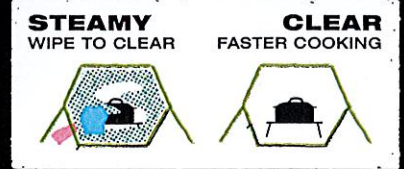
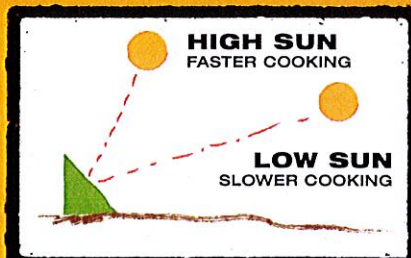


HELPFUL HINTS

- On a windy day, place a flat rock in each side stabilizer of the SunFlair.
- Avoid shadows in the cooking chamber.
- Repeated zipping and unzipping will result in heat loss. As with a conventional oven, the more it's opened and closed, the longer food will take to cook.
- When the sun is directly overhead during the height of summer, it may be beneficial to tilt the oven slightly back to maximize the amount of sunlight in the cooking chamber.
- The heat-conducting tray has a non-stick surface and can be used for baking biscuits, cookies, etc.
- Thin, dark pots absorb heat and cook food best. For best results, use Sunflair bakeware.
- While it is possible to use the oven on partly cloudy days, cooking times will be longer. With full cloud cover, cooking is not possible.
- Time cooking with the weather. In arid climates, clouds will frequently "burn off" by midday, leaving a clear afternoon, while in more humid areas, clouds tend to form later in the day.
- Cooking food uncovered may cause oven cover to steam up. If this happens, wipe off steam with clean cloth, then vent (like a teapot) by partially unzipping oven. Leaving it steamed up will make it harder for the sun's rays to enter the cooking chamber.



ACHIEVE THE BEST RESULTS

Follow these tips for optimal performance from your Sunflair.

IMPORTANT

PLEASE READ BEFORE USE

- 1) When sunlight is shining through the clear cover, the SunFlair is "ON". Interior will be hot, just like a traditional oven.
- 2) To clean oven, wipe with damp cloth. Not machine washable or waterproof.
- 3) Fold and store when not in use.
- 4) Contents will be hot! Use potholders as with a conventional oven.
- 5) Quantities and temperatures may need to be adjusted as cooking times can vary.
- 6) Thaw frozen food before cooking so food can reach 140 F (60 C) as soon as possible, as pathogens thrive below these temperatures. If the temperature falls below 140 F (60 C), transfer to an alternative cooking method. Always follow the basics for handling food safely. See the chart below for internal food cooking temperatures. As with a conventional oven, always use an internal probe food thermometer. This is NOT the same as the oven thermometer provided.

COOKING GUIDE

Food	°F/C
Ground Beef, Pork, Veal, Lamb	160/71
Turkey, Chicken, and other Poultry	165/74
Fresh Beef, Veal, Lamb	
Medium Rare	145/63
Medium	160/71
Well Done	170/77
Ham, Fresh (raw)	160/71
Eggs & Egg Dishes	
Eggs	Cook until yolk & white are firm
Egg dishes	160/71
Casseroles	165/74

COOKING WITH STYLE
SUNFLAIR®

Spread the sunshine!

In USA: SUNFLAIR.NET
818.790.6900

USA Toll Free 1.855.SUNFLAIR (1.855.786.3524)

In New Zealand: ebrightenergy.co.nz
Ph: 03-EBRIGHT (327 4448)

SATISFACTION GUARANTEED

SUNFLAIR WARRANTY

We want your cooking experience to be a wonderful one, so if you are dissatisfied with the Sunflair solar oven, return within thirty days of purchase, ship it back to us in the original packaging along with your receipt, and we'll either replace it or refund the purchase price, including initial shipping charges.

YUMMY!
Congratulations on your Sunflair Solar Oven!
It's healthier,
easier, saves money...
And the food tastes delicious!

COOKING WITH STYLE
SUNFLAIR®

SOLAR OVEN SETUP

HOW TO USE YOUR SUNFLAIR OVEN

- Select a flat level location in the great outdoors with full sunlight.
- Remove the Sunflair solar oven from the bag and unfold it.
- Zip it up and place it so the clear cover opens from the bottom.
- There are two methods of cooking with a Sunflair. If it will be unattended for an extended time, position the oven toward the midday sun. For faster cooking times, aim the oven's window towards the sun and re-aim every 45 minutes or as needed. Think of a sundial. Keeping the shadow even on the back of the oven will ensure that the maximum amount of sunlight is entering the cooking chamber.
- Fastest cooking times are achieved when the sun is higher in the sky (midday, summertime). This is because the sunlight has less atmospheric particles to go through, resulting in higher oven temperatures. When the sun is lower in the sky (early or late in the day, wintertime), cooking times will be a little longer.
- Place the rack with the heat-conducting tray on it into the oven.
- Place the thermometer on the heat-conducting tray as well.
- Once oven temperature reaches 145 F (63 C) or more, place food in oven.
- Cooking times: Slow-cooker recipes work well. With conventional oven recipes, double cooking time or more, depending on seasons and weather conditions.
- When the food is done, remove the pot (with potholders!) and enjoy!

