



2015 MOJAVE DESERT AQMD & MEEC SOLAR COOK-OFF RECIPES



desertFIAT



2015 Event

Sponsors:

Boeing - CEMEX - Desert Fiat

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 or log on to our website at: www.meeconline.com.



2015 Mojave Desert AQMD & MEEC Solar Cook-Off Recipes



This year the students were faced with less than desirable windy conditions that made it difficult for many of the cookers to come up to temperature, thus eliminating many of the entries.

1st Place – Elementary Division ***Survivors*** **Daisy Gibson School, Palmdale**

Menu

Bean & Vegetable Stew
Chicken Enchilada Casserole
Glazed Sweet Pears

Bean & Vegetable Stew

1 Can (15oz) Lentils
1 Can (15oz) Pinto Beans
1 Can (15oz) Diced Tomatoes
1 tsp. Oregano
1/2 tsp Sweet Basil
1/2 tsp Paprika
1/4 tsp Ground Black Pepper
1 tsp Salt
1/2 tsp Rosemary
1/2 Cup Chopped Celery
1/2 Cup Chopped Carrots
1/2 lb. Diced Ham
1 Whole Bay Leaf
*Shredded Cheese of your choice - optional

Combine all ingredients except for bay leaf in bowl. Mix lightly to blend herbs. Place ingredients into aluminum pot and top with bay leaf. Cover with lid.

Bake for approximately 3-4 hours or until food temperature reaches at least 140°.

Garnish each serving with cheese. Serves 3- 4 persons.



Chicken Enchilada Casserole

3 tsp Cooking Oil
5 Green Onions sliced, set aside 3 TBSP green tops for garnish
1 Red Bell Pepper, seeded and diced
1 Zucchini, diced
1 (15oz) Can Corn, drained and save liquid
1 (10oz) Can Chicken Broth
1 1/2 Cups Mild Enchilada Sauce (Red or Green)
1 (8oz) Can Tomato Sauce
12 Corn Tortillas
1 Cup Cotija Cheese, crumbled, divided into 3rds and set aside 3 TBSP for garnish
1 (15oz) Can Potatoes, diced, drain and save liquid
1 (10.5oz) Can Chicken Meat, drained and save liquid.
Salt and Pepper to taste



Place all vegetables in bowl. Add chicken meat, corn and potatoes.

In separate bowl, add tomato sauce and chicken broth. Add saved liquids. Add 1 Cup of this mixture to vegetables.

Spread oil evenly over each tortilla and dip into sauce mixture to evenly coat.

Place 4 coated tortillas into the bottom of an aluminum pan. Evenly distribute a third of the vegetable/chicken mixture over tortillas and top with 1/3 of the cheese. Repeat two more times.

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

Serve with cheese and green onion garnish. Serves 3-2 persons.

Glazed Sweet Pears

3 Large Pears
1 Cup Sugar
4oz Vanilla Extract
3 Cinnamon Sticks
Chocolate Syrup (garnish)
Wash pears and cut the top of pear and remove core. Cut a thin slice from the bottom of each pear for leveling.

Pour sugar onto plate.



Place pears in deep aluminum pan. Pour vanilla extract over pears and roll over sugar to coat pears.

Place pears back into aluminum pan and pour remaining sugar over pears. Place a cinnamon stick into hollow of each pear.

Cover with plastic wrap and place in solar oven for approximately 3-4 hours or until temperature of pears reach minimum temperature of 140°.

Serve pears whole and drizzle with chocolate syrup.

1st Place – Middle Division

Solar Engineers

Cameron, Barstow

Menu

Fully-Loaded Veggie Quesadilla with garnish

Salad with Special Dressing

Guacamole

Fresh Raspberry Lemonade Tea



Fully-Loaded Quesadilla with Garnish

- 2 Cups Pepper Jack Cheese, shredded
- 2 Cups Monterey Jack Cheese, shredded
- 1 Green Bell Pepper, diced
- 1 Red Bell Pepper, diced
- 1 White Onion, diced
- 1/2 Cup Cilantro, chopped fine
- 2 Tomatoes, diced
- 2 Flour Tortillas



Place chopped vegetables in plastic bag (exclude tomatoes). Place in solar cooker for 45 minutes to 1 hour or until softened.

Spread cheeses over 1 tortilla, top with remaining tortilla. Place in solar cooker until cheese is melted, approximately 45 minutes to 1 hour.

