

# gosun<sup>®</sup> SIZZLE<sup>™</sup>

## SOLAR COOKER USER GUIDE

FOUR SOLAIRE  
GUIDE D'UTILISATION

COCINA SOLAR  
MANUAL DEL USUARIO



gosun

 **Glenergy**  
Sensible Energy Alternatives

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# 1. Important Safety Information

# DANGER



**WARNING: Do not preheat stove.** Begin cooking with all components at room temperature. Inserting cold food or components into a heated vacuum tube may result in **thermal shock**.

**WARNING: Fragile. Handle vacuum tube with care.** The vacuum tube is made of glass and may break under undue stress or shock.

**WARNING: Avoid overheating.** Do not leave empty oven open in the sun.

**WARNING: Contents are hot.** The GoSun Sizzle is an oven, and contents should be handled with extreme care, using appropriate heat resistant materials.

**WARNING: Do not attempt to heat liquids directly in the tube.** Always use the provided cooking tray and accessories.

**WARNING: Do not rotate the cooking tray.** Ensure that the cooking tray is upright inside the vacuum tube when in use. Contents may be hot and spill.

**WARNING: The GoSun Sizzle should only be operated with the vacuum tube in a horizontal position.** The solar cooker should be upright at all times during use.

**WARNING: Do not leave device in the sun unattended.**

**WARNING: Do not attempt to seal or pressurize the Tube.**

**CAUTION:** Ensure that the device is sturdy, and the vacuum tube is properly attached before attempting to cook in the GoSun Sizzle.

# General Safety Information

Use caution when pouring hot liquids from tray.

Device not intended for commercial use.

Do not put plastic, paper, or non-edible items inside the GoSun Sizzle.

This device is not intended for use near or by young children or cognitively impaired persons without supervision.

Clean the Cooking Tray after every use, clean the Tube when needed and only after it has cooled down. Keep Tube free of food debris, grit and sand.

**The fragments of a broken vacuum tube are very sharp.** If removing a broken vacuum tube, use caution and only handle broken glass while wearing the appropriate protective gloves and footwear to avoid cuts and injury.

## What is Thermal Shock?

**Thermal Shock** occurs when there is a rapid, extreme change in temperature, which can make materials expand and contract quickly, putting large amounts of stress onto the materials.

In the GoSun Sizzle, this **extreme temperature stress on the glass vacuum tube can cause the glass to shatter.** To avoid this happening, be sure to **review all important safety information carefully**, and never preheat the oven or introduce cold elements into a hot oven.

## GoSun Fusion Electrical Tray Safety Information

Intended for use with power supplies of **12V, 15A (180W)** only.

**WARNING: Do not leave heating element energized without food in the tube/tray.**

## 2. Introduction

Bake, fry, steam and boil using the power of the sun!

Using fuel, whether it is wood, charcoal, kerosene or electricity, is costly, uses up the earth's resources, and is harmful to the environment. The GoSun Sizzle is designed and made in Canada by Glenergy and is distributed exclusively by GoSun.

Using durable material and putting a focus on local manufacturing, The GoSun Sizzle embodies the best of what we love – long-lasting products that empower you to live your best life, wherever you may happen to be.

Feeding 4-6 people per tray and cooking meals in as little as 1 hour, the GoSun Sizzle is perfect for a patio, balcony, deck, or on the ground anywhere there is a sunny spot.

### How Solar Cooking Works

Using a combination of sunlight, vacuum insulation and solar heat, solar cookers harness the light from the sun.

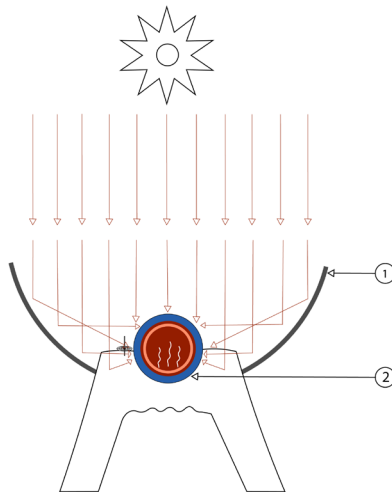


Figure 1: The rays from the sun bounce off the reflectors, heating the vacuum tube and cooking the food inside.

