

## Solar cooker comparison:

	parabolic type	box oven type	panel type (homemade with auto shade)	panel type (purchased mylar)
comparison to conventional cooking	like stovetop	like oven or crock pot	like crock pot	like crock pot
type of cooking heat	bottom heat	all around moist heat	steam heat	steam heat
quick?	very	slow	moderately	slow
preheating recommended?	no	yes	no	no
good in cool weather?	okay	yes - insulation is a benefit	no	okay
performance in hot weather	very hot to work with	exterior reflectors not needed	very hot - watch carefully	tolerant of inefficient pots
unattended cooking?	NO! Very dangerous	yes	poor	yes
refocusing to sun angle?	constant	tolerant of few adjustments	fairly frequent	tolerant of few adjustments
tolerant of inefficient pots?	yes	yes	no	no
storage?	challenging	bulky	easy. Flat.	easy. Flat and compact.
good for baking?	no	yes if vented	with adjustment	with adjustment
good for rice, beans?	no	yes	yes	yes
good for noodles?	yes	no	no	no
need oven bag?	no	no	yes	yes
need pot lids?	no	lid not needed for baking.*	yes	yes
can stack multiple pots	no	somewhat	yes	yes
dehydrator "attachment"?		yes		
can cooker be homemade?	complex	moderate	easy	no

\* you must vent the box oven if you're not using lids. Otherwise the clear panel steams up and sunlight no longer passes through it.