

Translations:Insulated Solar Electric Cooker (ISEC)/7/en

This technology is new and changing quickly. This document will tell you how to build ISECs. A materials source list is at the end of this document. The smaller ISECs function like a crock pot. All ISECs cook slowly, though the larger ones can cook somewhat more quickly. **A 100 watt ISEC will cook 2 - 3 kg of food in winter or in partly cloudy weather, and more in sunnier weather. Larger ISECs will cook greater quantities of food.** Slow cooking means less burned food, less carcinogenic substances in the food (which are created by very high temperatures), and more flavorful food. Slow cooking does involve changing the rhythm of cooking. Preparation is done ahead of time. ISECs could never replace all other cooking fuels in every climate, but they could do most of the cooking we need.