chicken stock into a dutch oven. Stir in the meatballs, orzo and spices. Place dutch oven at the focal point on a parabolic cooker. Simmer for 1 ½ hours, stirring occasionally. Meanwhile, wash the spinach leaves thoroughly, pat dry then shred into thin strips. Add spinach and simmer for another 30 minutes.

##### Three Cheese Lasagne

2 cups tomato basil sauce  
3 Tablespoons sun-dried tomatoes, diced  
Pinch of oregano and salt  
3 basil leaves, chopped  
2 sprigs parsley, chopped  
1 lb lean ground beef  
½ sweet Vidalia onion, finely minced  
1 egg  
1 cup ricotta cheese  
1 cup shredded mozzarella  
½ cup shredded parmesan cheese  
Oven ready lasagna noodles  
3 individual size loaf pans  
Non-stick cooking spray  
sheet of aluminum foil painted with high temperature (grill) black paint on one side



Pour the sauce into a small dutch oven, place in focal point of parabolic cooker. Add spices and sun-dried tomatoes, cover and heat until simmering. Sauté beef and onions in frying pan on parabolic cooker. Meanwhile, blend egg, ricotta cheese and shredded mozzarella. Spray pans with non-stick spray. In each pan put a scant amount of sauce. Cut a noodle to fit the pan. Cover with a layer of cheese mixture, then sauce. Repeat layers, end with meat sauce and cover with parmesan cheese. Seal the pans with painted foil. Bake in solar box over 2 - 3 hours.



### **Chocolate Covered Strawberries**

3 squares Godiva dark chocolate, chopped  
3 squares Godiva vanilla bean chocolate, chopped  
20 chocolate melts  
3 large ripe strawberries

Wash and dry strawberries, do not remove hulls. Place dark chocolate and melts in a black covered pan and the white chocolate in a smaller pan; heat in solar oven for 20 minutes. Dip strawberries in dark chocolate and drizzle with white chocolate.



## 2<sup>nd</sup> Place - Culinary

*Dr. Suess' Solar Chefs  
Ocean Breeze Elementary  
Indian Harbour Beach, Florida*

### **One Fish, Two Fish Sunshine Shrimp Dish (with Pesto Toast and Lemon Mint Green Tea)**

1 lb shrimp, thawed, shelled and deveined  
1 box (5.8 oz) couscous  
1/4 cup shallots, finely diced  
3 cloves garlic, finely minced  
2 Tablespoons olive oil  
2 Tablespoons butter  
1/4 cup lemon juice  
2 1/4 cups water  
2 Tablespoons corn starch  
1 Tablespoon chicken stock base/bouillon  
1/4 teaspoon red pepper flakes  
1 Tablespoon capers, drained  
7 oz. artichoke hearts, quartered and drained  
1/2 pint grape tomatoes, halved longwise  
Salt and pepper to taste  
1/4 cup flat leaf parsley, chopped  
1/2 cup grated parmesan cheese, divided



Cook couscous according to package directions in parabolic cooker and keep covered to keep warm. Heat a sauté pan on parabolic cooker to medium heat; add olive oil and butter. Sauté shallots until translucent, add garlic and sauté 2 more minutes stirring constantly. Add lemon juice, 2 cups water, red pepper flakes and chicken base; bring to simmer. Reduce slightly (move off of focal point). Mix corn starch with 1/4 cup water and add to mixture; stir until thickened. Add capers, artichoke hearts and shrimp to sauce and cook until shrimp are pink. Add salt and pepper to taste. Gently stir in tomato halves. Serve over couscous, garnish with pesto, fresh grated parmesan and parsley.

### **Pesto Toast**

6 slices french bread  
4 Tablespoons basil pesto  
2 Tablespoons butter, softened

Combine pesto and softened butter. Spread over bread and place bread in box oven to warm while shrimp is cooking. Serve one slice of toast on each plate.



## **Lemon Mint Green Tea**

5 green tea bags  
Fresh mint leaves  
½ cup honey  
1 lemon, slices

Put 2 quarts water in large glass jar with 5 tea bags and a handful of fresh mint. Place in Sun for 1 hour. Strain tea into pitcher and add honey. Pour into glasses filled with ice and garnish with lemon slice.



