

Occasionally reposition the **SUN OVEN®** to track the sun as it moves across the sky. The ideal temperature for drying is between 110 and 150 degrees F. If the temperature goes over 150, it is best to open the glass door for 2 to 5 minutes to allow the temperature to drop and adjust focus so the oven is not directly facing the sun. It is better for the oven temperature to be a bit on the low side. Too high a temperature could cook the food.

Many foods will dry in one day of sunshine. Wet foods such as tomatoes or pears or some meat jerky will require a second day. If the drying process is not complete at the end of the day leave the items to be dried in the **SUN OVEN®** and latch the latches over the glass. This will create an air tight seal suspending the drying overnight and preventing bugs from entering the oven chamber. The drying process can continue the next day.

How it works

Solar radiation passes through the clear glass door of the **SUN OVEN®** allowing enough heat to be trapped inside of the **SUN OVEN®** to dry the food.

As your food dries, moisture rises with the hot air and escapes through the gap between the glass door and the black gasket.

FRESH TOMATOES



BEFORE Sun Drying

SUNDRIED TOMATOES



AFTER Sun Drying

SUN OVENS INTERNATIONAL, INC.
39W835 Midan Drive, Elburn, IL 60119
Phone: 800-408-7919 Fax: 630-208-7386
Email: info@sunoven.com Website: www.sunoven.com
Visit us on Facebook: www.facebook.com/SunOvens

MULTI-LEVEL DEHYDRATING & BAKING RACK SET



A simple effective way to use a **GLOBAL SUN OVEN®** to dry, dehydrate and bake with the power of the sun. Easily stackable wire racks allow up to 3 layers of drying or baking. Use the sun to naturally dry vegetables, fruits, meats, herbs & fish or to make baked goods .



MULTI-LEVEL DEHYDRATING & BAKING RACK SET

**“CAN THEY BE USED FOR BAKING?”
THE ANSWER IS YES**

The possibilities are endless. Try baking cookies, mini quiches, tarts, breadsticks, cinnamon rolls, flat bread or even fish.

Check out our website: www.sunoven.com and click on the Solar Cooking Recipe Blog on the bottom right of the screen and then click on DEHYDRATING for more tips.

Use your **SUN OVEN®** to:
Preserve Fruits & Vegetables
Dry Fish & Meats
Save Money on Your Food Bills and Food Storage



Sun drying is a natural, economical method of food preservation that maintains a high level of flavor and nutrients and provides an easy-to-store supply of your favorite items. You can dry everything you see dried on the grocery shelf: Dried tomatoes, apricots, pineapple, peaches, prunes, pears, dates, garlic, onion, peppers, spices, raisins, meats, fish and much more. The sun will turn meat into tasty and nutritious jerky which can be stored indefinitely.

Dry and store surplus garden and orchard produce. The freshest, tastiest and most nutritious food often comes from your own garden. High quality fruits and vegetables are seasonal and only available for a few weeks or months each year. Sun drying is the key to extending the summer's bounty throughout the year. Expand your garden and grow more of the things you'd like to enjoy year-round, such as tomatoes.

Reducing the cost and amount of energy you use for food storage can help your budget. Sun drying is easier and requires less energy than canning. Freezing is commonly viewed as the most convenient preservation method, but freezers require a constant source of electricity and food will be vulnerable to power outages and mechanical failures.

Most dried vegetables can be easily rehydrated in soups or by including a bit more water in recipes such as zucchini bread. For great additions to stir-fry and pasta dishes, you also can rehydrate vegetables by soaking them in water for 10 minutes to an hour.

You can mix dried fruits with things such as hot cereal or granola to sweeten and increase nutrients. Sun dried fruits can be blended with seeds, nuts, and grains to make nourishing energy bars. Sun dried tomatoes taste sweet and are delicious when eaten plain, made into a tomato pesto or marinated in olive oil and garlic.

Sun drying can improve the flavor of some foods. Bananas are a delicious fruit, but dried bananas are delightful. A Roma tomato is very bland, but when dried, it's a real tasty treat.

Multi-Level Dehydrating & Baking Rack Set Instructions

Place the *Dehydrating & Baking Racks* on a table or counter.

Rip 3- 9 inch sheets of parchment paper from the roll and place one sheet on each of the *Dehydrating & Baking Racks*



Wash and shake excess water off the items to be dried. Cut them to the appropriate size. The thinner the slices, the faster they dry. Small pieces will not fall through the parchment paper.



Place the oven outdoors in a sunny spot oriented to the south.

Put the items to be dried cut-side up on *Dehydrating & Baking Racks*, about 1/2" apart.

Stack the *Dehydrating & Baking Racks* on top of each other and place them on the leveling tray inside the **SUN OVEN®**.



Turn one of the latches (located on the right hand side which seals the glass door) on the **SUN OVEN®** inward and set the glass on top leaving a gap between the black gasket and the glass to allow moisture to escape.

