

ABOUT US

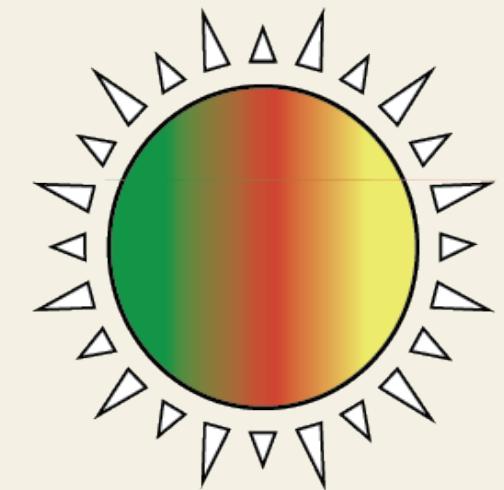
Sunrise ISEC is a small startup located in west-central Africa working alongside Cal Poly students whose goal is to offer sustainable and safe cooking environments for its customers. Through research, we aim to design and market Insulated Solar Electric Cookers in Cameroon and other communities in Central Africa. We plan to establish a factory that will design ISEC solutions, to enable Cameroon households to cook food with security and save on traditional cooking fuels.

According to the World Health Organization, 3 billion people worldwide cook with biomass and coal, and as a result, 4 million people die as a result of the related emissions. In many communities, biomass cooking has resulted in deforestation and can pollute the environment. Our clients are Cameroonian who are at risk of being harmed by this. We are committed to developing a product that will provide a solution to this problem whilst promoting a green and healthy lifestyle.



WHY ISEC?

In Africa, cooking food is always expensive and risky. In Cameroon, the cooking fuels are more and more expensive ; for example, a bottle of LPG gas that is supposed to contain 12.5 kilogram of cooking gas , is sold at 14 USD (including taxi charge) and its normal contains of 12.5 Kgs is fraudulently transferred to another LPG gas bottle for 2/3 ; this remaining 4.1kgs of cooking gas can't fit the household needs for one month ; that's why an average household will buy up to 3 LPG gas bottles, to fulfill the monthly needs in terms of cooking fuel .With our ISEC cooker, each user will, with a one time investment fee, benefit from cooking food without any pressure , and at any time the weather enables it .



SUNRISE ISEC

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OUR VISION

PRODUCTS

Portable ISEC

The first version of the ISEC designed to enable Cameroon households to cook food with security and save on traditional cooking fuels such as LPG gas, charcoal, firewood or sawdust.



Fixed ISEC

Designed to be a sustainable ISEC model that fits in most kitchens. We are still in the testing stages of this product with intentions of being available to the public by Spring 2022.



PRICING

100W ISEC (1 solar panel included*)	\$85 USD
200W ISEC (2 solar panels included*)	\$145 USD
400W ISEC (4 solar panels included*)	\$285 USD

The installation of each ISEC solution is charged 10 USD, excluding the transport budget, in case the client is located out of Yaounde.

* each solar panel is of 100W/12V

RECIPES

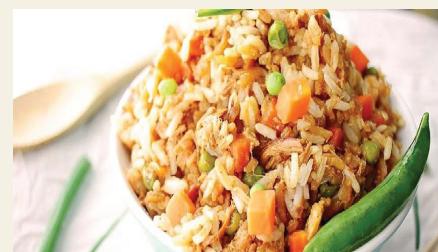
Riz Sauté

Ingredients

- ~ 1 small bunch of Celery
- ~ 2 cups of diced Tomatoes
- ~ 2 lbs of Rice
- ~ Pepper & Salt to taste
- ~ vegetable oil
- ~ 1 onion
- ~ 1 lb smoked fish

Instructions

1. Slice all vegetable ingredients
2. Remove the skin of the smoked fish
3. In the ISEC cooking pot, put about 2 good tablespoons of neutral oil and brown the condiments, tomato paste and whole fish for about 5 minutes
4. Meanwhile, wash the rice
5. Add the rice and stir well for 5 minutes
6. Add twice the volume of rice in water, or here 2 bowls of water, add salt and cover
7. Cook over low heat for about 30 minutes
8. If the water is absorbed too quickly, add more during cooking
9. The dish is ready when the water is absorbed and the rice is cooked



Dry Red Beans

Ingredients

- ~ 4-6 cups of dry, red beans
- ~ 1 onion (sliced)
- ~ 1/2 liter of vegetable oil
- ~ 1-3 teaspoons of salt
- ~ 1 ginger (crushed to a paste)
- ~ 2 hot peppers (crushed to a paste)
- ~ 2-3 tomatoes (crushed to a paste)



Instructions

1. Add 1 to 1.5 Liters of clean water into the pot
2. Add the beans and salt and let it get boiled
3. After the beans are done cooking, remove the remaining water from the pot and drain the beans in a pan.
4. Let the pot get dried and add the cooking oil
5. Let it get hot for 10 minutes and then add the onion, hot pepper, ginger, a bit of salt and the tomato
6. Turn it for 5 minutes and let it get done
7. Add the boiled red beans; turn on; let it get hot for 10 to 15 minutes
8. Remove the food from the ISEC and enjoy!