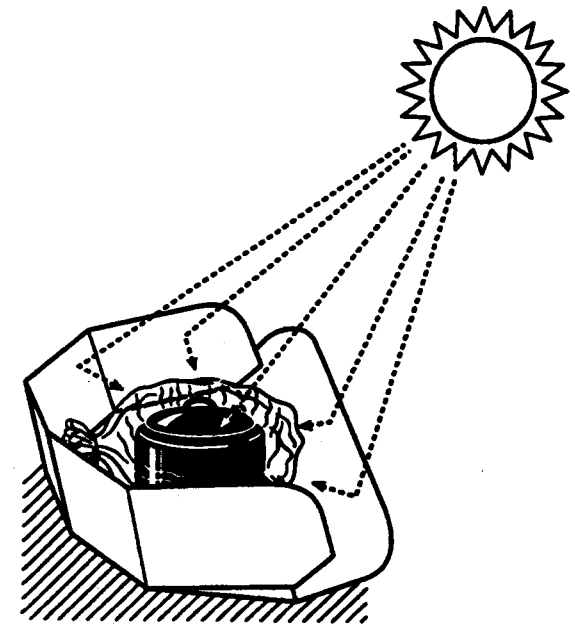


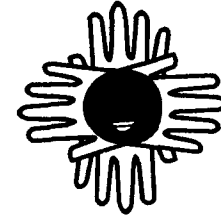
Solar CookKit



Tedo chiemo mamit sidang'! Ring kado, ring abula, kuon, nyoyo,
alote, makati, kek, kendo ochielo njugu malich.

Ok opek kendo kete e chieng' oko yot, nyithindo be nyalo tedo
kode - onge mach mawengo'.

Okonyo kungo pesa, saa, to gi yien. Ochuako pi modho kendo
onego kute manie pi makelo tuoche.



Solar CookKit

Kaka inyalo tedo gi ler mar chieng' e kendo sola

Kod

Margaret Owino

A publication of
Solar Cookers International (EARO)
P.O. Box 51190- 00200 Nairobi, Kenya.

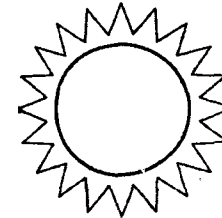
&

Artwork and Design by Intersurf Systems
P.O. Box 565-00200
Nairobi Kenya

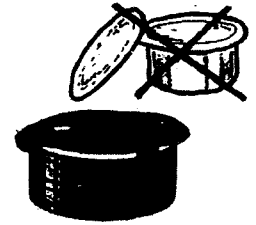
WECHE MANIE BUGNI

| | |
|--|-----------|
| GIK MA ONEGO OBEDI..... | 1 |
| OTIYO NADE..... | 2 |
| BER KATA OHALA MAR TEDO KOD CHIENG' | 3 |
| TEDO KAWO SECHE MAROMO NADE?..... | 5 |
| KIT TET | 7 |
| TEDO MAKATI KATA KEK..... | 11 |
| RITO COOKIT TO GI MIFUKO MAR JWALA..... | 13 |
| REM KENDO MAR SOLAR..... | 15 |
| OKAP KWE- FIRELESS COOKER..... | 17 |

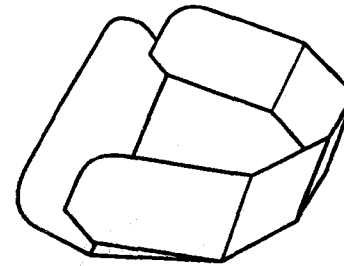
GIK MA ONEGO BEDI



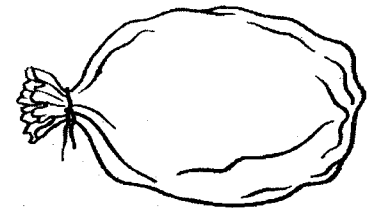
Chieng'