The Elementary Division teams hard at work!

## 3<sup>rd</sup> Place - Culinary

*Waterford Wildcats  
Waterford Elementary  
Orlando, Florida*

### **Chicken Chili**

1 boneless chicken breast, skinned and diced in 1 cm cubes  
1 cup water  
1 chicken bouillon cube  
2 cans (15 oz) northern beans, drained  
1 can (14 oz) sliced carrots, drained  
1 can (4 oz) diced chiles, drained  
1 onion, diced  
1 ½ teaspoon chili powder  
Salt and pepper to taste  
Non-stick spray  
Garnish: Sour cream and grated cheddar cheese

Preheat pan in box cooker and spray with non-stick spray. Place diced chicken in pan and cook until done. Heat water in separate pan; dissolve bouillon in water. Add chicken broth, beans, carrots, chilies, onion, and spices to chicken. Let simmer for 3 hours to blend flavors.



### **Sweet Corn Bread**

1/3 cup egg whites  
1 cup evaporated skim milk  
½ cup brown sugar  
1 teaspoon butter  
1 teaspoon salt  
1 ¼ cup reduced fat Bisquick  
¾ cup cornmeal  
Non-stick cooking spray

Preheat pan in box cooker. In large bowl, combine egg whites, milk and sugar. Add butter and salt. Mix thoroughly. Add baking mix and cornmeal. Stir until mixed. Spray pan with non-stick spray and add batter. Place in cooker with a black pan lid and cook 1 to 1 ½ hours until done.

### **Strawberry Delight**

2 ¼ cup reduced fat Bisquick  
5 packets Splenda  
2/3 cup skim milk  
3 Tablespoon applesauce  
1 lb. strawberries, hulled and sliced  
Cool whip

Preheat black pie pan in box cooker. Cut strawberries and set aside. In a bowl, mix together Bisquick, Splenda, milk and applesauce until it forms a ball of dough. Spray pan with non-stick spray and press dough into pan to create a pie crust. Place in cooker and cover with black pan for 1 1/4 - 1 1/2 hours. Remove from cooker and cool. Add strawberries to center and top with cool whip. Serve.

### More Fabulous Elementary Division Chefs





# Bright House 2012 Solar Energy Cook-Off Recipes



## Middle School Division

### 1<sup>st</sup> Place - Culinary

*Greek Goddesses  
Lake Nona Middle School  
Orlando, Florida*

#### Menu

##### Greek Goddesses

The God's Forbidden Nectar  
Ceviche  
Tabbouleh  
Hummus  
Greek Salad  
White Rice  
Baked Catfish  
Carrot Cake

#### Baked Catfish

½ cup olive oil  
2 onions, thinly sliced  
2 - 3 garlic cloves, minced  
5 plum tomatoes, seeded and diced  
1 cup parsley, chopped  
3 lbs. catfish  
2 teaspoons oregano  
2 lemons, 1 sliced thin  
3 Tablespoons lemon juice  
1/4 cup breadcrumbs  
Salt and freshly ground pepper



Let box cooker preheat. Put olive oil, onions and garlic in a pan and saute them in a parabolic cooker until tender. Add the diced tomatoes and parsley to the pan and saute until most of the liquid is reduced. Remove from cooker and set aside. Place fish fillets in a casserole pan with a lid. Season lightly with salt, pepper and oregano. Top the fish fillets with the onion/celery/tomato mixture and cover each with two or three thin slices of lemon. Squeeze the other lemon and pour the juice over the fillets. Top each of the fillets with a sprinkling of breadcrumbs and add remaining crumbs to the liquid in the pan. Cover and bake until fish flakes easily with fork (1 - 2 hours depending on the weather).

