

gosun[®]
GO
COOKBOOKLET

POWERING THE GOOD LIFE WITH
SOLAR COOKING



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INTRODUCING

The GoSun Go

Offering maximum portability without sacrificing any functionality, the GoSun Go can roast, steam, bake, and boil just about anything. While we have pre-selected some recipes to help you get acquainted with your stove, don't be afraid to be more adventurous! Below are some guidelines to get you started.



Seafood

Fish is fantastic to cook in the Go! Let fillets curl to fit the shape of the tray- this creates a great little pocket to pack herbs or sauces in. When dealing with thicker fillets like salmon or tuna, cut them into strips. Drain as needed.



Meat

Cube, shred, or slice meat to fit it nicely in the cooking tray. Drain excess liquid periodically, especially if you would like the meat to brown. Chicken wings and meatballs work especially well in the Go!



Beverages

Put your Go into its vertical orientation, snap on the action stand, fill the tube with liquid, put the cap on, and let it be. Steam or tasty smells are good indicators of readiness. Don't drink directly from the tube.



Baked Goods

While many things can bake in the tray alone, the silicone baking pans make for perfect portions and easy clean up. Be sure to remember that your baked goods will rise, so don't overfill!



Frozen Foods

Don't have time to prep? Throw frozen food in the Go and let it cook! The plethora of options here are endless.



Grains

If you are cooking rice or anything else that requires added water to steam, we recommend loading the tray with your dry ingredients first, putting the tray halfway into the Go, and then adding water. This helps to avoid any potential spillage.

**YIELD**

2 servings

PREP TIME

10 minutes

COOK TIME

35 minutes

GoSun Go

Sausage with Pepper & Onion

INGREDIENTS

Uncooked sausages of your choice

1/2 Green Bell Pepper

1/2 Red Bell Pepper

1/2 Red Onion

Butter

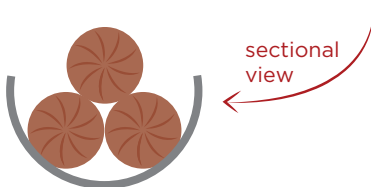
Salt and Pepper

DIRECTIONS

- Wash and thinly slice the bell peppers
- Peel and halve the onion. Slice into thin strips
- Put the sausages, peppers, and onions in the cooking tray with a little butter, salt, and pepper
- Check after 35 minutes. Veggies should be softened and sausage should be cooked fully.
- To brown the meat more, drain and increase the cook time



PROTIP: You can fit up to 6 pre-cooked hotdogs in the Go! Just stack in sets of 3.



**YIELD**

2 servings

PREP TIME

15 minutes

COOK TIME

25 minutes

GoSun Go

Tilapia Fillets

INGREDIENTS

2 Tilapia fillets
1/2 Carrot
1/4 lb Spinach
1/2 of a Lemon
1 clove of garlic
1 tsp Olive Oil
Salt and Pepper

DIRECTIONS

- Thaw tilapia if needed
- Chop or grate the carrot into small strips
- Wash the spinach and layer it across the bottom of the GoSun Go tray
- Add the carrots on top of the spinach
- Place the fillets on top of the vegetables
- Drizzle with olive oil and sprinkle with salt and pepper
- Slice the lemon thinly and layer on top of the fish
- Slide the tray into the oven
- Check the fish periodically to prevent drying out

**YIELD**

2 servings

PREP TIME

5 minutes

COOK TIME

45 minutes

GoSun Go Mulled Wine

INGREDIENTS

- 12oz of Red Wine
- 1 Mandarin Orange
- 1 Cinnamon Stick
- 1 inch Ginger, smashed
- 1/8 tsp Nutmeg, grated

DIRECTIONS

- Open your GoSun Go and put it into the vertical orientation
- Brace the product- snap the action stand on for extra stability
- Peel the orange and put the entire peel into the empty GoSun Go tube
- Add the cinnamon, smashed ginger, and grated nutmeg
- Pour wine into the tube until the tube is full
- Place the lid on the GoSun Go and leave it in the sun to heat the liquid
- The wine is done when it reaches a simmer- in full sun this should take about 45 minutes