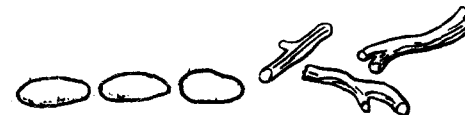
Sufuria marateng' gi raumne



Kendo mar sola



Jwala



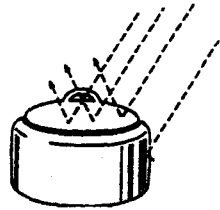
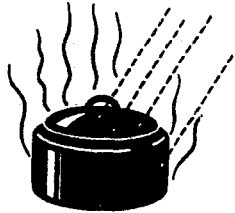
**Kite mapoth kata yiende ma onge
kudho adek mateno sufuria**



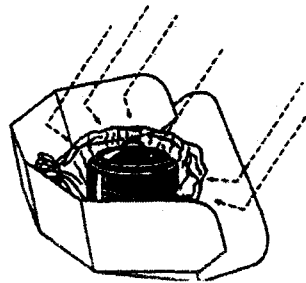
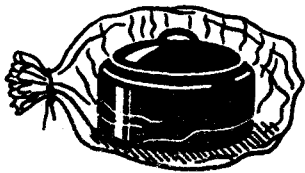
tol

OTIYO NADE?

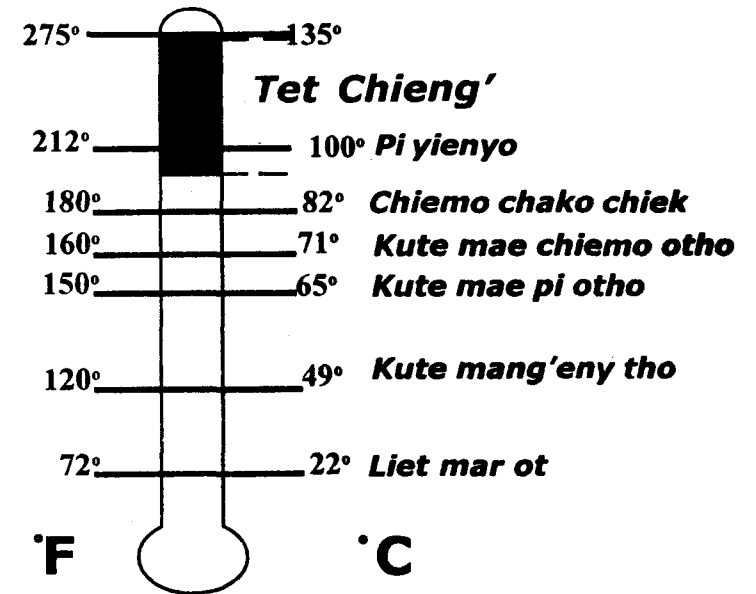
- Chieng' miyo gik marotenge bedo maliet ahinya



- Ler mar chieng' gore kuom Cookit kendo lerno lokore liet ka ochokore e sufuria marateng' man gi chiemo.



- Muya manie jwala mosebedo maliet ok nyal wuok bende ema tedo chiemo.
- Liet mar Cookit nyalo chopo nyaka 135°C, kata kamano chiemo chako chiek chakre 100°C kadhi nyime. Pi modho to kata ochopo 65°C to ber a bera nimar kute (germs) makelo tuoche ose tho te.



BER KATA OHALA MAR TEDO KOD CHIENG'

RITO – NGIMA (HEALTH)

- Onge iro malungo wang', buru kata oyare malilo chiemo.
- Onge ting'o yien koa mabor kata dondo yien sa ka sa
- Onge mach maweng'o manyalo wang'o chiemo, nyithindo kata ot.
- Omiyo pi modho bedo maler ma onge tuoche.

PESA – MWANDU

- Tedo kod chieng' miyo jatedo kungo pesa nikech chieng' ok ng'iew kaka yien, makaa kata mafuta.
- Kata kamano, onego ibedi gi yien ma inyalo tiyogo e seche ma chieng' onge. (okinyi ahinya, otieno kata ndalo koth).

BER MAR ALUORA (ENVIRONMENT)

- Tedo gi chieng' miyo yien ok ng'adi kendo piny bedo kod tipo gi ng'ich maduogo chuny.
- Yien mang'eny kelo koth – koth wuon chiemo.
- Yien en mwandu maduong' – tijege bende ng'eny.
- Yien miyo muya bedo maler ne ji, jamni to gi lee duto.

