



2014 Mojave Desert AQMD & MEEC SOLAR COOK-OFF RECIPES



2014 Event Sponsors:

*NRG - First Solar - DS Energy/Desert Solar - SoCal Solar Energy
CEMEX - So CA Gas*

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.



2014 Mojave Desert AQMD & MEEC Solar Cook-Off Recipes



1st Place – Elementary Division

Helio Tech

Lucerne Valley Elementary, Lucerne Valley

Menu

Vegetable Stew

Tomato Basil Bruschetta

Brownies

Vegetable Stew

1 Can Green Beans

1 Can Sliced Potatoes

1 Can Sliced Carrots

1 Can Beef Broth

1 Beef Stew Seasoning Packet

1/4 tsp minced garlic

Dash Salt & Pepper

Mix all ingredients in a bowl, pour into your cooking pans that fit in your solar oven and cook for approximately 5 hours or until consistent temperature of 140+.

Brownies

1/2 Box of Pillsbury Brownie Mix

1/3 C. Vegetable Oil

1/8 C. Water

1 Egg

Spray 8”x 8” pan with non-stick spray.

Combine all ingredients in large bowl and mix well. Pour into prepared pan.

Bake until temperature reaches 190-195 degrees and knife inserted into center comes out clean.



Tomato Basil Bruschetta

Olive Oil
Loaf of French Bread
1 Clove Minced Garlic
3 Tomatoes, diced
1/2 C. Basil, finely chopped
1/2 C. Fresh Grated Parmesan
1/8 tsp Black Pepper

Cut bread into thin slices and place onto a sheet of doubled aluminum foil that will fit into your cooker.

Mix enough oil with the minced garlic to form a paste and spread it on the bread slices.

Toast coated bread slices in cooker until golden brown.

While toast is browning, combine tomato, basil, parmesan, and pepper, mixing well.

Once bread slices have browned, spoon tomato mixture onto bread slices and return cooking until temperature reaches 140°.

1st Place – Middle Division

ATEMS

Daisy Gibson, Little Rock

Menu

Vegetable Lasagna

Vegetable Lasagna

1 C. Red Bell Pepper, chopped
1 C. Yellow Squash, chopped
1 C. Mushrooms, sliced
2 C. Spinach, cleaned, dried
1 Jar Ragu Pasta Sauce
3/4 C. Part-Skim Ricotta Cheese, divided
1 Package No-Boil Lasagna Noodles
2 C. Shredded Italian-Style Cheese, divided
Pepper, Sea Salt, Minced Garlic, and Spicy Italian Herbs to taste

Cover cooking pan with a glass lid with light coating of pasta sauce, then place a single layer of lasagna noodles on top.

Add generous amount of pasta sauce to cover noodles.



Layer vegetables in the following order; spinach, squash, mushrooms, and season with garlic and spices.

Spread 1/4 cup of ricotta over vegetables. Sprinkle Spicy Italian herbs over cheese.

Repeat for 2nd layer.

Top layer order: noodles, cover with remaining pasta sauce, ricotta cheese and Italian cheese blend.

Place lid on dish and place into solar cooker.

Bake for approximately 3.75-4 hours or until temperature reaches 190°.

1st Place – High School Division
Solar Stars
SOAR High School, Lancaster

Menu

Vegetable Ribbon Pasta

1/2 C. Fresh Parmesan Cheese

3 oz. Cream Cheese

1/4 C. Fresh Basil

2 TBSP Garlic & Herb Rub

6 Slices uncooked Turkey Bacon

1 TBSP Canola Oil

3 Medium Zucchini

1 Can (15oz) No-Salt-Added cannellini beans, rinsed and drained

1/2 C. Feta Cheese, crumbled



Place cream cheese in bowl; place into solar cooker until softened. For cream cheese mixture, place parmesan, cream cheese, basil and rub in Manual Food Processor; process until basil is finely chopped and mixture is well-blended.

Add bacon and oil to pan. Place in solar cooker, stirring occasionally until lightly browned.

While bacon is cooking, cut ends off zucchini and cut into crosswise 2 1/2 inch pieces. Spiral cut zucchini using a spiral cutting tool into large bowl.

Remove bacon from cooker. Add beans and cream cheese mixture to pan and stir until mixture begins to soften and combine. Add zucchini. Cover (pan will be very full; gently press down on mixture. Zucchini will cook down.)

Place pan in solar cooker until zucchini on top just begins to wilt; zucchini will continue to soften and cook. Add feta to mix and stir with scraper until sauce begins to form and coats zucchini/pasta. Continue cooking until temperature reaches at least 140°.