## God's Forbidden Nectar

4 oranges  
4 lemons  
4 limes  
4 tangerines  
½ lb blackberries  
½ lb strawberries  
1/4 lb raspberries  
1/4 lb blueberries  
2 Tablespoons sugar  
1 lemon sliced

Squeeze the citrus fruit juice into a bowl. Strain; store in a cooler with ice. Meanwhile put the berries in a bowl and add sugar. After 10 minutes, squish the berries into a rough puree. When ready to serve, put the berries in the bottom of the glass and add citrus juice on top. Add ice to taste if wanted. Garnish with a lemon slice.



## 2<sup>nd</sup> Place - Culinary

*Sunny Side Up  
Trinity Preparatory  
Winter Park, Florida*

### **Bacon and Cheese Quiche**

10 slices bacon, fried and chopped  
2 ½ green onions, chopped  
1 tomato, chopped  
6 eggs  
1/3 cup sour cream  
1 pie crust, baked  
1/4 cup cheddar and mozzarella cheese,  
shredded

Note: Pie crust and bacon were cooked prior to the competition.



Reserve 1 Tablespoon each onions and tomatoes. Chop the bacon and mix in the onions and tomatoes. Beat the eggs and sour cream with a whisk until well blended; pour into the pie crust. Top with bacon and vegetable mixture. Sprinkle cheese on top. Bake until center is set. Sprinkle with reserved onions and tomatoes. Let cool slightly and serve.

### **Homemade Breakfast Sausage**

2 teaspoons dried sage  
2 teaspoons salt  
1 teaspoon black pepper  
1/4 teaspoon dried marjoram  
1 Tablespoon brown sugar  
1/8 teaspoon crushed red pepper flakes  
1 pinch ground cloves  
2 lbs. ground pork

In a small bowl, combine the spices and brown sugar. Mix well. Place pork in a large bowl and add the mixed spices to it. Mix well with your hands and form into patties. Grill on both sides until the patty is cooked through.



## 3<sup>rd</sup> Place - Culinary

*The Lorax*  
*L.A. Ainger Middle*  
*Rotunda West, Florida*

### **World's Best Potato Soup**

3 ½ potatoes, cut in cubes  
½ onion, finely chopped  
stalk of celery, chopped  
3 chicken bouillon cubes  
3 cups water  
¾ cup half and half  
7 oz bacon, fried until crisp, chopped  
½ can condensed cream of mushroom soup  
¾ cup sharp cheddar cheese, grated  
celery stalks for garnish

Note: Bacon was precooked before competition.

In a large pot combine potatoes, onion, celery, bouillon cubes and enough water to cover all ingredients. Bring to a boil and simmer until potatoes are almost done. Add half and half, bacon, cream of mushroom soup and stir until creamy. Add cheese and stir until completely melted. Gently simmer until potatoes are done. Garnish with celery (trees) for the Lorax!





## Bright House 2012 Solar Energy Cook-Off Recipes



### High School Division

### 1<sup>st</sup> Place - Culinary

*Solar A.P.E.S.  
Pine Ridge High School  
Deltona, Florida*

#### Menu

Shrimp Kabobs  
Mahi Mahi Soft Tacos  
Yellow Rice with Peppers  
Chocolate Fondue

#### Shrimp Kabobs

- ½ cup soy sauce
- ¼ cup brown sugar, packed
- ¼ cup water
- 24 cherry tomatoes
- 24 pineapple chunks
- 24 shrimp, deveined and shelled (leave tail on)
- 12 pearl onions
- 2 green peppers, cut into 24 pieces

Mix together soy sauce, brown sugar and water. On skewers, thread vegetables and shrimp, alternating ingredients to fill eight skewers. Place on grill. Brush with marinade. Turn every 10 minutes and reapply marinade until shrimp has turned pink and vegetables are tender.



#### Mahi Mahi Soft Tacos

- 4 Mahi Mahi fillets
- 2 Tablespoons butter, melted
- 1 ½ cups tomatoes, chopped
- ¼ cup red onion, chopped
- 1 jalapeno, finely chopped
- 3 cloves garlic, minced
- juice of ½ lime
- ½ head lettuce, chopped
- 8 flour tortillas

Grill fish on both sides, brushing with butter (approx 20 min). Combine tomatoes, onion, jalapeno, garlic and lime. When fish is done in the center, flake with a fork. Lightly grill the tortillas until they are warm and brown. Layer fish, lettuce and pico de gallo on tortilla. Roll.



