



## 2016 MOJAVE DESERT AQMD & MEEC SOLAR COOK-OFF RECIPES



Liberty Utilities



All Season Solar Cooker  
By Sol Cook LLC

### 2016 Event

#### Sponsors:

*Liberty Utilities - CEMEX - All Season Solar Cooker*

#### Partners:

*San Bernardino County First District Supervisor Lovingood - Victor Valley Museum*

The Solar Cook-Off Competition is for students in grades 4-12, who, working together as a team, design and construct a working solar cooker, as well as develop original recipes for their cooker. Students must construct the cooker following specified construction guidelines for size and weight. Food cannot be pre-cooked at home but must be assembled on the site once the start time begins. This eliminates any "reheating" vs actual cooking time. Teams are required to prepare three servings of each dish they have prepared for the Recipe Judges.

The Competition is divided into two judging categories; Cooker Design and Recipe. Within each category, there are three grade divisions; 4-6; 7-9; and 10-12. A first, second, and third place winner is selected in each grade division and category.

The Solar Cook-Off Competition challenges students to use scientific know-how, creative thinking, teamwork and experimentation to design and build solar cookers. A design and cooking event, it is an excellent opportunity to combine the teaching of scientific and social principles in an atmosphere of fun and excitement. To our knowledge, this is the only event of its kind anywhere in Southern California.



For more information about the Solar Cook-Off Competition or on how your company may sponsor the event, please contact Christie Robinson, Event Coordinator at [christier@mdaqmd.ca.gov](mailto:christier@mdaqmd.ca.gov) or log on to our website at: [www.meeconline.com](http://www.meeconline.com).



## 2016 Mojave Desert AQMD & MEEC Solar Cook-Off Recipes



**1<sup>st</sup> Place – Elementary Division**  
***Justice League of Super Chefs***  
**Daisy Gibson School, Palmdale**

### **Menu**

*Chicken Posole*

*Chicken Enchilada Casserole*

*Upside-Down Caramel Apple Tart*

*w/Vanilla Ice Cream*



### **Chicken Posole**

- 1 Small Can Red Enchilada Sauce
- 1 Small Can Dice Green Chilies
- 1 Cup Diced Canned Chicken
- 1 Can White Hominy
- 1 tsp. Chili Powder
- ½ tsp Cumin
- ¼ tsp Paprika
- ¼ tsp Cayenne Pepper
- ½ tsp Salt
- ½ tsp Onion Powder
- ½ tsp Garlic Powder
- ½ Cup Water
- 2 TBS Tomato Paste
- 3 ½ Cup Chicken Broth, divided
- (3) Mason Jars with lids

Garnish: Chopped Cilantro, lime wedges

In a large mason jar, add cubed chicken, red enchilada sauce, and ½ cup chicken broth, and cook for 2 ½ hours.

In a bowl, whisk together tomato paste, spices, 2 cups chicken broth until smooth and add to second mason jar. Heat for 1 ½ hours.

In third mason jar, add hominy, green chilies with remaining chicken broth and water and cook for 1 hour.



Plating: Place hominy/chili mixture on bottom of bowl, top with soup mixture and chicken mixture. Garnish with cilantro and lime wedge.

### **Chicken Enchilada Casserole**

2 Cups Mild Green Enchilada Sauce  
2 Cups Canned Chicken  
2 TBS Cajun Seasoning  
¼ C. Diced Green Chilies  
3 Cups Mexican Blend Cheeses  
9 Corn Tortillas  
2 TBS Sriracha Sauce  
Small Tub Sour Cream  
Diced Green Onions (garnish)



Combine green chilies with chicken and Cajun seasoning in small bowl.

In separate bowl, add enough green sauce to coat bottom and sides.

In separate bowl, add remaining green sauce and dredge 3 tortillas, coating evenly both sides.

Place tortillas in bottom of small aluminum pan. Sprinkle evenly with ¼ cup spiced chicken mixture and ¼ cup of cheese.

Repeat above step 2-3 times, pouring remaining green sauce over final layer and adding remaining cheese evenly on top.

Cover and place in solar cooker for approximately 3-4 hours or until food temperature reaches a minimum internal temperature of 140°.

Mix Sriracha and sour cream until well-blended.

Cut into cubes and drizzle Sriracha Sauce over each serving. Sprinkle green onion garnish. Serves 3-2 persons.