BER MAMOKO

- Tedo gi chieng' miyo jatedo thuolo maber mar timo gige mamoko kata yuweyo.
- Chiemo ok nyal wang'.
- Sufuria yot luoko.
- Onge rito kata loko chiemo sa ka sa.

- Onge mach michuako kata irito.
- Orito liet mar chiemo.

TEDO GI SOLAR COOKIT KAWO SECHE MAROMO NADE?

Tedo kod chieng' dwaro rito sa, nikech chieng' e mach ma itedogo. Nyaka ichak tet mar odiechieng' okinyi kaaye to tet mar otieno kar saa abiriyo.

Chiemo ma kawo seche manok (Sa 1- 1½):

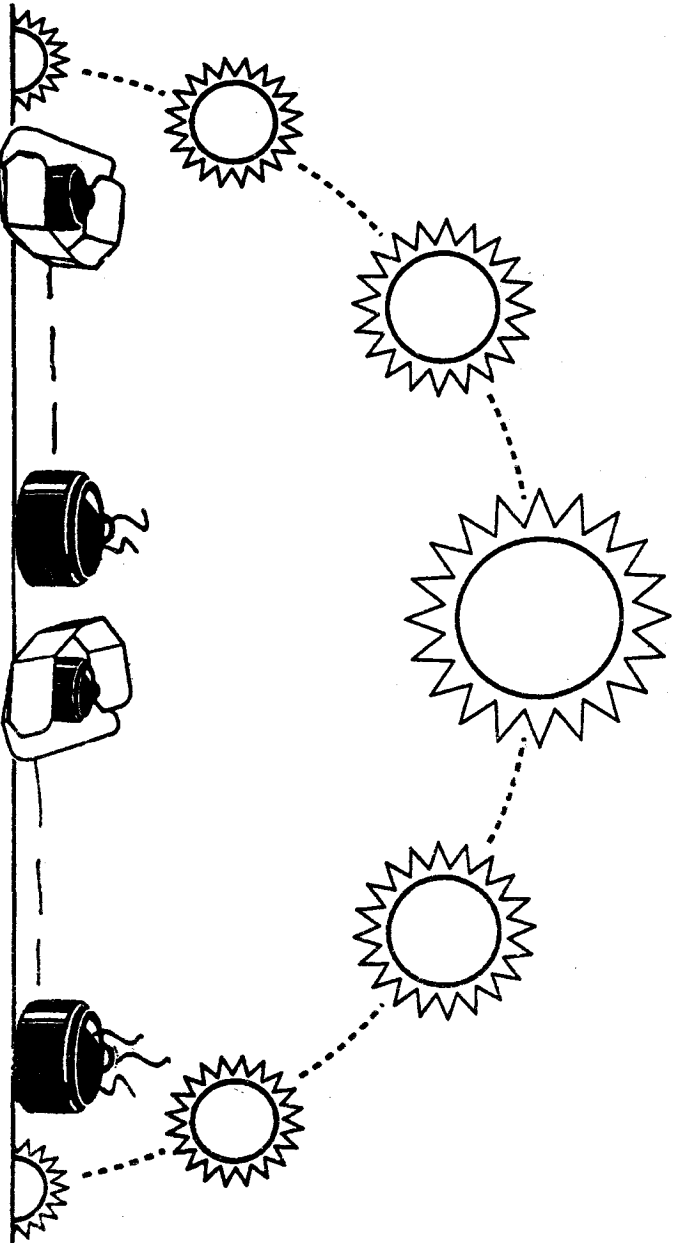
Tong' moboki, tong' mochiel gi kitungu, nyanya to gi dania (omlet), mchele, bando mayom (moboki), rech, gweno mayom mapod tin (broilers), kata rabuon moyiedhi kendo ong'ad matindo tindo.

Chiemo makawo Seche 3-4

Rabuon, karot kata nduma ma ok ong'adi matindo tindo, oganda manumu, ring abula, makati, rech motwo.