## 2<sup>nd</sup> Place - Culinary

*MOSH Barbeque  
Edgewood Jr/Sr High  
Merritt Island, Florida*

### Beef Kabobs

1 piece beef tenderloin  
1/4 onion, cut in pieces  
1/4 red bell pepper, cut in pieces  
1/4 yellow bell pepper, cut in pieces  
1/4 green bell pepper, cut in pieces  
Montreal seasoning

Cut peppers and onions into squares. Coarsely dice steak into bite size pieces. Sprinkle steak with Montreal seasoning. Arrange the ingredients on skewers and place in cast iron griddle in the center rack of a box cooker. Cover with glass and cook until steak is thoroughly cooked (approximately 2 hours).



### Corn on the Cob

Corn with husks  
Butter  
Salt and pepper

Husk corn halfway. Remove silks; butter. Fold husk back to upright position and tie at top. Place on top rack of cooker. Roast until done. Remove husk, butter and season.

### Fried Okra

1/2 lb. okra, sliced  
3 Tablespoons vegetable oil  
Salt and pepper to taste

Bring oil to a simmer in a cast iron skillet on a fresnel cooker. Place okra in a single layer in oil. Cook on one side then flip and cook on the other side. Drain on paper towels. Season to taste.



## 3<sup>rd</sup> Place - Culinary

### *Pizza Party Einstein Montessori Cocoa, Florida*

#### **Pizza Dough**

For each dough you need:

- 2 ½ cups flour
- 1 teaspoon salt
- 2 teaspoon white sugar (increase to 6 teaspoons for dessert pizza)
- 1 cup warm water
- Olive oil

Put yeast in a small bowl, add 1 cup warm water, stir and set aside for 10 minutes. In a large bowl place flour, salt and sugar. Add yeast to flour mixture. Stir until it forms a soft dough ball. Cover dough with plastic wrap to protect it from the air and set it in a warm place to rise until it doubles in size. When dough has risen use oil (or butter for dessert pizza) to oil your pan and hands. Place dough in center of pan. Gently stretch dough without tearing it until it reaches the edge of the pizza pan. Dough should be very thin or it won't bake well in the sun. Bake until crispy on edges. Take out and add top ingredients and return to oven until toppings are warm and cheese melts.

#### **Pizza Sauce:**

- 4 tomatoes
- 1 clove garlic, minced
- 1 Tablespoon oregano
- 1 sprig fresh basil, chopped
- Salt and pepper to taste

Chop and crush tomatoes in a large bowl. Add garlic, oregano, basil and salt and pepper.

#### **Main Dish Pizzas (3 varieties)**

##### **Pizza #1:**

- Pizza sauce
- Sun dried tomatoes
- Mushrooms
- Feta cheese
- Fresh spinach
- Black olives

##### **Pizza #2:**

- Pizza sauce
- Ham
- Pineapple
- Mozerella cheese



### **Pizza #3**

Pizza sauce  
Pepperoni  
Mozzerella cheese

### **Dessert Pizzas (2 varieties)**

#### **Dessert Pizza #1:**

1 cup cream cheese, softened  
1 cup powdered sugar  
1 teaspoon vanilla  
Fresh berries (blackberries, blueberries  
and/or strawberries)  
Powdered sugar for topping



Mix well cream cheese, powdered sugar and vanilla. Dollop cheese mixture on dessert pizza crust and spread it around until crust is covered. Place berries on crust in a decorative pattern. Bake 5 minutes or until warm and toasty. Using sifter, sprinkle with sifted powdered sugar.

#### **Dessert Pizza #2:**

½ cup Nutella  
1 banana, sliced  
4 or 5 strawberries, sliced  
Powdered sugar for topping

Spread dessert crust with Nutella. Slice banana lengthwise and place on top of Nutella in a sun pattern from center to outside. Decorate pizza with sliced strawberries. Bake until warm. Using sifter, sprinkle lightly with powdered sugar.



