

Cook-it Style Panel Cooker

Materials

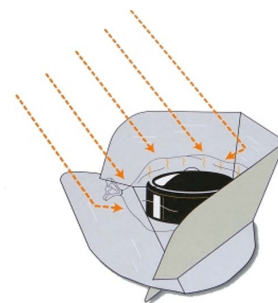
- Cook-it measurement sheet (next page)
- sheet of cardboard 48" x 36"
- mylar (from camping/emergency 'space' blanket)
- spray glue or white glue
- box cutter, scissors
- tape measure, ruler
- protractor

Procedure

1. Using the measurement sheet, draw the cooker lines and fold lines onto the sheet of cardboard.
2. Cut out the cooker along the cutting lines. Fold the cardboard along the fold lines (Hint: It is easier to get a straight fold line if you firmly hold a yard stick or other straight edge along the fold line and then fold the other side up against the straight edge).
3. Affix the mylar to side of the cooker that is on the inside of your folds. If using spray glue, spray the glue onto the cardboard and then place the mylar on top pressing out as many bubbles and creases as possible (a rubber roller or a plastic card—credit card, driver's license, etc—can be helpful). If you are using white glue, thin the glue until it spreads easily with a paint brush.
4. Trim the mylar around the edges of the cooker.
5. Cut the two slits.

How to cook using your panel cooker

1. Set up the cooker and place it facing the Sun.
2. Mix or prepare the food to be put in the cooker according to the recipe.
3. Put the food in a covered black pot and put the whole dish in a high temperature baking bag. Seal tightly. Do not cover your food/pot with aluminum foil—it will reflect the sunlight away from your food.
4. If you do not have a black pot, you can paint the outside of a pot or canning jar black with paint designed for barbeque grills.
5. Place the pot in the center of the cooker. Move the cooker periodically (every 20 minutes or so) to follow the sun as it moves across the sky.
6. When food is done, be sure to use a pot holder to remove the pot. **Solar Cookers can get extremely hot!**



Cook-it Measurements