2nd Place - Elementary Division
Falcons
Vanguard Preparatory, Apple Valley

Menu

Beef Kabobs

Rice

Dessert-S'more Pies



Kabobs

Teriyaki Sauce

1 lb. Flank Steak

1 Can Chunk Pineapple

12 Cherry Tomatoes

1 Large Onion

1 Red Bell Pepper

1 Yellow Bell Pepper

1 Green Bell Pepper

Cut Flank Steak into half inch strips, place in bag and completely coat with any Teriyaki Sauce of your choosing.

Cut Peppers and Onions into large chunks. Drain pineapple.

On wooden skewer, assemble in this order:

Meat, Onion, Green Pepper, Tomato, Yellow Pepper, Pineapple, Red Pepper. Repeat until skewer is full, leaving at least 2 inch handles on both ends.

Place kabobs on aluminum foil and cook until meat reaches a minimum of 140°.

Rice

2 C. Water

2 C. Converted Rice

Mason Jar

Add water to jar. Seal jar and place in cooker. Heat water. Remove jar and add 2 C rice. Seal jar and cook until rice is tender. 1-2 hours depending on sun.

Dessert-S'more Pies

Mini Marshmallows
Chocolate Chips
4 TBSP Butter
4 Size Graham Crackers, (crumble in bag)
Sugar

Place butter and Graham Cracker crumbs in bowl, mashing until moist and blended.

Divide crumb mixture into cupcake tin (sized for your oven) and push mix up to edge of cup.

Sprinkle marshmallows and chocolate chips on top of crumbs, repeat until filled.

Place in solar cooker until marshmallow and chips are melted.

2nd Place – High School Division *Solar Bakers* Knight High School, Lancaster

Menu

Cheesy-Beefy Enchiladas

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1 C. Ground Beef
2 TBSP Taco Seasoning
1 C. Grated Cheddar Cheese, divided into 5 servings
1/4 C. Chopped Green Onion, divided
1/4 C. Sliced Black Olives
1 C. Prepared Enchilada Sauce (Red Mild), divided
4 Corn Tortillas
Cilantro (garnish)
2 TBSP Sour Cream (garnish)
Chips (garnish)

In small pan, add taco season to meat, mixing well and brown ground meat until thoroughly cooked (no pink), drain. Divide into (4) servings.

In shallow dish, place some of the Enchilada Sauce and quickly coat a tortilla. On separate plate, assemble coated tortilla with 1/4 of the meat, serving of cheese, and green onions. Roll and place seam-side down in glass pan. Repeat with remaining ingredients. Top with remaining



enchilada sauce. Cook until inside temperature reaches a minimum of 140°. Garnish with remaining cheese and olives. Serve with sour cream, cilantro and chip garnish.

3rd Place – Elementary Division
Scientific Thinkers
Cameron Elementary, Barstow

Menu

Vegetable Chowder

Ice Cream Sandwiches

Vegetable Chowder

1/2 C. Frozen Chopped Broccoli

1/4 C. Frozen Cut Carrots

3 Red Potatoes, diced

Cream of Chicken Soup

1/2 C. Mushrooms, sliced

1 TBSP Butter

Garlic Salt

Pepper

Bread Bowl, hollowed out (save bread for another use)

Oyster Crackers (garnish)

Assemble first (7) ingredients in glass mixing bowl, blending well. (Seasoning to taste)

Place mix in solar cooker and cook until temperature reaches a minimum of 140° and vegetables are soft.

Pour into bread bowl, top with crackers and serve.

Ice Cream Sandwiches

Snicker Doodle Cookies

Vanilla Ice Cream

Place ice cream between (2) cookies and serve.



3rd Place – High School Division
Soul-ar-Sisters
Paraclete High School, Lancaster

Menu

Spinach, Mushroom & Cheese Lasagna

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1 C. Ricotta Cheese
1/2 C. Grated Parmesan (or Italian Cheese Blend)
1 Egg, beaten
10 oz. Chopped Spinach, frozen or fresh
1/2 C. Pesto Sauce
1 C. Chopped Mushrooms
2 C. Chunky Tomato Sauce
(6) No-Boil Lasagna Noodles
1 C. Shredded Mozzarella Cheese
Salt, Pepper, Olive Oil to taste

Pre-heat solar oven.

In large bowl, mix ricotta, cheese blend, mushrooms, and egg. Add salt, pepper and olive oil. Stir spinach and pesto into the cheese mixture.

Spread 1/2 C. tomato sauce in bottom of glass dish.

Arrange (2) lasagna noodles over sauce; cover noodles with sauce and 1/2 of cheese mixture.

Repeat with remaining ingredients.

Top last layer of noodles with remaining tomato sauce.

Place in solar cooker and bake until noodles are soft, approximately 1-2 hours (must reach at least 140° internally.)

Sprinkle mozzarella cheese on top, bake until cheese is melted, approximately 15 minutes.

Let lasagna rest 10 minutes before serving.