Remove from cooker. Remove top tortilla and spread cooked vegetables over melted cheese. Add the fresh tomatoes and replace top tortilla. Serve with fresh guacamole.

Salad with Special Dressing

4 Cups Lettuce, shredded
1 Lemon
1 Lime
1 Tomato, diced
1 Small White Onion, chopped
1/4 Cup Cilantro, chopped

Mix cilantro, onions and tomatoes in bowl. Place lettuce in large bowl. Top with vegetable mixture. Squeeze lemon and lime over salad. Serves 4.

Guacamole

4-5 Avocados
Salt
Pepper
Garlic Powder
*Season to taste

Half avocados and scoop out meat. Mash to a chunky consistency. Add seasonings to taste. Serve with quesadillas.

Fresh Raspberry Tea Lemonade

4 Raspberry Tea Bags
1 Basket Raspberries (divided into four servings)
5 Lemons
Ice
1 Cup Sugar
Water to fill 3/4 of (4) Mason jars



Put water in Mason jars, add tea bag, place in sun for 30-45 minutes. Let tea cool to room temperature.

Remove tea bags. Cut lemons in half and squeeze juice into a 2 quart container (be sure to remove any seeds). Add tea to container and mix with lemon juice. Add sugar to your sweet tooth liking.

Add ice and raspberries into individual Mason jars. Add lemonade tea and chill before serving.

2nd Place - Elementary Division
Eagles
Daisy Gibson School, Palmdale

Menu

Chuck Wagon Chili

Pecos Bill Wild Rice

Stagecoach Mary's Sweet Berry Crisp

Chuck Wagon Chili

1/2 Cup White Hominy
1/2 Cup Black Beans
1 Cup Zucchini, chopped
2 tsp. Diced Green Chili
1 (4oz) Can Tomato Sauce
2 (8oz) Cans Diced Tomatoes with Chipotles
1/2 Cup V-8 juice
2 TBSP Cilantro, chopped
1/2 Cup Green Onion, chopped *Garnish
1 Cup Fiesta 4-Blend Cheese *Garnish

Chili Seasoning Mix

1 tsp Crushed Dried Oregano
1/2 tsp Cayenne Pepper
1 TBSP Paprika
1/2 tsp Cumin
1 tsp Onion Powder
1 tsp Garlic Powder
Salt to taste
Black Pepper to taste

Mix chili seasoning in bowl and set aside.

Combine all ingredients except onions, cilantro, and cheese into bowl, stir to blend. Add cilantro and chili seasoning mix and blend well.

Pour into solar cooking pot, cover with lid, and cook until food temperature reaches at least 140°.

Serve with Pecos Bill Wild Rice and garnish with onions and cheese. Serves 3-4 persons.



Pecos Bill Wild Rice

1 Cup Minute Rice™
1 1/2 C. Water
1 tsp Diced Green Chile
1 tsp Chopped Pimentos
1 TBSP Corn (can, frozen or fresh)
Salt and Pepper to taste

Add all ingredients into large jar, stirring to blend. Seal jar and place in cooker 1 1/2 - 2 hours until rice is softened and food temperature reaches minimum of 140°.

Remove and fluff rice with fork. Serve with chili or as a side dish. Serves 3 persons.

Stagecoach Mary's Sweet Berry Crisp

Berry Filling

1 (8oz) package fresh Blueberries
1 (12oz) package fresh Strawberries
2 TBSP Lemon juice
2 TBSP water
1 TBSP Cornstarch
1 tsp Cinnamon
1/2 tsp Nutmeg
1/3 Cup Sugar

Crisp Topping

1 Cup Maple Pecan Granola
1/3 Cup Brown Sugar
3 TBSP B Unsalted Butter

Wash berries and place in colander to dry.

Dice strawberries and add to blueberries in bowl. In another bowl, combine remaining berry filling ingredients and mix to blend. Pour over berries and refrigerate up to 1 hour to thicken.

Combine topping ingredients in small bowl making sure that butter crumbles into dry mixture. Refrigerate until ready to top berry mixture.

Once berry mixture has thickened, pour into pan and sprinkle topping to cover evenly.

Place in solar cooker 2 1/2 – 3 hours until mixture is bubbly and food temperature has reached a minimum of 140°. Best served warm. Serves 3-4 persons.