### **Upside-Down Caramel Apple Tart with Vanilla Ice Cream**

2 Large Green Apples  
1 ½ Cup Brown Sugar  
1 tsp Vanilla Extract  
1 ½ tsp Apple Pie Spice  
1 Cup Granola  
1 Cup Butter  
2 TBS Lemon Juice



Caramel Sauce, Vanilla Ice Cream (garnish)

Combine  $\frac{1}{2}$  cup butter and  $\frac{1}{2}$  cup brown sugar with 1 cup granola, blending well. Form crust in 3 small pie tins.

Core and slice apples into quarter inch wedges. Place in bowl and mix with remaining sugar, butter, lemon juice, vanilla, and spices. Coat each apple slice thoroughly.

Evenly divide into the 3 pie tins.

Place in cooker for 2-3 hours or until food temperature reaches a minimum internal temperature of 140°.

Plating: Flip each tin onto a plate so bottom becomes a crumb topping. Top with a scoop of vanilla ice cream and drizzle with Caramel sauce.

**2<sup>nd</sup> Place - Elementary Division**  
***Falcons***  
**Vanguard Preparatory, Apple Valley**

**Menu**

*Cheesy Potato Casserole*  
*Caramel Topped Ice Cream*

**Cheesy Potato Casserole**

3-5 Potatoes – peeled, finely shredded  
 $\frac{3}{4}$  Cup Cheddar-Jack Shredded Cheese  
 $\frac{1}{2}$  Can Cream Chicken Soup (not diluted)  
4-6 oz. Sour Cream  
 $\frac{1}{4}$  Cup Chives, chopped  
Salt & Pepper to taste

Mix all ingredients in bowl until well-blended. Bake in cooker until internal temperature reaches minimum of 140° and cheese is well melted.

Serves 3-4 persons.



## Caramel Sauce

1 Cup Brown Sugar  
½ Cup Half/Half  
4 TBS Butter, melted  
1 TBS Vanilla  
Vanilla Ice Cream  
Apple Slices

Mix first four ingredients and place in cooker. Cook until mixture is a thick consistency and is thoroughly heated through. Drizzle over ice cream or use as dipping sauce for apple slices.

## 3<sup>rd</sup> Place – Elementary Division *Sun Goddesses* George Visual, Adelanto

### Menu

*Panda Cakes*  
*Strawberry Milkshakes*

### Panda Cakes

1½ Cup Flour  
⅔ Cup Cocoa  
1½ Cups Sugar  
1 tsp Baking Soda  
½ tsp Baking Powder  
½ tsp Salt  
2 Eggs, beaten  
⅓ Cup Oil  
1 tsp Vanilla  
⅔ Cup Milk  
⅔ Cup Hot Water  
6 Oreo Cookies

Line mini muffin pan with cupcake liners.

In large bowl, mix dry ingredients with wire whisk.

Add eggs, oil, vanilla and milk and whisk until thoroughly blended. Add hot water and mix well.



Pour into cupcake liners about  $\frac{3}{4}$  full. Place in cooker and bake until set in center and knife comes out clean, and internal temperature reaches a minimum of 140°.

### **Vanilla Frosting**

3 Cups Powdered Sugar  
 $\frac{1}{3}$  Cup Butter or Margarine, softened  
1 $\frac{1}{2}$  tsp Vanilla  
1-2 TBS Milk

In medium bowl, mix powdered sugar and butter with spoon or electric blender on low speed. Stir in vanilla and 1 TBS milk. Gradually add more milk until frosting is smooth and spreadable.

Frost cooled cupcakes and decorate with Oreo Cookies.

### **Milkshakes**

8 ounces Strawberries, hulled, stemmed, and sliced  
 $\frac{1}{2}$  tsp Vanilla Extract  
1 pint Vanilla Ice Cream  
 $\frac{1}{4}$  Cup Milk

Blend all ingredients and serve.

### **1<sup>st</sup> Place – Middle Division**

#### ***Darth Cookers***

**Daisy Gibson School, Palmdale**

#### **Menu**

*Minestrone*

*One-Pot Pumpkin Pasta*

*Baked Apples*

#### **Minestrone**

$\frac{1}{2}$  Can Light Kidney Beans, drained  
 $\frac{1}{2}$  Can Dark Kidney Beans, drained  
 $\frac{1}{2}$  Can Zesty Diced Tomatoes  
1 Cup Chicken Broth  
 $\frac{1}{2}$  Cup Frozen Italian-Style Vegetables  
 $\frac{1}{2}$  Cup Frozen Corn



½ tsp Oregano  
1 Celery Stalk, chopped  
½ tsp Crushed Red Pepper  
½ tsp Salt  
¼ tsp Pepper



Wash and dice celery stalk; put into cooking pot.  
Add beans, vegetables, broth, and seasonings. Stir until well-blended.

