

Lingding Sun Oven



Why we use sun oven

Cook for free

Bakes, Boils or Steams Any Kind of Food with the Power of the Sun - No Fuel Needed!

No learning curve

Create your favorite recipes as you feast upon natural sun baked treats!

Just like your home oven

Reaches Temperatures of 360° to 400° F

Satisfaction Guarantee:

15 years use.

Reduce Carbon footprint

Protect our homeland

Who is using the sun oven:

- ▶ Environmentalists
- ▶ Home Bakers
- ▶ Outdoor Gourmets
- ▶ Campers
- ▶ Boaters
- ▶ Hunters
- ▶ Residents of storm prone areas
- ▶ Slow Food Movement Members
- ▶ Vegetarian Community
- ▶ Food Preservations

Hours:

9am -6pm Sun

Features:

- ▶ Foldable reflector
- ▶ Self-contained leveling leg
- ▶ Extremely well insulated
- ▶ Light weight, easy to carry



Manual Introduction



ENGINEO

Smart Energy Green Solutions

ENGINEO Green Shop

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Solar oven Recipes, Enjoy perfect life

Whole Wheat Bread

In a large bowl or Bread, put the following:

- 1/4 c. whole wheat flour (2 1/2 lbs whole wheat flour the best)
- 2 rounded Tbsp yeast
- 1/2 c. plain flour
- 1/2 tsp. Vitamin C powder or ascorbic (optional)
- 1/2 c. buttermilk
- 4 c. warm water (not hot)

Mix for 1 minute, cover and let sit for 18 minutes

Then add:

1/2 c. of 2 eggs

1/2 c. honey 1 1/2 Tbsp. Salt/In to combine, and then add 2 1/2 c.

whole wheat flour. Add the flour 1 cup at a time until it clears

the sides of your bowl. Don't add any more flour than

necessary! Knead for 8 minutes. Remove from bowl and put

into a greased bowl, cover with a towel, and let rise until

double. Then form into 8 loaves and put in greased bread pans

and let rise until double again. Bake at 375 for about 25

minutes. Butter the tops of your hot bread and enjoy! This

bread is very light for being a 100% whole wheat.



Please share your own

recipes with

other users. E-mail your

own experience to:

angie@ahsno.com



More Recipes:

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Baby Beet Salad with Feta, Walnuts & Arugula

14 baby beets, or about 14 ounces loose beets (without greens),

scrubbed and trimmed

Salt to taste

2/3 cup walnut pieces

2 tablespoons minced shallot

2 tablespoons minced olives

2 tablespoons champagne or white wine vinegar

1 1/2 tablespoons extra virgin olive oil plus more to drizzle

Freshly ground pepper to taste

4 cups baby arugula, lightly packed

2/3 cup crumbled feta cheese

Neapolitan fennel petals (optional)

Instructions: If using large beets, cut into halves or quarters.

Preheat solar oven for 30 minutes. Place enough salted water to just

cover the beets, about 2 quarts, in a black, lightweight covered pot and

place in the solar oven. When the water comes to a simmer, about 30

minutes, add the beets. Cook until fork-tender, 1 to 2 1/2 hours,

depending on oven temperature.

Wipe vegetables loosely in parchment paper. Tuck into the oven at some

point when you open the door. Toast 30 minutes in 1 hour.

To finish the salad: Drain and let the beets cool. Peel skins with your

fingers or a cloth (use gloves to avoid staining from red beets). Cut the

beets in half lengthwise. Toss in the mint, olives and vinegar. Set aside

until most of the moisture is absorbed, 5 minutes or as long as you like.

Toss in the olive oil and season with plenty of salt and pepper to

taste. Place the arugula in a round on a large plate. Mound the beets in

the center, and drizzle any extra oil and vinegar from the beets on the

arugula. Season the arugula with salt and drizzle with a little olive oil.

Grater the top with the nuts, feta and neapolitan fennel flowers. Serves 4-6.



Shrimp & Lemon Skewers

Lynne Langford maximizes space in her solar oven by cooking beets for

the salad in her favorite black metal pot and flipping over the lid to use

as a shelf for several skewers.