2nd Place – Middle Division
Sunshine
Excelsior High School, Victorville

Menu

Cinnamon Sunshine Rolls

Cinnamon Sunshine Rolls

3/4 Cup Water
1 1/2 tsp Dry Yeast
1/2 tsp Sugar
2 TBSP Sugar
1/2 tsp Salt
1 1/2 TBSP Vegetable Oil
2 1/2 Cup All Purpose Flour
1/2 Cup Butter
1/2 Cup Brown Sugar
1-2 TBSP Cinnamon

Frosting

1/2 Cup Powdered Sugar
2 TBSP water
1 tsp Milk
1/2 tsp Vanilla Extract

Warm water in solar cooker and add dry yeast and sugar (1st three ingredients) until mixture is bubbly.

In separate bowl, combine sugar, salt and vegetable oil into yeast mixture. Add flour 1 cup at a time and until well-blended. Knead dough in bowl. Cover and let rise until doubled.

Roll dough out into a triangle. Spread butter on dough. Evenly sprinkle brown sugar over butter. Evenly sprinkle cinnamon over brown sugar. Roll dough into long roll and slice in 1" pieces.

Place on greased pan and bake for approximately 2 hours or until dough is golden and cinnamon mixture is bubbly.

Mix frosting ingredients and drizzle over cinnamon rolls. Best served warm.



3rd Place – Elementary Division
Cosmic Brothers
Lucerne Valley Elementary, Lucerne Valley

Menu

Street Tacos
Stuffed Jalapeno
Cosmic Churros

1 can Refried Beans
4 Small Flour Tortillas
1 Cup Spicy Nacho Doritos, crushed
1/4 Cup Cilantro, chopped
2 Cups Shredded Lettuce
2 Tomatoes, diced
1 Cup Cheddar Cheese, shredded
1 Lime, quartered



Street Tacos

Cook beans in pot in solar cooker until food temperature reaches 140°.

Wrap tortillas individually in aluminum foil and heat until warm in solar cooker (can be added last 30 minutes of cooking beans).

Spread 4 TBSP of beans on tortilla. Sprinkle crushed Doritos over beans and top with lettuce, tomatoes, cilantro and cheese. Repeat.

Serve with lime wedge. Serves 4 persons.

Stuffed Jalapeno

2 Jalapenos
2 TBSP Cream Cheese
2 tsp Bacon Bits



With gloves, cut each jalapeno in half and remove seeds and vein (be sure not to touch your face with gloves as seeds will burn).

Fill each half with 1 tsp bacon bits and spoon 1 TBSP cream cheese on top of bacon bits.

Wrap each jalapeno half in aluminum foil and place in solar cooker for 3-4 hours or until cream cheese reaches 140° and is creamy.

Cosmic Churro Bites

1 Can Refrigerated Biscuit
1 tsp Sugar
1 tsp Cinnamon

Mix sugar and cinnamon in bowl and set aside.

Unroll biscuits from package. Cut each biscuit into two pieces and roll into ball. Roll each ball in sugar/cinnamon mixture. Cook on greased pan in solar cooker for 3-4 hours or until each ball is golden brown and food temperature reaches 140°.

3rd Place – Middle Division

Super Solar Crafter

Vanguard Preparatory School, Apple Valley

Menu

Apple Tart

Apple Tart

3/4 Cup Canned Apple Pie Filling
2 tsp of Sugar & Cinnamon Mixture
3 TBSP Butter, diced
1/2 Cup Brown Sugar



Mix the canned fruit with the sugar/cinnamon mixture and place into cupcake holders.

Mix the butter with the brown sugar until crumbly and place on top of each fruit serving.

Place cups on pan and place in solar cooker. Bake until food temperature reaches a minimum of 140°.



Honorable Mention – High School Division
Soul-ar-Sisters
Paraclete High School, Lancaster

Menu

Seriously Delicious Brownies

Brownies

Pre-heat oven if possible.

1/3 /cup Vegetable Oil
1/4 Cup Water
1 Cup Sugar
1 tsp Vanilla Extract
1 Large Egg
1/4 tsp Baking Powder
1/3 Cup Cocoa Powder
1/4 tsp Salt
1/2 Cup Flour
1/2 Cup Chocolate Chips

Mix oil, water, & sugar until well-blended. Add egg & vanilla extract. Add dry ingredients, mixing until well-blended.

Add chocolate chips to mixture.

Pour into greased glass pan. Place in solar cooker and bake 1-3 hours or until knife comes out of the center clean.

Cool completely and dust with powder sugar or drizzle with caramel sauce as options.