## 1. Reflectors and Sunlight

Parabolic reflectors pull in the sun's rays and focus them on the insulated vacuum tube to provide heat for the oven.

### **Solar Heat:**

The parabolic reflectors and insulated vacuum tube work together to trap heat (like an oven) to bring food up to temperatures of up to 550°F (288°C).

## 2. Vacuum tube

Parabolic reflectors pull in the sun's rays and focus them on the insulated vacuum tube to provide heat for the oven.

The insulated vacuum tube absorbs the heat from the sun and holds it in, creating an ideal environment for cooking. The vacuum tube is an excellent heat insulator. The tube itself is made from borosilicate glass which is known for its chemical and thermal resistance. Inside the vacuum there are three layers:

- aluminum nitride
- stainless steel and
- copper

These materials do not come in contact with your food, but they do work together to trap visible and ultraviolet light, which allows your food to cook in light overcast weather.

### 3. Product Specifications

Table 1: List of GoSun Sizzle Product Specifications

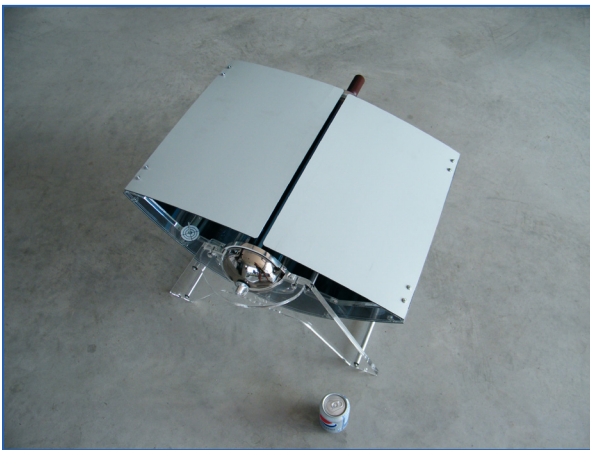
Category	Specification
<b>Portions per tray</b>	4-6
<b>Minimum cooking time (for most foods)</b>	1 hour (In full sunlight)
<b>Maximum Temperature</b>	550°F (288°C)
<b>Tube Volume</b>	4.4L
<b>Standard Cooking Volume</b>	1.5L
<b>Cooker Weight</b>	8.3kg
<b>Cooker Length</b>	60 cm
<b>Cooker Width</b>	60 cm
<b>Cooker Height</b>	40 cm
<b>Reflector Span</b>	111 cm
<b>Solar Aperture</b>	0.456 sq m
<b>Pitch Rotational Range</b>	10°-90°
<b>Base materials</b>	12 mm acrylic
<b>Available colours</b>	Clear, White, Black
<b>Borosilicate Glass Vacuum Tube external dimensions</b>	125 x 566mm
<b>GoSun Fusion Electric Tray Compatible</b>	3.2L Capacity, 150W Electric Element

### 3.1 The GoSun Sizzle Solar Cooker

The GoSun Sizzle comes equipped with everything that you need to start cooking right away. Including the reflector base, reflector extensions, vacuum tube, cooking tray insert, cooking tray and accessories, the base model of the solar cooker can get you on your way to fuel-free cooking in your own backyard. With the reflector extensions attached by hinges to adjust the reflectors according to the light, the extensions provide the user with a greater level of control over their cooking experience.



Additionally, the reflector extensions can be folded in completely for easy storage.





## 3.2 Solar Cooker Turntable

The turntable is an optional, mountable, rotating base for the GoSun Sizzle. The turntable allows you to easily adjust the cooker to follow the sun, ensuring that you can always find the best angle to cook at quickly.



## 3.3 GoSun Fusion Electric Tray and Power Cord

The GoSun Sizzle comes with the electric tray from the GoSun Fusion.

In the case of bad weather or cooking after dark, the GoSun Fusion electric tray can be plugged in and used with your GoSun Sizzle solar cooker.

# 4. Vacuum Tube Installation

The GoSun Sizzle comes fully assembled except for the installation of the vacuum tube.