Chiemo makawo seche mang'eny (Seche 5- 8)

Ring'o mibulo ma ok ong'adi / ok okengi (whole steak), Gweno mosetegno, oganda gi bando motwo kata nyoyo.

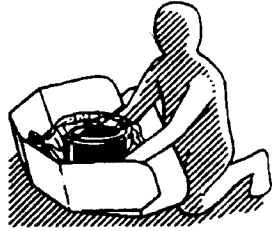


KIT TET MAMOKO

1. **Mchele:** Ket mchele okombe achiel kuom pi kikombe ariyo, ket chumbi to gi mo moromo, um sufuria, ket eyi plastic bag, twe plastic motegno, ket gigi e Cookit
2. **Tong' moboki** – tong' moboki ok medie kata pi, lwok tong' mos kato iketi eyi sufuria, KIK io le pi, ket sufuria eyi jwala, bang'e ket sufuria e Cookit.
3. **Tong' mar omlet:** - Ng'ad kitungu, nyanya, dania, pilipili hoho, kendo rugi kabisa. Kawu tong' kendo ichwad e san / bakul, ket chumbi moromo, rugigi duto (tong', kitungu gi mamoko) e sufuria mar sola, ket mo moromo. Um sufuria gi raumne, kete eyi jwala, twe dho jwala maonge muya mawuok, ket e Cookit.
4. **Njugu mochiel:** - Yier kendo ilwok njugu, ket chumbi moromo, ruwgi kabisa, KIK ium sufuria, ket sufuria eyi jwala, twe dhoge motegno. Kete e Cookit.
5. **A lot Sikuma, ang'ina (cabbage), kata spinach:** Lwok alot maler, ng'ade matindo tindo kendo ket eyi sufuria mar solar, ket chumbi matin to gi mo moromo lokgi kabisa mondo giruwure maber, um sufuria, ket sufuria eyi jwala, twe jwala motegno, kete e Cookit. (Lok alot bang' nus saa).

6. **Nyoyo kata oganda** :- (Bando kata oganda motwo)
Yier bando gi oganda maricho duto oko. Lwokgi maler, budgi kuom seche 4 moro ka moro yore, bang'e riwgi e sufuria mar sola, KIK ipuk pi maibudo gigo, inyalo mana medo pi e nyoyo. Um sufuria, bang'e ket sufuria eyi jwala, kendo twe dho jwala motegno. Ket chiembi e kendo mar sola. Ka bando yom to ok budi – iriwo gi oganda mosebudi bang'e itedo.
7. **Rech manumu kata mowang'** : - Ng'ad kitungu, nyanya, dania, ket roiko, madhari ma ihero, chumbi to gi mo. Rugi duto maber ahinya, ol e pi moromo. Ket rech eyi sufuria (Ka en rech manumu to ne ni iluoke maler kendo inyalo ng'ade madunde moromo. Um sufuria, kendo kete eyi jwala, twe dho jwala, kendo iket chiembi e Cookit.
8. **Ring'o mobul:** Keng ring'o kata yare kaka idwaro, ket chumbi moromo. Inyalo wiro mo matin mondo kik otuwo ahinya ka ochiek kata inyalo weyo kamano. Ket ring'o e sufuria mar sola, KIK ium sufuria, ket sufuria e jwala, twe jwala motegno, ket chiemo e Cookit.
9. **Ring'o mar kado:** Ng'ad ring'o matindo tindo, luoki, ket e sufuria mar sola, kete kitungu, nyanya, dania mong'adi matindo tindo, roiko, chumbi kod mo. Rugi gi ring'o maber, KIK imedi pi e chiemo ni! Um sufuria, kete eyi jwala, twe dho jwala, kete oko e Cookit.