INGREDIENTS:

12 wooden skewers

1 1/2 pounds or about 36 large shell-on shrimp

1/4 cup extra virgin olive oil

1/2 teaspoon red chili flakes

1/2 teaspoon fresh minced orange (about 1 1/2 teaspoon dried)

1/2 teaspoon sea salt or kosher salt, or to taste

2 Meyer lemons cut into eighth lengthwise

INSTRUCTIONS:

Preheat solar oven for 30 minutes. Place shrimp in a bowl and toss with

olive oil, red chili flakes, orange and salt. Marinate briefly. Thread

three on each skewer, alternating with a lemon wedge.

Place shrimp skewers in one layer on a dark baking pan that will fit in

your solar oven. Cook until shrimp is pink on top or curled up, about 10

minutes. Flip and cook until pink on top and opaque in the center.



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FAQ



To order a solar oven

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What Can I cook in this solar oven?

Anything you can cook in a conventional electric or gas oven and most things you can cook on a stovetop can be cooked in it. You can bake, boil and steam, so the only foods you cannot cook are fried foods.

How long does it take?

Cooking times are closer to the same whether in a conventional oven. Because the sun sometimes goes behind clouds, cooking times can vary. At times it may take a little longer. The factors that affect the cooking time are the quality of the sunlight at the time you are cooking, the type and quantities of the food being cooked, and how often the oven is refocused. A good rule of thumb is to add 10 to 20 minutes of cooking time for each time the oven door is opened.

Does it require a special pot?

No, but dark, thin-walled pots with lids work best. Dark pots change the light from the sun into heat energy. Shiny aluminum pots and pans cause light to be reflected and thereby reducing the oven's temperature. Glass casserole dishes with lids also work well.

How Often does it need to be refocused?

The need to refocus depends a great deal on what you are cooking, the time of day, and the temperature you wish to maintain. A good rule of thumb is to plan to refocus every 30 minutes to maintain maximum heat. At noon the sun is high in the sky and moves quickly past the maximum focus point, creating the need to refocus more often. Later in the day you will not need to refocus as often.

Levelation, which keeps food

What Material does it made?

Reflector	Anodized aluminum (which will never oxidize, rust or corrode)
Outer shell	ABS plastic
Steel	Poplar wood (skin dried)
Inner shell	Anodized aluminum
Door	Tempered glass

Between the aluminum inner shell and the plastic outer shell there is a thick ball of food grade fiberglass insulation

Can it be used in winter?

Yes, it can be used on a clear winter day. The most important factor in using it is the brightness of the sun, not the outside air temperature. Often, a 40-degree, clear, low-humidity day will allow food to cook faster than a 50-degree day with high humidity. Several exceptions where the temperatures are often well below zero. There are, however, more cooking hours available in the summer than in the winter. In the summer, it is not unusual to cook from 8:00 AM to 6:00 PM, whereas during the early winter, effective cooking is limited to 10:00 AM to 2:00 PM.

What are the dimensions?

The size of the oven is 19" x 19" with an average depth of 11". The total weight is only 20 pounds. The back of the outside outer box is 14" high and the front of the outer box is 9" high. The back of the oven chamber is 11" high and the front is 7" high, with an average depth of 9". The door opening for the oven chamber is 14" in diameter. When opened the reflectors are 20" in diameter.

How long will it last?

The estimated life of a solar oven is 15+ years. With proper care it should last a lifetime.

What is the temperature range?

The oven will reach temperatures of 300 to 400 degrees Fahrenheit. Cooking temperatures will vary depending on the brightness of the sun and how often the oven is refocused to follow the sun.

Is food cooked in it fast the same?

The food tastes much better! The oven cooking allows many of the natural flavors of food, which get baked out in conventional ovens, to remain. The oven runs at a temperature in a zone given the complex carbohydrate chain to break down into simple sugars allowing subtle natural flavors to emerge. The baked foods stay moist (the natural internal juices do not bake out) resulting in a superior, tender taste and much less shrinkage.

How difficult to focus the solar oven?

Focusing the solar oven is very easy. All that is required is to watch the shadow created by the oven. When the shadow are even on all sides, the oven is directly focused. The built-in leveling leg on the back of the oven allows for easy tracking.



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