On the top of the legs you will find the tube clamps, loosely joined. You will see that one end of the assembled cooker has a shield for the closed end of the tube. Carefully slide the tube under both straps such that the closed end is almost touching the tube shield. Before tightening, determine if you want to change the direction that the tube opens in, for easier loading and checking of food, based on where you will usually cook. If you need to, changing the tube shield is very easy.

Tighten the tube clamps by holding the free end tightly and pulling, while holding the tube and the other side of the clamp steady.

You will find a small tool (1 cm x 4 cm x .1 mm stainless steel). Keep this tube clamp adjusting tool available in case you ever need to loosen the clamps to remove the tube. This tool can be inserted between the two sides of the clamps, where they join, to release the locking mechanism and allow the clamp to loosen.

## 5. Operating Instructions

Once set up, the GoSun Sizzle is ready to use immediately, and while it is transportable, the solar cooker is intended to be a stationary staple in your outdoor cooking routine, as opposed to a portable cooking solution.

Different foods take different amounts of time to cook, but most foods will cook in around 60 minutes. Smaller foods (like beans and chopped vegetables) will cook faster, while larger, denser foods will need longer cook times on average.

Best results will come from cooking in full sun, but delicious food can still be made in cloudy weather. Ensuring that the reflectors are adjusted to stay oriented towards the sun as it moves across the sky is the best way to achieve results during your cooking process.

## 5.1 Aim Cooker at Sun

Determine where the sun is in the sky, and turn your solar cooker so that it faces the sun's current position using the **finger holds** on the **cooker base legs**. It is facing the direction of the sun when the sundial arm shadow is straight up or down.

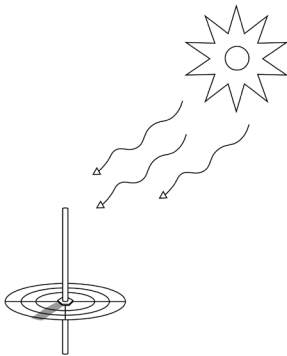
Then, make sure that the wingnut that holds the reflector steady is loose. Adjust the reflector up or down until the shadow of the sundial disappears.

Check adjustment periodically and re-aim if needed.



**Note:** This step is where the **turntable** comes in handy, allowing the cooker to be turned quickly and easily.

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②

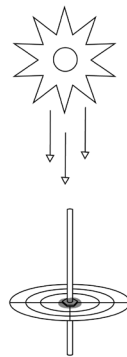


Figure 2: The image on the left (1) shows the angle of the sun if the solar cooker is improperly oriented so the angle of the sun is too indirect. The image on the right (2) shows a properly oriented sundial.

## 5.2 Cooking

Cooking in the GoSun Sizzle is a simple, convenient way to cook outdoors, without the worry of having enough fuel or maintaining power during the cooking process. With 3 separate baking trays included, use your cooker to make a few different foods at one time, or larger quantities of the same recipe! To get started with recipes for your GoSun Sizzle, visit <https://gosun.co/blogs/recipes> or <https://glenergy.ca/blogs/recipes> for inspiration! Try different arrangements of the reflector extensions, because not everything needs to cook on high. Once cooking is done, close the reflectors and shade the tube--the food stays hot.

## 5.3 Cooking with the GoSun Fusion Electric Tray

In the case of bad weather or cooking after dark, the GoSun Fusion electric tray can be plugged in and used with your solar cooker. Available to purchase separately at [www.gosun.co](http://www.gosun.co) or at [www.glenergy.ca](http://www.glenergy.ca), the GoSun Fusion electric tray can be a useful accessory for your solar cooker, with access to electricity.

To cook with the GoSun Fusion electric tray in your GoSun Sizzle, simply plug the tray into a 12 v, 15A (180w) power source, insert it into your cooker **while both are at room temperature**, flip the power switch on the tray, and cook as usual! Using the electric tray will bring down the cooking time for some foods, but most will still cook in an average of 45-60 minutes.

## 5.4 Movement and Portability

While the GoSun Sizzle is transportable, it is not intended to be a portable cooker. It can be moved easily for storage, cooking and cleaning, but it is best for the Sizzle to have a designated space in your home or yard.