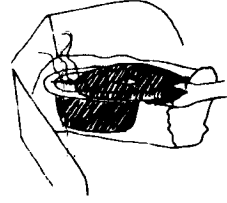
10. **Rabuon kata Nduma:** Yiedhi rabuon kata nduma. Ng'ad gi kaka idwaro (to ok madongo), lwoki maler, ket gi e sufuria mar sola kendo med pi nus kikombe kende. Um sufuria, twe dho jwala, ket chiemo e Cookit.
11. **Kuon:** Ol pi mang'ich maromo kikombe adek e sufuria mar sola, ol mogo mos mos ka irudo maromo kikombe adek, rudi maber ma onge mogo modong', um sufuria, kete eyi jwala kendo twe dho jwala maber. Ket sufuria oko e Cookit. Ka chieng' otegnno to kuon chiek ekind seche 2 ½ gi 3.
12. **Rabuond nyaluo gi njugu moregi:** Yiedhi kendo ng'ad rabuon madito moromo, ket rabuon e sufuria mar sola. Ei bakul machielo riw njugu moregi gi chumbi, roiko to gi pi moromo. Bang'e ol njugu e rabuon , um sufuria, ket eyi jwala, twe jwala maber ket chiemono e Cookit. Chiemoni tieko seche 2 ½ kata 3.
13. **Tedo chach turungi :** Ol pi e sufuria mar sola, keti majan matin to gi sukari chuth, um sufuria kendo kete eyi jwala, twe dho jwala kendo kete e Cookit.



Sama iketo chiemo, neni tiponi oumo Kendo (CooKit) kik ler ma a kuom kendo keth wang'i



Inyalo keto Sufuria ariyo e CooKit



Milome: Kik item golo chiemo kata golo raum eyi jwala gi lweti nono – inyalo wang'! Pile ritri gi kitamba moro.

TEDO MKATE KATA KEK

MAKATE :

Mok ngano kikombe ang'wen (4 cups), Kijike 2 matindo mag yeast (Thowi) , robo kijiko mar chumbi, kijike ariyo madongo mar mo kata butter / blueband margarine, sukari kijike madongo 3 kata 4, Pi ma mor-mor kikombe 2, ka in gi mzabibu be inyalo kete.

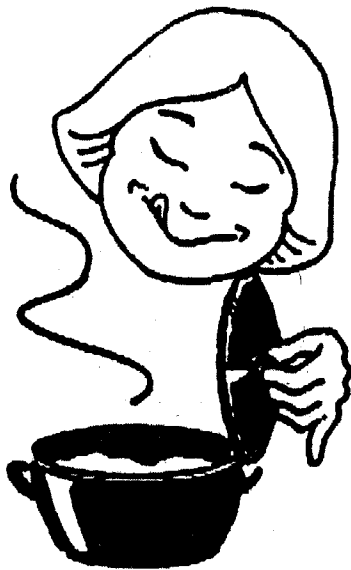
Ket sukari e pi, medie yeast kendo we gigi mar dakika 20, bang'e chung mogo, ket mo eyi pigno. Dwal gigi maber nyaka chal gi mok chatat mayom. Um gi nanga maler nyaka mogo kuodi nyadiriyo, dwal kendo kimedo mogo, ng'adi madito kaka ihero kendo iketi eyi sufuria mar sola ma isewiro gi mo. Um susufria kendo kete eyi jwala, twe jwala kendo kete e Cookit kuom seche 3 kata 4 nyaka makati bed marabuor maber. (Inyalo medo sukari, chak gi tong' ka idwaro scones kata rolls mamilimili.)

TEDO KEK:

Mogo man gi baking kikombe 2, (mogo maonge baking, ichungo gi baking kijiko achiel matin mar chai) tong' 4, sukari kikombe 1, margarine / butter kijike madongo 4, chak ½ kikombe. Riw sukari gi margarine kabisa nyaka chal gi siage, medie nyai tong' ma ratong' (yellow), medi ruwo kabisa. Bang'e chung mogo, kendo chak keto mogo matin tin eyi bakul mar margarine gi sukari, med chak matin matin nyaka mogo rum. Rugigi ahinya kendo tem ting'e malo gi oluth kuon kik obedi ma opoto ahinya kata maliwu machuer jururu.

