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Solar cooking is becoming increasingly popular in our latitudes, too.

Solar cooking is possible in most countries with a minimum of 100-150 sunny days a year. The cooker can be used from approx. one hour after sunrise until one hour before sunset.

Assembling our **solar cookers** is quite simple and does not require advanced manual skills.

If you are not confident enough to do it on your own, you can take part in one of our **construction courses**, exchange ideas with other participants and perhaps cook the first meal together

Btw: **solar cookers** are not only convenient for cooking

They can also be used to dye, produce soap and sterilize - e.g. medical equipment - which is particularly beneficial in developing countries.



3. How exactly does this work and what do you have to consider?

This type of **solar cooker** uses **parabolic reflectors** to focus the **sun's rays** onto the cooking pot. The pot should be **matt black** to ensure it absorbs the **solar radiation** best.

However, the cooker can only be operated in **direct sunlight**. With an output of about 750 W, **reflector cookers** with a diameter of 1.4 meters even achieve similar cooking times as conventional stoves.

Attention: The bundled **rays** in the **parabolic reflectors** are very strong. Therefore you should never look directly into the **focal point**. Wearing sunglasses also provides additional protection against glare.

Keen to learn more about us?

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Solar Cooking: How to prepare a meal by using Solar Energy



EG SOLAR

Entwicklungshilfegruppe Solarkocher der Staatl. Berufsschule Altötting

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Solar cooking is the most resource-saving and most environmentally friendly way of cooking:
The food is prepared by using the help of solar energy.

1. Solar cooking: How it works

The **energy** of the **sun's rays** is concentrated on a **focal point** in which there is a black pot. Due to the bundled **radiation**, sufficient **heat** is generated, with which you can cook, bake, grill and fry.
It works like a "**mini-solar power plant**". Large solar power plants can generate heat and electricity. We explain the exact functionality in **section 3**.



2. Where and what can solar cookers be used for?

For cooking with **solar energy** you need nothing more than **solar radiation**. In world regions with a lot of **sunshine** and also regions with little firewood available or non-existent power grid, our cookers are already in use.



Refugee camp Bidi-Bidi, Uganda

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Senegal, Fimela



Paktia, Afghanistan

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