High School Division making good use of the sunshine!



## Bright House 2012 Solar Energy Cook-Off Best Design Awards



### Elementary Division

#### **1<sup>st</sup> Place - Design**

*Team: The Green Guys  
St. Martha's Catholic School  
Sarasota, Florida*

Repurposed grill with reflectors painted black inside. Team understood the concept of having the interior black and not having the box too deep. Overall, the cooker looked nice, and the team was very knowledgeable.

#### **2<sup>nd</sup> Place - Design**

*Team: Dr. Seuss' Solar Chefs  
Ocean Breeze Elementary  
Indian Harbour Beach, Florida*



The team from Ocean Breeze Elementary built a large parabolic trough cooker constructed of plywood and lined with mylar. The cooker features an ingenious mesh cradle to hold a variety of cooking pots in the focal point. The team impressed the judges with their knowledge of solar thermal and cooker physics, as well as the sturdiness and durability of their cooker.

**3<sup>rd</sup> Place - Design**  
***Team: Solar Supermen***  
***St. Martha's Catholic School***  
***Sarasota, Florida***



The Solar Supermen from St. Martha's Catholic School constructed an air-tight box cooker that sported large reflectors (note the filled in corners).



## Bright House 2012 Solar Energy Cook-Off Best Design Awards



### Middle School Division

#### **1<sup>st</sup> Place - Design**

*Team: Greek Goddesses  
Lake Nona Middle  
Orlando, Florida*



The judging team noted the use of recycled materials in the fabrication of the Greek Goddesses box cooker. The team's knowledge of solar thermal properties and solar physics also helped them win the blue ribbon. Below the judges measure the internal temperature of the cooker.



## **2<sup>nd</sup> Place - Design**

***Team: Hot Mess  
Southwest Middle  
Palm Bay, Florida***



Southwest Middle's Hot Mess team took the box cooker design a step higher with highly reflective mirrors and a tight air-seal. The team used recycled materials and was very enthusiastic about solar cooking.

## **3<sup>rd</sup> Place - Design**

***Team: Hot Diggity Dog  
Edgewood Jr/Sr High  
Merritt Island, Florida***



The cooker that the Hot Diggity Dog team placed in the competition for Design Judging (left) was designed to resemble a commercial hot dog stand. The 'commercial' aspect wowed the judges and added to their success. During cooking, the team used two different fresnel lens cookers to complete their meal. Although the cooker on the right was not the one the team chose to be judged, it still caught everyone's attention because of its gimballed support system that allowed the team to follow the Sun easily.



## Bright House 2012 Solar Energy Cook-Off Best Design Awards



### High School Division

#### **1<sup>st</sup> Place - Design**

*Team: Pizza Party  
Einstein Montessori  
Cocoa, Florida*



The large parabolic dish used by Einstein Montessori's Pizza Party team was a real crowd stopper. Above, it sits with its repurposed pizza cooking rack, waiting for the chefs to begin their magic.



The judges were impressed that the team had tested their design and recipes prior to the competition by cooking pizzas for their classmates at their school.

The team's teacher, David Schleith, checks the temperature being produced by the parabolic cooker. The team also won third in the High School Culinary division for their assortment of main dish and dessert pizzas.

## 2<sup>nd</sup> Place - Design

*Team: Solar A.P.E.S.  
Pine Ridge High  
Deltona, Florida*



The team from Pine Ridge setting up one of their four solar cookers. Any team may cook with more than one solar cooker, but must choose one to be judged in the Design Judging. This team chose to have the box cooker judged (above right and below). On this cooker they had a unique system of string that was used to reposition the reflectors. The judges liked that the box cooker was portable—it could be easily taken camping or set up after a hurricane.



The team is interviewed by the Design Judges about their design choices, construction techniques, choice of materials and their knowledge of solar thermal design.

### 3<sup>rd</sup> Place - Design

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



Edgewood's MOSH Barbeque team chose to have judged their box cooker which featured recycled materials and a tight seal around a glazing of triple pane glass. This box included three different cooking racks to accommodate several dishes at a time.

### Design Award - Honorable Mention



