

## Things to know

- 1 The temperature inside the Sun Oven must be at least 180° for food to cook properly. Higher temps = shorter cook times.
- 2 When storing your Sun Oven, do not latch the glass closed before snapping the reflectors in place. You will want to allow the oven to air out.
- 3 Any roast or large bird over 4 pounds must be 100% thawed before putting it into a preheated Sun Oven, or it won't cook properly.
- 4 Always preheat the oven before cooking. Align the Sun Oven to sun with door latched. Oven should preheat in about 20-30 minutes.
- 5 The Sun Oven method of cooking is so natural and subtle that much less moisture is required for recipes – when cooked in covered pans. Be sure to cut down at least one-third of any liquid measurements called for in rice, stews or sauces. This does NOT apply to bakery products.
- 6 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). You will need to add 10-15 minutes to the cooking time every time you open the glass door during the cooking process.
- 7 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.
- 8 For a detailed tutorial, see our user manual at <https://cook.sunoven.com>

## Troubleshooting

The Sun Oven will get to temps of 300 to 400 degrees depending upon local conditions. If it's not getting hot enough:

- » Check your sun alignment.
- » Check your door seal to make sure it's tight.
- » Ensure that there isn't too much condensation inside. If you have difficulty seeing your food through the glass, or can't read the temp gauge that is an indication to too much condensation.

If condensation builds up on the glass early in the cooking cycle, open the door quickly and wipe the condensation off the glass. Place a small round piece of wood (or chopstick) in the upper right hand corner of the oven (above the top door latch) and close the glass and latch it shut with the wood partly in the oven and partly out. The wood will allow the steam to escape with a minimum loss of temperature.



**When the food inside a Sun Oven is fully cooked the glass door of the oven will steam up. If the food has been in the oven for a while the steam is an indicator that the food is done. Always use a food thermometer to confirm doneness of meats.**

## THANK YOU FOR YOUR ORDER LET'S GET COOKING

### REGISTER

The first step for your new Sun Oven is to get it registered and to find access to the digital user manual, tips, recipes, and more. Please visit the URL below to get started.

[www.sunoven.com/welcome](http://www.sunoven.com/welcome)



#### Warranty & Product Registration

Make sure to register your Sun Oven so that you can activate your warranty!



#### Top Sun Oven Recipes

Receive a digital recipe booklet to get you started. You will find tips and techniques for cooking a variety of dishes as well as how to dehydrate foods. We also feature detailed recipes on our website and through our printed cookbook (available online).



#### Sun Oven Digital Manual

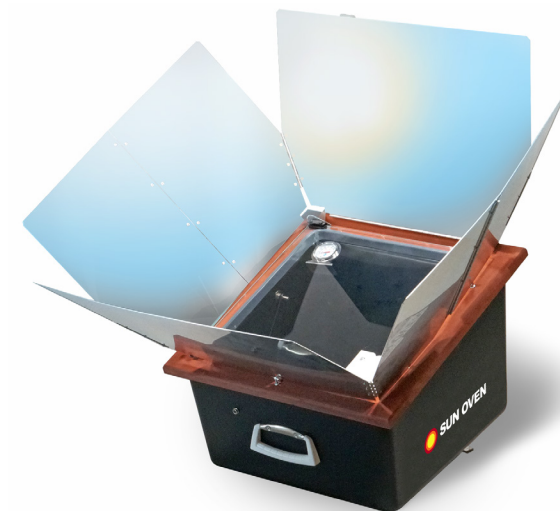
Open the digital Sun Oven manual to learn how to use your new Sun Oven. You will also learn how to maintain and care for it so that it can give you years of use.

**DIGITAL MANUALS & RECIPES**  
<https://cook.sunoven.com>

**PHONE:** 800-408-7919 | **EMAIL:** [info@sunoven.com](mailto:info@sunoven.com)

# WELCOME TO YOUR NEW SUN OVEN

A Brighter Way to Cook



Registration, a full user manual and more FAQs are available at: [www.sunoven.com/welcome](http://www.sunoven.com/welcome)



**SUN OVEN**  
THE ULTIMATE SOLAR APPLIANCE

# WELCOME TO THE **FUN** OF COOKING WITH **THE SUN**

## Set-up

- » 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 will need to unscrew them  $\frac{1}{4}$  to  $\frac{1}{2}$  turn to make them easier to operate.