Cook for 3 hours or until internal temperature reaches minimum of 140°

### **One-Pot Pumpkin Pasta**

2 TBS Butter  
2 TBS Onion, finely chopped  
4 Fresh Sage Leaves  
½ tsp Garlic, minced  
1 14oz. Can Pumpkin (not pie)  
1 Cup Chicken Broth  
9 oz Pasta (wide egg noodle, penne or similar)  
Freshly Grated Parmesan Cheese  
Salt & Pepper to taste



Place pasta in mason jar and top with water (water should almost reach lid). Place jar in cooker for approximately 1-2 hours or until pasta is cooked.

While pasta is cooking, in large pot, add butter, Sage leaves, onion, and garlic. Place pot in cooker for 20 minutes. Remove sage leaves before adding pumpkin, chicken broth, stir to combine.

Drain pasta when done, add to pot. Add salt/pepper to taste. Stir well. Cook covered for 1-2 hours or until internal temperature reaches minimum 140°. Sprinkle Parmesan and gently fold in to mix.

Serves 3-4.

### **Baked Apples**

3 Green Apples  
¾ Cup Raw Brown Sugar  
1 TBS Cinnamon  
10 Drops Lemon Juice  
Caramel Topping



Slice tops off apples, discard. Remove core without removing bottom of apple (apple should become a bowl) and discard. Carefully scoop out apple pulp without tearing apple shell, and put in bowl. Add brown sugar, cinnamon and lemon juice to pulp, mix until ingredients are well mixed.

Evenly divide mix between the 3 apple shells and fill. Place apples in baking pan in cooker for 3 hours or until internal temperature reaches minimum 140°.

Drizzle Caramel Topping over apples immediately after removing from oven and plating.

**2<sup>nd</sup> Place – Middle Division**  
***Solar Engineers***  
**Cameron Elementary, Barstow**

**Menu**

*Fresh & Scrumptious Veggie Fajitas*  
*Fiesta Guacamole - Chips*  
*Mexican Rice*

**Fajitas**

3-4 Portobello Mushrooms (rinsed, dried, sliced)  
1 Medium Onion, sliced  
1 Medium Red Bell Pepper, sliced  
1 Medium Yellow Bell Pepper, sliced  
Fajita Seasoning  
2/3 Cup Feta Cheese crumbled  
6-8 Small Corn Tortillas

**Marinade Dipping Sauce**

1/2 Cup Olive Oil  
2 Limes juiced  
1 Small Jalapeno, finely diced  
1/4 tsp Chili Powder  
1/4 tsp Ground Coriander  
1/4 Cumin  
Fine Sea Salt & Ground Pepper to taste

**Mexican Rice**

Any brand of instant Mexican/Spanish Rice of your preference



## Guacamole

2 Ripe Avocados  
1/3 Cup Cilantro, finely chopped  
1/2 Lime  
2 TBS Onion, diced  
2 Medium Tomatoes, diced  
Salt & Pepper to taste

Cut avocado and remove seed. Remove pulp and place in bowl. Add remaining ingredients and do not over mix. should be chunky. Refrigerate until ready to serve.

Place rice mix in mason jar and add recommended ingredients from package. Place in cooker until internal temperature reaches minimum temperature of 140° and is tender.

Place vegetables in oven bag and add Fajita seasoning.

Place in cooker and steam until vegetables are soft.

While vegetables are cooking, prepare marinade dipping ingredients and let sit until ready to serve.

Wrap tortillas in aluminum foil and place in cooker to warm and soften.

To serve: place veggie mixture on 2 warm tortillas and top with cheese. One scoop rice and side of chips and guacamole. Dipping sauce is served in small bowl on plate.

Serves 3-4.

**3<sup>rd</sup> Place – Middle Division**  
**Nuclear Chefs**  
**Vanguard Preparatory, Apple Valley**

### Menu

*Grilled Cheese Sandwiches*  
*Apple Slices*

Sourdough Bread sliced thick  
Butter  
1/8 tsp Grated Garlic  
Grated Parmesan Cheese  
Slice Cheese, Pepper Jack, Gouda, Swiss, Cheddar



- choose a variety

Blend butter, garlic and Parmesan to form paste, spread on bread slices.