DELICIOUS RECIPES

FRESHLY-BAKED BREAD

- 1 tbsp (14 g.) yeast
- ¼ cup (59 ml.) warm water
- 1 cup (235 ml.) milk
- ½ cup (118 ml.) rolled oats
- 1 tsp (5 g.) salt
- 2 tbsp (29 g.) olive oil
- 2 tbsp (29 g.) honey
- 1 whole egg
- 2 ¾ cups (629 g.) flour

- Grease one silicone pot very lightly with oil.
- Dissolve yeast in water; combine with milk, oats, salt, oil, honey, egg.
- Add flour and knead until smooth and elastic, about 5 minutes.
- Mould dough into a smooth round shape and place in the silicone pot with the lid on top.
- Pop silicone pot into the Sunflair Solar Oven. Cook for 4 hours or until crust has browned.
- Add seeds or raisins for extra taste.



DRIED APPLES

Apples
Lemon Juice

- Cut apples into 1/8 inch slices (3 mm). Slices should be as uniform as possible for even drying. Can either leave skin on or peel.

(Dried Apples continued)

- Soak apples in lemon juice for a few minutes. This helps prevent them from turning brown when drying.
- Lay apple slices directly on the cooking rack(s). Leave space between them so air can circulate.
- Put fruit in oven, leaving oven unzipped and well vented. Air circulation is important. Don't worry about bugs getting in during the drying process. The heat will keep them away.
- Dry until pliable but leathery (about 6 – 8 hours for apples). To test dryness, let a piece cool, then squeeze it. If squeezing produces moisture, fruit is not dry.
- Allow fruit to cool before storing.

Tips:

- The optimal drying temperature is between 130 – 140 F (55 – 60 C). The temperature should stay below 170 F (77 C), otherwise the fruit will cook instead of dry. This may require the oven to be angled more away from the sun.
- During the first hour, watch for condensation buildup on the oven cover. If this happens, wipe with clean cloth.
- Food dries best in low humidity (under 60%).
- Experiment with other fruits: apricots, bananas, berries, tomatoes, etc. Remember that juicier fruits will have longer drying times.

WHITE RICE

- 3 cups water
- 2 cups rice (wash only if required)

- If only cooking for 2 – 3, use the silicone pot and cut the recipe in half.



(White Rice continued)

- Heat water until small bubbles can be seen (approx. 194 F, 90 C+). Place rice into the water and give a tiny stir. Leave it in the solar oven until done. 20 – 40 minutes.

BROWN RICE

Same quantities as white rice. However, add brown rice to cold water. Heat to boiling for 10 – 15 min. Leave in oven and cook until done.



ROAST CHICKEN

- 1 3lbs (1 1/3 kg) chicken
- 1 tablespoon (14 g.) salt
- ½ teaspoon (2 g.) pepper
- 1½ teaspoon (7 g.) paprika
- ¾ teaspoon (4 g.) thyme
- ¾ teaspoon (4 g.) garlic powder

- Mix seasoning together and sprinkle over raw (not frozen) chicken.
- Place into roasting pot and cook for 3 hrs or until done.

HARD-BOILED EGG

- Place raw egg in silicone pot. No water needed!
- Cover and place in solar oven for about 80 min.

PRO TIP

FOR FASTER COOKING

Small pieces cook best. Cube meat, potatoes, carrots, etc. Cook dinner rolls instead of a loaf of bread. Let them eat cupcakes, rather than cake, and so on.

POACHED SALMON STEAKS

- 4 8-Oz. (229 g.) salmon steaks or fillets, rinsed, blotted dry
- ½ cup (118 ml.) dry white wine
- Sea salt to taste
- 2 black peppercorns
- 1 sprig fresh dill
- 1 thick slice onion
- 3 sprigs fresh flat-leaf parsley
- Lemon wedges
- Cold tartar sauce

- Coat pot with cooking oil. Arrange steaks tightly in bottom.
- Pour wine over salmon. Sprinkle steaks with salt.
- Add peppercorns, dill, onion, and parsley.
- Cover and cook until salmon is opaque and firm to the touch, about 1½ hours.
- Serve with lemon wedges and cold tartar sauce.



DELICIOUS RECIPES