## 5.5 Cooking Tips

Desired Outcome	Tips
Steamed Food	Open the solar cooker tray as <b>little</b> as possible and ensure that the tray is sealed in the tube so that steam can gather and result in moist, delicious food.
Crispy Food	As the cooker holds on to moisture effectively, leave a small, open gap at the opening of the vacuum tube to allow steam to escape for crispier foods.
Lower Oven Temperature	Just like a standard oven, the temperature will lower if the door is opened. If your oven is too hot, fold the reflector extension in to shade the cooker.
Prevent Sticking	Line your baking pans or baking tray with parchment paper or grease with butter, or oil.
Cook Evenly	Food at the sides and back of the oven may cook more quickly than food in the middle and near the opening of the cooker. To ensure even cooking, rotate and toss your food periodically.

## 6. Maintenance and Cleaning

Regular cleaning and maintenance of your GoSun Sizzle will ensure continued quality of your food and longevity of the product. Please follow the guidelines below to properly care for your solar cooker.

### 6.1 Cleaning



**WARNING:** ENSURE THAT ALL COOKING ELEMENTS ARE COMPLETELY COOL BEFORE CLEANING (**ABOUT 1 HOUR AFTER THE END OF COOKING**). HANDLE HOT COOKING ELEMENTS WITH EXTREME CAUTION USING HEATPROOF MATERIAL.

Remove and clean the vacuum tube with warm, soapy water and a soft cloth every so often to remove residue and splatters. The vacuum tube does not need to be cleaned after every use.

**Do not use abrasive materials on the vacuum tube.**

Clean the stainless steel cooking tray and cooking accessories by hand with warm, soapy water after each use.

To clean the reflectors and the outside of the vacuum tube, use glass cleaner or mild soap and water and a soft cloth.

To clean the base of the cooker, use glass cleaner or mild soap and water and a soft cloth.

## 6.2 Storage

The GoSun Sizzle should be stored in a sheltered environment, preferably covered and out of the elements when not in use. The reflector extensions can be folded into the cooker for compact storage by gently folding in the extension panels.

**The solar cooker should not be left open in the sun when it is not in use.**

## 6.3 Parts Maintenance

If any of the components of your GoSun Sizzle break, please contact your solar cooker provider for maintenance and replacement

### 6.3.1 Cleaning the Vacuum Tube

When deep-cleaning the vacuum tube, stand the cooker on end with the open end of the tube facing upward. Use warm soapy water and cloth to clean the inside. Rinse thoroughly and allow to dry before cooking in the tube again.

### 6.3.2 Replacing a Broken Vacuum Tube

If improperly handled or put under thermal shock, the glass on the vacuum tube may shatter. If this happens, carefully remove the broken tube and contact your solar cooker provider for replacement options.



**WARNING:** HANDLE BROKEN GLASS WITH EXTREME CAUTION. WEAR PROTECTIVE GLOVES AND SHOES WHILE HANDLING BROKEN GLASS TO AVOID SERIOUS INJURY.

## 7. Warranty

Thank you for purchasing your GoSun Sizzle, and taking a step towards a delicious, fuel-free future.

The GoSun Stove evacuated tube is made of glass — It uses the same tough borosilicate glass as Pyrex, but it can break. All purchases are backed with a One-Year Limited Tube Warranty on the evacuated tube.

We're ensuring your satisfaction with a No-Questions-Asked-Policy; if you break the tube for any reason, we will cover the one-time cost of a new tube. You will have to cover a nominal shipping and handling fee. You will be required to provide some information, but you will not have to return the damaged tube.

To claim your warranty, read the Warranty Policy below and send an email to [warranty@gosun.co](mailto:warranty@gosun.co).

The rest of the package is guaranteed from manufacturing defects by a One-Year Limited Warranty. This does not cover damage caused by normal wear and tear, accident, improper care or cleaning, non-standard usage or negligence. Any replacements or exchanges will be at the discretion of GoSun, based on the type of product sent in and the availability of replacement parts. Typically, most issues can be resolved with a little guidance or a replacement part.

For warranty details please go to <https://gosun.co/pages/help-center>. To Register for your warranty, please go to <https://gosun.co/register>