**5 Things To Keep In Mind While Using Solar Ovens**

**Introduction**

**Solar ovens** or **solar cookers** are devices that use the power of sunlight to perform the functions of cooking a meal, the way we cook it on gas.

The sole purpose of **solar cookers** or ovens is to make the process of cooking energy-efficient as gas also charges you money and consumption of a natural resource.

**Advantages of Using Solar Cookers**

1. No cost of fuel, as the sun is a free and abundant source of energy.
2. Food cooked in solar cookers is more nutritious, in comparison to conventional cooking there 10-20 percent more protein retention and vitamin thiamine retention is about 20-30 percent more.
3. It doesn't produce any hazardous smoke, which is harmful to the environment.
4. All the activities that are performed, which are: boiling, roasting, grilling can be done in **solar cookers** and **solar ovens**.
5. Although solar cookers also wholly rely on weather conditions, the **best solar cooker** comes with back-up power feature for bad weather days.

**Things To Keep in Mind While Using Solar Ovens**

* Decide on your menus ahead of time, don't keep it stuck for the end moment. Keep in mind; the solar cooking time is wholly utilized for only cooking.
* Prepare all the ingredients and marinate the meat well before using a solar cooker, as while cooking they're entirely ready to pour.
* Pre-heat your solar cookers one or two hours before using them.
* The use of food-thermometer is essential to keep in track of the temperature.
* Keep all the cooking materials and pre-cooking ingredients ready one hour prior to the decided time of cooking and wisely choose the timings as of when the sunlight is most intense.

**Conclusion**

Some of the **best solar cooker** and **best solar oven** are advanced with how they leverage the power of the sun; they are more efficient and might take lesser time than classic **solar stoves** or **solar ovens**.