



Directions For Using Your

GLOBAL SUN OVEN[®]

Using your **SUN OVEN**[®] is easier than you might 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, buildings, or other large objects 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 in the bottom section of the reflectors over the thumbscrew in the wooden frame, making sure the thumbscrew fits through the slot. Twist the thumbscrew one-quarter turn to hold the reflectors in place.

The latches that hold the glass door shut (on the right side of the door) are tightened before shipping – you may need to unscrew them ¼ to ½ turn to make them easier to operate.

(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. Focus the oven two ways: stand behind the oven and place it so the shadows are even on both sides, then tilt the oven enough to eliminate the shadows in the front and back portions of the oven chamber. Hold this position by adjusting the 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 every 30 minutes 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

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. The **SUN OVEN**[®] will usually reach 300 degrees F in about twenty minutes. After the oven has been pre-heated, let the oven cool and completely clean the inside of the chamber and the inside of the glass door with a non-abrasive cleaning solution. While cleaning it is best to scrub hard on the interior of the glass on the area where the glass meets the black gasket. Now you're ready to start cooking by letting the **SUN OVEN**[®] preheat.

Cooking

Place food in the cooking pot or pan on the tray inside the oven. Close the glass door quickly, and latch it down, using both latches. Use potholders when removing the pot or pan.

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 rice, 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, since some heat will escape.

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.

After Cooking Care

When you are done cooking it is best to remove any moisture from the interior of your **SUN OVEN**[®] by wiping it out with a dry cloth. When not in use, it is recommended that the glass door not be latched shut.

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.

Video Demonstration

To see a video demonstration of how to use the oven please visit:

<https://www.sunoven.com/usa/instructions-video.php>

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