

Translations:Insulated Solar Electric Cooker (ISEC)/6/en

“Normal” cooking involves using a lot of energy quickly, and very inefficiently. When you are cooking on a stove or in an oven, most of the heat is lost, not transferred to the food. The new cooking technology we are working with is called **Insulated Solar Electric Cookers**, or **ISECs**. These cookers are very efficient. At Living Energy Farm, we use solar power, and that makes us 100% energy self sufficient at the residential level. But unlike other off-grid projects, 90% of our electricity never goes through a battery. Rather, our solar electric panels send electricity straight to its useful destination. The Cal Poly team had the same idea, and ISECs use energy straight from solar panels. That makes the this way of using solar energy “radically inexpensive,” to use the term coined by the Cal Poly research crew. At a practical level, **we have found ISECs to be more effective than any other solar cooking technology on the market**. There are many solar cookers available, but ISECs are the most convenient to use, and provide by far the most effective means of solar cooking in sub-optimal weather. **And they are cheap to build!**