



POWERING THE GOOD LIFE WITH
SOLAR COOKING

2017 E-CookBook



WELCOME TO YOUR

Outdoor Kitchen

At GoSun, we aim to provide the best in solar cooking and believe that our GoSun Sport and GoSun Grill solar stoves do just that. Both are easy to use, fuel free, and versatile, giving users the ability to bake, roast, fry, boil or steam just about anything.

While meal options are virtually limitless, take a look through our 2017 E-Cookbook to see a few examples of what the GoSun Sport and Grill can accomplish.

(Note that while we are highlighting each recipe with a specific stove, either is capable of making these dishes).

SELECTED RECIPES:

GoSun Grill

- 1 Sweet Potato Dippers + Aioli
- 2 Herb and Citrus Cornish Hen

GoSun Sport

- 4 Walnut-Cranberry French Toast
- 5 Buttered Salmon Bake
- 6 Pumpkin Scones

**YIELD**

8 servings

PREP TIME

10 minutes

COOK TIME

35 minutes

GoSun Grill *Sweet Potato Dippers + Aioli*

INGREDIENTS**SWEET POTATOS**

1 lb sweet potatoes
1 medium onion
2 tbsp of Al Ranoush seasoning or Curry seasoning blend
1 tbsp olive oil
Salt + Pepper to taste
Parsley

AJI AMARILLO AIOLI

2 tbsp ahi amarillo paste (or sriracha if ahi amarillo isn't available)
1/2 cup mayonnaise
1/2 tsp salt

DIRECTIONS**SWEET POTATOS**

- Pre-heat to 3 on the dial.
- Finely chop onion, cut sweet potatoes into 1/2 inch thick sticks.
- Mix sweet potato, onion, seasoning spices, and oil, coating well.
- Put in pan and cook for 35 minutes. Sprinkle salt and pepper and finely chopped parsley to serve.

**AJI AMARILLO AIOLI**

- Mix ingredients and serve in small ramekin for dipping sweet potato fries.

**YIELD**

8 servings

PREP TIME

25 minutes

COOK TIME

40 minutes

GoSun Grill

Herb & Citrus Cornish Hen

INGREDIENTS

1 cornish hen
1 lemon
1 meyer lemon
3-5 pearl onions, peeled
3 cloves of garlic, peeled and mashed
2 cloves of garlic, whole and peeled
Handful of fresh herbs: thyme, rosemary, sage, oregano, italian parsley
3 tbsp of kosher salt
1 tsp pink or coarse sea salt
1 tsp fresh cracked black peppercorns
2 tbsp of olive oil

DIRECTIONS

- In a large bowl, set the cornish hen in 2 cups of water, kosher salt and the juice of 1 lemon. After brining for 15 minutes, set in a clean bowl and pat dry.
- Preheat the GoSun Grill to 3.
- Finely chop herbs and add 1 tsp of each to the bowl along with 1 tbsp olive oil, juice of half a Meyer lemon (reserve this juiced half), mashed garlic cloves, and cracked peppercorns. Coat the hen well, including the breast cavity and under the wings.
- Fill cavity with 2 whole cloves of peeled garlic, pearl onions, sprigs of herbs, and the juiced half of the Meyer lemon.
- Prepare the pan by coating the bottom with olive oil, and 2 thin slices of Meyer lemon. Set hen directly on top of lemons.
- Put pan in Grill, at the far end. Cook approximately 40 minutes on full sun.



**YIELD**

4 servings

PREP TIME

10 minutes

COOK TIME

40 minutes

GoSun Sport

Walnut-Cranberry French Toast

INGREDIENTS**FRENCH TOAST**

1 loaf of walnut
cranberry bread

1 tbsp of GoSun Cinnamon
blend (cinnamon,
cloves, nutmeg,
cardamom, etc)

2 eggs

1/2 cup almond or
coconut milk

1/2 cup of raw, almonds
or walnuts, chopped

Canola oil spray

Parchment paper or
aluminum foil

COMPOTE

1 granny smith apple

1 pear, any kind

2 tsp GoSun Cinnamon
blend

1 cup mixed berries

1 tsp coconut oil or
unsalted butter

DIRECTIONS**FRENCH TOAST**

- Line the GoSun Sport tray with parchment paper or foil
- Slice bread in 1 inch wide strips. In a bowl, whisk eggs and incorporate spice blend and milk.
- Beat until well mixed. Dip bread and coat well with egg mix.
- Layer the pan with bread and add chopped nuts on top. Insert in stove and cook for 25-30 minutes. If using a food thermometer, an internal temperature of 165°F indicates close to finished.

**PEAR, APPLE, BERRY COMPOTE**

- Thinly slice pears and apples, with skins. In a bowl, mix well with cinnamon, nutmeg, allspice and ground cardamom to taste.
- Coat pan with coconut oil or butter, add apples and pears blend and insert in stove for 15 minutes.
- At this stage, incorporate berries to the pan atop the fruit blend, cook an additional 10 minutes.
- Drizzle Maple syrup or honey on french toast and serve with compote on the side.

**YIELD**

2 servings

PREP TIME

5 minutes

COOK TIME

25 minutes

GoSun Sport *Buttered Salmon Bake*

INGREDIENTS

2 Tablespoons Butter

1 Tablespoon
Herbs de Provence

Zest of 1 Lemon

1 Salmon Fillet
(1-1.5 Pounds)

2 Tablespoons
White Wine

1 Tablespoon
Lemon Juice

DIRECTIONS

- Mix the butter, herbs, lemon zest and seasoning in a small bowl.
- Slice the salmon fillet into smaller portions (about 1.5 inches wide) to fit into the tray.
- Place shallots and white wine in the bottom of the lined tray. Add fish on top. Spread a little butter mixture on top of each mini fillet.
- Add a final squeeze of lemon juice and place in the tube.
- The fish is done when it flakes easily and has turned a lighter shade of pink throughout.



**YIELD**

12 servings
(2 trays of 6)

PREP TIME

10 minutes

COOK TIME

22-25 minutes

GoSun Sport *Pumpkin Scones*

INGREDIENTS

2 c All Purpose Flour
1 tbsp. Sugar
1 tbsp. Baking Powder
½ tsp. Salt
1 ½ tsp. Pumpkin Spice
½ c Canned Pumpkin
3 tbsp. Half-And-Half Cream
1 Large Egg
6 tbsp. Cold Butter
(Temperature is important!)

Dried Cranberries To Taste

DIRECTIONS

- Mix dry ingredients
- Gradually add wet ingredients (Remember that butter must be cold to get the right texture! Don't over mix the butter or the scone will come out with a flat oily texture)
- Lightly knead the dough and form into 2.5" x 1.5" segments or roll into two long loaves about 20" long
- Place dough into the tray over a strip of 2.5" parchment paper for easy clean up.



- Orient stove towards Sun and relax, setting an alarm for 22 minutes.
- After 22 minutes, check on the scones' progress. For a crispier texture, open the stove's gate for 5 minutes, allowing steam to vent.

LIKE WHAT YOU SEE

Learn More

The GoSun Grill and GoSun sport share many similarities when it comes to ease of use, cooking versatility, and meal quality, but they certainly are not the same product. While the GoSun sport is smaller and easier to travel with, it produces fewer servings than the GoSun Grill. [Click on one of our stoves to learn more about what they can offer!](#)

Thanks for cooking with us!