Wir sufuria mar sola gi margarine kendo buke gi mogo mar ngano. Bang'e ol cake eyi sufuriani nyaka ekore , kik ipong' sufuria. Um sufuria (kata cake pan), kete eyi jwala, twe dho jwala maber, kendo ket e CookIt. Kekni nyalo tieko seche 1 ½ - 2 . Inyalo medo ndhadhu e kek ka irego ng'e ndim matin kendo iriwo gi mogo, kata inyalo keto e vanilla kijiko 1 mar chai

Kek mapek man gi njugu kata carrot moregi kata rabolo monywasi kawo seche mang'eny. Inyalo medo magadi (bicarbonate) elewu kijiko matin kuom kikombe ariyo mag mogo sama iruwo kek. (a third teaspoonful of baking soda)



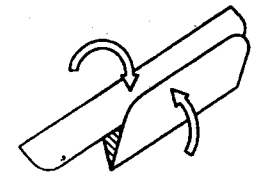
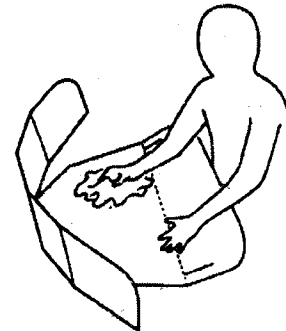
Kek mamit sidang'

RITO COOKIT (KENDO MAR SOLAR) TO GI MIFUKO MAR PLASTIC

Rit maber ema kelo ohala kata konyruok ndalo mang'eny! Pile gimoro amora nyaka rit maber. Omiyo CoòKit to gi jwala konyowa to wan be nyaka warit gi.

KENDO SOLA (Cookit)

- Kaitieko tedo, neni pi kata chiemo ok opukore e Cookitni. To kadipo ni otimore kamano, kaw otamba motwo mayom iywego Cookit mos maak igwaro kamarieny. Bang'e ban Cookitni, kendo kete kama biye kata gik moko ok nyal kethe.



- Bende ber ka inyalo yudo mesa kata rak mar sende ema mondo iketie Cookitni. Mageng'o gwen to gi guogi, kata jamni mamoko manyalo ketho chiemi sama chiek.
- Moloyo duto te, kik iwe koth go Cookit!

Mfuko mar Plastik

- Tedo kod chieng' choko pige ma ae chiemo kendo nikech muyani ok wuogi oko, esa maiyawo dho plastic to mua ni lokore pi. Omiyo ka igolo chiemo to nyaka itang' ahinya mondo pige gi kik pukre ei CookKit kata echiemo (njugu kata ring'o mobul).
- Bang' golo sufuria, kawu jwala iteng' pige oko. Inyalo loko jwala gi attache kendo iyuwe pi gi kitamba mayom. Bang'e ban mfuko mar jwala kendo kane.
- Yo machielo en ni, inyalo teng'o pige duto oko kendo ing'awo kata liero jwandi e tol mar lewni mondo otwo nyaka kinyne. To molooyo kik iket jwalani kama gimoro nyalo tuche e. Kaponi jwala otuch kamatin to inyalo tweyo kanyo gi usi kendo podi inyalo medo mana tiyogo. (E pinje kaka Turkana kucho, jwala nyalo tedo kuom ndalo 8 – 10 ka orite maber, juma gi bathe).



Ten kendo mari gi kite kik yamo go ping

REM COOKIT - KENDO MAR SOLA

CooKit ok nyal tiyo:

- a) Ka piny otimo luoch/rumbi*
- b) Ka koth chuwe*
- c) Ka yamo ng'eny ahinya*
- d) Ka en otieno*

Kinde makama, onego iti gi yien akunga. Tiende ni nyaka iti gi kendo mar upesi kata maendeleo portable. Ng'e ni kendo man gi dhok achiel chamo yien matin to kendo man gi dhok adek chamo yien mang'eny ahinya.

Mondo imed kungo yiendi, owinjore iti gi kikapu kata atonga molos maber matieko ni tet kaok itiyogi yien. (Fire – less cooker). Tet mar kikapuni en ongwana kendo oler, chiemo be ok wang'.