**YIELD**

2 servings

PREP TIME

10 minutes

COOK TIME

20 minutes

GoSun Go

Braided Cinnamon Rolls

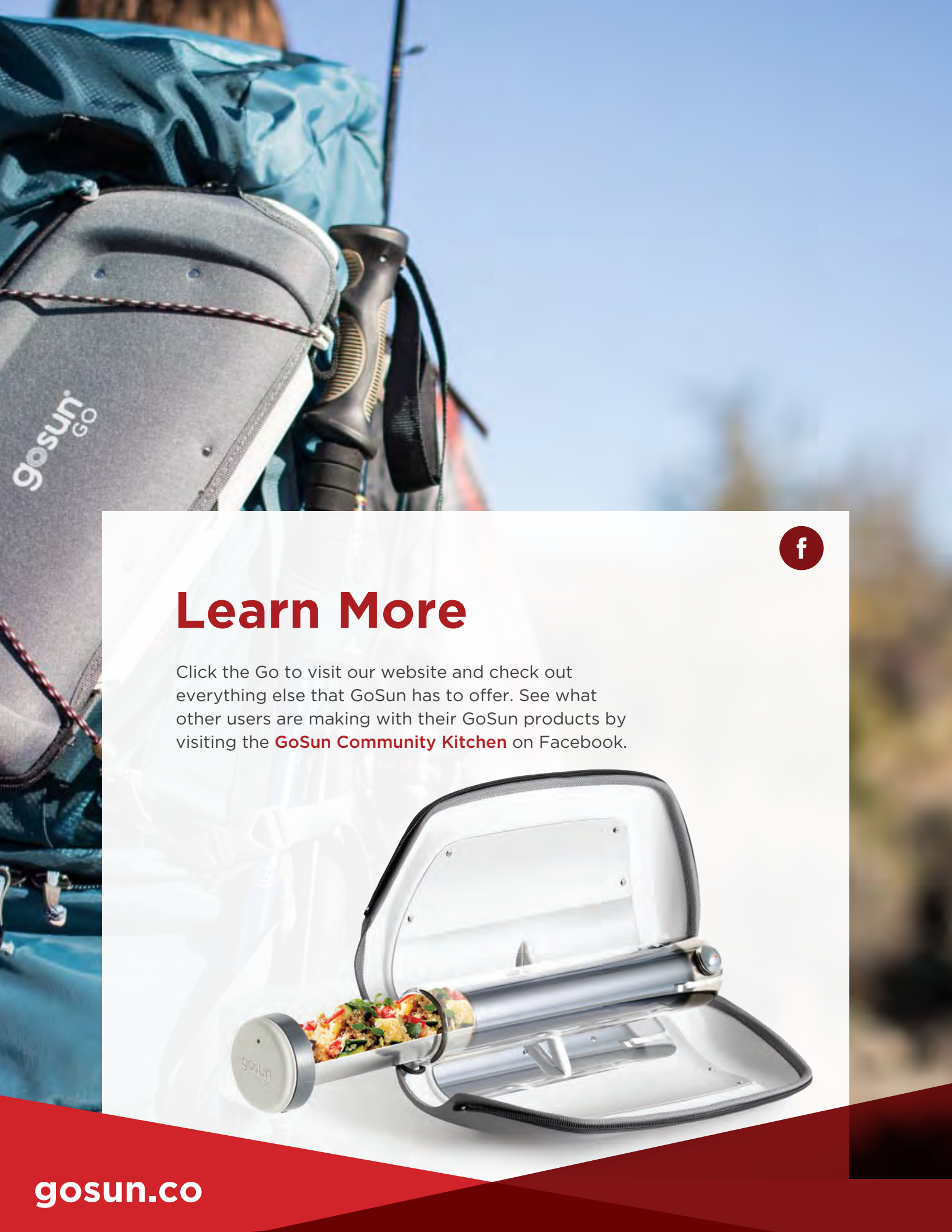
INGREDIENTS

1 roll of uncooked
Cinnamon Rolls

DIRECTIONS

- Line your GoSun Go with parchment paper
- Remove 3 cinnamon rolls from the can and unroll them to make 3 long strips
- Pinch the top of the 3 cinnamon strips together and begin braiding the strands until you have 1 long braid.
- Cut the braid to fit your tray, leaving about 1 inch of space on either end for expansion
- Put the braid in the tray and load the tray into your stove
- The Cinnamon roll should be fully cooked in about 20 minutes
- Drizzle with icing and serve!





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