Using cast iron grill pan, cook until cheese is full melted and nice grill marks are on toasted bread. Serve with apple slices.



**1st Place – High School Division**  
**Solar Hawks**  
**Pete Knight High School, Lancaster**

**Menu**

*Chicken Lasagna Alfredo*  
*Maple Dill Carrots*  
*Sweet Raspberry Pie*



**Chicken Lasagna Alfredo**

- 1 Cup Canned Chicken, shredded
- 1 Cup Fresh Spinach, chopped
- 1 Cup Mushrooms, chopped
- 1 Clove Garlic, minced
- 1 Cup Ricotta Cheese
- 2 Cups Mozzarella, shredded
- 1 Package No-Bake Lasagna Noodles
- 1 tsp dried Basil
- 1 tsp. dried Oregano
- 1 tsp white pepper
- 1/3 Cup Onion, minced
- 1 Jar Alfredo Sauce

**Garnishes:**

- 1 TBS Fresh Parsley, finely chopped
- 1/3 Cup Fresh Grated Parmesan

In small bowl, mix Ricotta with garlic, basil, and oregano.

In another medium bowl, mix Alfredo sauce, onion, spinach and mushrooms.



Place  $\frac{1}{3}$  of uncooked noodles in a greased baking pan, spread thin layer of Alfredo mix to cover. Spread  $\frac{1}{3}$  Ricotta mixture over sauce. Sprinkle  $\frac{1}{3}$  of Mozzarella cheese on top of Ricotta mixture.

Repeat layers two more times.

Cover pan, place in cooker and cook 3-4 hours or until a knife is easily inserted into the center and the internal temperature reaches a minimum of 140°.

### **Maple Dill Carrots**

1  $\frac{1}{2}$  Cup Canned Carrots, thinly sliced  
2 TBS Butter  
2 TBS Light Brown Sugar  
1  $\frac{1}{2}$  TBS Fresh Dill, chopped  
 $\frac{1}{2}$  tsp Salt  
 $\frac{1}{2}$  tsp Pepper



Mix all ingredients together in bowl, cover, and place in cooker. Cook 2-3 hours or until internal temperature reaches a minimum of 140°. Serve as side dish.

### **Sweet Raspberry Pie**

1 Package Graham Crackers, finely crushed  
2 TBS Butter, melted  
 $\frac{1}{4}$  Cup Brown Sugar  
1 tsp Cinnamon  
 $\frac{1}{2}$  tsp Nutmeg  
2 Cups Fresh Raspberries, rinsed and dried  
1 TBS Lemon Juice  
2 TBS Water  
1 tsp Cornstarch  
 $\frac{1}{3}$  Cup Sugar



Garnish: Mint Leaves, White Chocolate for drizzling

To Assemble: Add brown sugar, spices, butter to Graham cracker crumbs, mix well. Press mixture into pie tin and let sit for 15 minutes before adding filling.

Combine Raspberries, lemon juice, water, cornstarch, and sugar in bowl, blending well.

Pour over crust, place in cooker for 2-3 hours or until internal temperature reaches a minimum of 140°.

To serve: Top each serving with white chocolate drizzle and two mint leaves.

**2nd Place – High School Division**  
***Feel the Bern***  
**Excelsior High School, Victorville**

**Menu**

*Venison Chili*

- 1 lb Ground Venison
- 4 tsps Oil
- 3 Medium Carrots, peeled and cut into ¼ inch chunks
- 1 Large Onion
- 2 TBS Chili Powder
- 2 Garlic Cloves, crushed through Garlic Press
- 1 Cup Fresh Cilantro, lightly packed, and finely chopped
- 1 Can (28oz) Dice Tomatoes
- 3 Jalapeño, seeded and minced
- 1 Cup Vegetable Broth
- 1 TBS Sugar
- ½ tsp Salt
- 1 Can (14.5 oz) Black Beans, drained and rinsed
- 1 Can (14.5 oz) Kidney Beans, drained and rinsed

In Dutch Oven or cast iron pot, heat 2 tsps of oil, add Venison and cook until no pink remains. Transfer cooked meet to dish.

In same pot, add remaining oil and heat. Add carrots and onions, stirring occasionally until tender.

Stir in Chili Powder and Garlic, continue cooking and stirring until well blended.

Add Tomatoes with their juice, jalapeños, broth, sugar, and salt, stirring to break up tomatoes. Stir in beans and cooked meat. Cover and cook until vegetables are tender and internal temperature reaches a minimum of 140°.

Garnish with Fresh Cilantro.