JATEDO MAKARE ONEGO OBEDI GI KENDO TIENG' DIDEK, (SOLA COOKIT, UPESI, KIKAPU)!

KAKA IMEDO TIYOGI KENDONI MAR SOLA EKAKA IMEDO LONY TO GI NG'EYO MARI KENDO IBEDO JATET MANG'ULA MAR SOLA.
(EXPERT SOLAR COOK)

GIK MA ONEGO ING'E SAMA IDWARO TEDO

**Chiemo chiek
piyo**

Chiemo budho

Ka chieng' nimalo
kendo kech



chieng' ok otegno,
sa okinyi kata
dhiambo

Sama boche
ong'e



boche ogeng'o
chieng'

Sama yamo onge



yamo ng'eny

ka sufuria ni gi
raum
e sufuria marateng



Sufuria ma ok oum

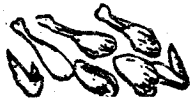
Sufuria ma rachar

Sufuria matin
kendo yot



Sufuria ma pek

ka chiemo tin



Chiemo mang'eny

ka chiemo ong'ad
matindo



Chiemo ma
ong'ad madongo

Ka pi ok omedi
kata omed matin



Ka pi ool kata
omedi mang'eny

FIRE LESS COOKER KENDO MAONGE MACH

OKAP KWE

MA EN ANGO?

Okap kwe en Kikapu kata box molosi eyo makende mondo otiek tet kanosechaki e kendo mar mach. Bende okaponi miyo chiemo bedo maliet kuom seche mang'eny kaka seche 8. Omiyo okelo kwe ne jatedo nikech ok imur chiemo sa ka sa to bende onyalo tedo okinyi bange odhi eyorege mamoko to nyithindo kata jaot yudo chiemo maliet e seche mag chiemo. Ok owang' chiemo. Okapu ni miyo jatedo kungo yien, makaa kata mafuta. Okapuni konyo jatedo mar solar nimar inyalo yienyo chiemo e Cookit kendo iketo chiemono e okap kwe, bang'e iketo chiemo machielo e Cookit.



Okap kwe inyalo los gi atonga kata okap othith.

BER OKAP KWE

1. Okap kwe miyo jatedo kungo yien kendo ogolo paro mag chan mag yien.
2. Okap kwe rito liet mae chiemo kendo chiemo ok kwe kata nyaka bang' seche 8 (aboro).
3. Lose yot kendo onyalo dak kuom higini mang'eny.
4. Inyalo timo tijegi mamoko to chiemi be chiek mos maonge paro nikech chiemo no ok nyal wang'.
5. Chiemo bedo gi ndhadhune kendo onge much chiemo malal. (Vitamins)
6. Ok onyal wang'o nyithindo, jatedo kata ot.
7. Ka ing'eyo lose to inyalo yudo ohala ka iloso kendo jotedo mamoko ng'iewe kuomi.
8. Orito ne jatedo saa nikech chiemo ok loki sa ka sa. Bende inyalo loso maduong' maromo sufurieche ariyo kata bedo kodgi ariyo.

OTIYO NADE?

Okap kwe nyalo tedo kit chiemo mang'eny. To moloyo kaka imedo tiyo kode ekaka imedo lony mari kendo ibedo jatet mang'ula.

1. Ket chiemo e kendo ka iumo maber ma oyieny.
2. We chiemo kayienyo kuom seche maondiki gi mach matin (simmer)
3. Gol chiemo e kendo mar mach kendo kete eyi kendo okap kwe piyo piyo. (Ber mondo ikel okapu machiegni gi kendo mar mach, kik liet mar chiemo dog piny.
4. Um okapu maber ka ifunde gi mto / raumne molosne.

