



# Sunshine Meals - 2011 Edition: A Solar Cookbook with Mouthwatering Recipes

*Annie Chandy Pallivathuckal*

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This compact introduction to solar cooking is meant for the ordinary individual. It introduces both parabolic cookers and box cookers in easy-to-follow steps. Best of all, it includes a selection of nutritious and mouth-watering recipes from the Indian subcontinent.

Ever knew you could make mouth watering caramel custard using a Solar Box Cooker ? Read this book to try out some of the best Indian cooking recipes for solar cooking . The Book also introduces you to solar cooking , the types of solar cookers available in the market , and also a useful set of internet links that would help you gather more recipes and information on solar cooking and its benefits.

Written by Mrs. Annie Chandy Pallivathuckal , a well known writer and Director of Unisun group of companies that has interests in Book publishing , Alternative energy solutions etc.

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