## 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.

## Pre-Cooking Instructions

- 1 Remove the protective film from the reflectors.
- 2 Set the Sun Oven facing the sun. Extend the panels, close the glass door, and close both latches over the glass. Leave in this position for 25 to 30 minutes.
- 3 Using an oven mitt release the latches and open the glass door. Pour 2 cups of water with several drops of dish soap into a pot and place the pot, without a lid, inside the hot Sun Oven and close and latch the glass door.
- 4 Realign the Sun Oven.
- 5 Leave the Sun Oven in the sun for 90 to 120 minutes with the open pot of soapy water. Every 30 minutes realign the oven.
- 6 Lastly, after the oven has been heated and well steamed, completely clean the inside of the chamber and the inside of the glass door with the hot soapy water. While cleaning, it is best to scrub hard on the interior of the glass around the area where the glass meets the black gasket.

Please visit our owner resources website where you can find recipes, manuals, articles, and other resources to get the most out of your Sun Oven.  
<https://cook.sunoven.com>

## Dual Purpose Leveling Rack

The Sun Oven is equipped with a dual-purpose leveling rack which hangs from the threaded rods inside the oven and swings freely to prevent spilling. The dual-purpose leveling rack can also be set on the floor of the oven to increase the usable area inside the Sun Oven and allow larger pots or pans to be used. (It is important to note that pots and pans should be placed on the dual-purpose leveling rack, not on the floor of the oven. To cook evenly, there must be air flow all the way around the pot. The rack will allow air to pass under the pot and ensure an even heat.)

To hang the rack, bend the side arms outward and place the rack on the threaded rods.



For more detailed information see the user manual available at <https://cook.sunoven.com>

## Get the Cookbook

Upgrade your new Sun Oven with the ultimate solar cook book! The full color Sun Oven Cookbook features:

350+ Recipes • Pictures With Every Recipe • Detailed Descriptions • Vegetarian Options • Gluten Free Options  
For All Cooking Levels

Cookbook is divided into the following sections: Appetizers, Asparagus, BBQ, Beans, Beef, Beets, Bread, Chicken, Chickpeas, Cookies, Dehydrating, Dessert, Eggs, Fish, Lamb, Lasagna, Lentils, Muffins, Pasta, Polenta, Pork, Potatoes, Rice, Salmon, Side Dishes, Soup, Squash, Turkey.

Get it at the URL below!

[www.sunoven.com/cookbooks](https://www.sunoven.com/cookbooks)

## Focusing

Locate the white E-Z Sun-track indicators attached to the bottom corners of the glass door. Aim the front of your Sun Oven towards the sun.

If you stand behind or on the left side of the Sun Oven you will notice that each indicator has two small holes. As the light of the sun shines through the top hole, a small round dot of light will appear inside the indicator. When the oven is perfectly aligned with the sun, the round dot will be centered over the bottom hole.

Move the oven from side to side and adjust the height of the rear alignment leg so the round dot of light shines directly into the bottom hole.



## How to align the sun correctly

Be sure to watch the shadows created by the oven. When the shadows are even on all sides, the cooker is directly focused. The built-in leveling leg on the back allows for easy tracking. Regulate temperature by turning the oven towards the sun and focusing. If you want a high temperature, turn the oven towards the sun and directly focus. If you want a lower temperature you focus the oven directly, then turn the oven slightly out of direct focus.

The need to refocus depends on what you are cooking, the time of day, and the temperature you wish to maintain. It is recommended to readjust 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. The Sun Oven is equipped with a built in Levelator, which keeps food level and avoids spills while being refocused.

Many meals can be cooked without refocusing. Sun Oven users often will put their ovens outside, focused for the mid-day sun, with their dinner in it when they leave for work in the morning. As the sun moves overhead, the temperature in the Sun Oven chamber slowly rises to a cooking level. As the sun passes, the food is kept warm and when they return from work they have a warm, sun-cooked dinner. (Keep in mind food will not burn in a Sun Oven and that the chamber is extremely well insulated, allowing food to stay warm for hours.)

Get the full tutorial at <https://cook.sunoven.com/tutorial>