KIT CHIEMO MA INYALO TEDO E OKAP KWE

| Kit chiemo | Seche maotieko e mach | Seche maotieko e Okap kwe to ochiek |
|--------------------------------|------------------------------|--|
| Mchele | Dakika 5 | Dakika 25- 30 kende |
| Nyoyo (bando gi oganda mobudi) | Dakika 30 kata nus sa | Seche 3 - 4. |
| Ring kado | Dakika 10 | Saa 1 gi nus (1 ½ Hrs.) |
| Alot (sikuma , kabich) | Chiel dakika 3 | Dakika 10 |
| Dengu (alayo) | Dakika 10 | Seche 2 |
| nyambich (matumbo) | Dakika 20 | Seche 3 |
| Rabuon | Dakika 10 | Dakika 30 |
| Tong' moboki | Dakika 2 | Dakika 10 |
| Rech (mowang') | Dakika 5 | Saa 1 |
| Omena | Dakika 30 | Seche 2 - 3 |

Milome: Onego ited chiembi eyo maitedogo pile mak manani otieko tet e okap kwe.

LOSO OKAP KWE

Gik monego ibedgo:

1. Okapu kata atonga maduong' moromo maka otiek lose to oromo sufurieche maithoro tiyogo.
2. Otamba marateng' mita 3
3. Mita 1 ½ mar jwala marateng' kata marachar.
4. Pamba kata yuk onget, kata yuk bao kata mag lewni majotueng'o oktigodo. (Mang'eny)
5. Sandan maduong' kaka mar tuang'o gunia to gi usi marateng' kaka mar sweta kata mora mora motegno.

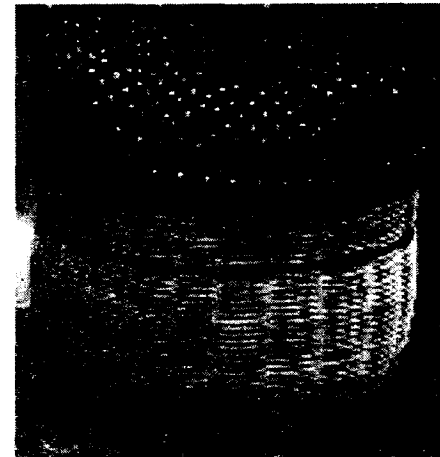
KAKA ILOSE

- a) Chak gi keto jwala e okapu kata atonga gi kaiye.
- b) Ket pamba e wi jwala e pier kikapo moromo inches 6-8. Tielgi kabisa.
- c) Chak iket plastic machielo eyi okapu giediere bang'e ket ndoo kata mbugru maraond (moluorore) man gi pi moromo eyi okapu.
- d) Ekind plastic ariyogo ket pamba ka ichweyo nyaka dho okapo malo.
- e) Neni jwala maiye bor kcndo um godo makwongo maber. (tuck in) Inyalo weyo mbugru otieno duto ei okapo.
- f) Gol mbugru kendo pedhi otamba marateng' eyi okapu – soye maondonji maber kendo oum jwala maiye to gi maoko maber.
- g) Twang' okapu mondo pamba kik sudi.
- h) Ng'ad jwala moluorore (round) maduong' me dho okapu matin. Twang' aluorane kendo iwe kamoro moromo keto pamba (kaka inyalo loso pilo / mto.

- i) Ng'adi otamba maduong' ne mtono matin. Twang'e kendo iloke gi kore
- j) So jwala eyi mfuko mar otamba bang'e so pamba eyi jwalano maokwodi kaka mto.
- k) Twang' dho jwala to gi dho otambano maber. Bang'e twang' mtono kwonde 4-5 mondo pamba kiksudi.
- l) Inyalo miyo kikapu ni ber kaka nyalo mari en.

Ka itieko lose inyalo teme gi pi maliet – ichuako pi e sufuria kendo iumo maber – ikete e okapu kendo iweyo kuom seche manok. Mul kor kapu ka liet wuok to item ing'i kama ok obedo maber kendo ilosi.

"NG'E NI TIYO GI OKAP KWE KAKA JATEDO MIYOI KWE NIMAR OKUNGO NI PESA. ITIYOGI YIEN , MAKA KATA MAFUTA MATIN BE CHUNYI NG'ICH NIKECH ITEDO DICHIEL NE JIDUTO – KATA JAODI BIRO BANG'E YUDO CHIEMO KA LIET!"



Chiemo bedo maliet kuom seche mathoth.



Ng'i ka chiembi ochiek

