

## Usage precautions

The Suntube® is made up of a vacuum tube that keeps the heat in and a cooking rack that fits inside to hold the food. The Suntube® begins to heat up as soon as it is placed in the solar cooker and exposed to the sun.

- During cooking, the outer wall remains cold, there is no risk of burning.
- **Caution:** All interior components, such as the cooking rack and food, are extremely hot and should be handled with care. The Suntube® can rise to temperatures of over 300°C and cause serious burns.
- < Do not touch the cooking rack or the heated food with your hands during cooking or at the end of cooking to avoid burning yourself. Use the wooden handle to remove the cooking rack from the Suntube® as well as suitable utensils to remove the dish from the cooking rack.
- < Remove the Suntube® from the SunGood cooker when cooking is complete.
- > Then remove the cooking rack from its tube to serve. If there is food left in the cooking rack, it can be kept warm in the Suntube®. Be careful though, food cooking may continue for a while if the temperature inside the Suntube is still high.

## Cleaning

- **Cleaning the Suntube®: Warning, clean the Suntube® only when it is cold.** Clean the Suntube® with a brush long enough to reach the bottom of the tube (we offer a brush suitable for this purpose on our site). 1/Fill the tube with a little water and dishwashing liquid. 2/Insert your bottle brush and gently rub the walls. 3/Rinse the tube thoroughly with clear water.
- **Cleaning the cooking rack:** The cooking rack is made of stainless steel and can be placed in a dishwasher if you remove the handle or wash it by hand. Caution: To avoid damaging it, do not use abrasives, caustic cleaners or oven cleaners.
- **Cleaning the cover:** Wash the cover by hand, in lukewarm water with soap, then rinse with clean water. Do not machine wash or spin dry. Do not allow to dry in the sun to maintain color and elasticity.
- **Cleaning the cloth:** Wash the cloth by hand in lukewarm water. If necessary, use Aleppo or Marseille soap in small quantities. Rinse your cloth well before drying it.

## Warnings

- Do not leave within reach of children. Risk of burns.
- High temperatures. Do not touch cooking rack and food with hands during/ after cooking. Wait for the rack and its contents to cool.
- Do not insert cold food directly into the hot tube. This can cause thermal shock (= creation of excessive tension on the tube which causes it to weaken and may cause it to implode).
- Do not overload the cooking rack: during cooking some foods will swell, which could jam the rack in the cooking tube.
- Do not force the cooking rack into the tube. This could break or damage the tube.

# SunGood 360 [ Suntube® user guide ]



## [ SunGood®360 equipment ]

- A Suntutube® tubular sensor (temp 200°C to 240°C)
- A Suntutube® cooking rack  
76 cm (L) x 7 (ext) x 5 (int) cm
- A wooden support with 2 holding tensioners  
for Suntutube® tubular sensor
- A cover for Suntutube® 65,5 (L) x 8 (ext) x 7
- A Cook UP pot (temp 100°C à 120°C)  
33 (L) x 20 (l) x 12 (h) cm
- 2 cooking bags for the Cook UP pot
- A steel flat rest for the Cook UP pot
- 11 adhesive mirror reflectors for the SunGood® cooker
- A 100% parachute canvas carrying bag
- A storage cover for the Suntutube®
- A soft cloth / 21 (L) x 21 (W) cm
- Instructions for use with sunscreen recipes



## [ Using the Suntutube® ]

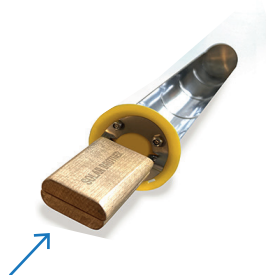
For cooking with the Cook UP pot, refer to the SunGood® cooker user manual included in the pack.

- 1/ Place the food evenly inside the cooking rack.
- 2/ Insert your cooking rack into the tube.
- 3/ Place the Suntutube® with its wooden supports in the center of the SunGood®.
- 4/ Position the SunGood® cooker facing the sun (see SunGood® manual).
- 5/ Remove the cooking rack at the end of cooking.

## [ Mounting the Suntutube® ]

- 1/ Clip the wooden handle onto the end of the cooking rack.(1)
  - 2/ Slide the cooking rack into its glass tube.
  - 3/ Place the Suntutube® on the 2 wooden supports and fix the tube using the turnbuckles.
- To do this, place the tensioner in one of the notches of the wooden support, stretch the tensioner above the tube and reach the opposite notch. Carry out the same operation for the second support.(2)

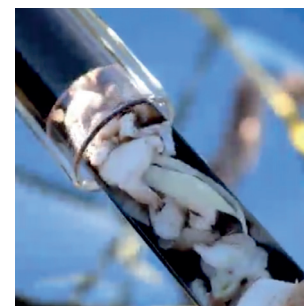
(1)



(2)



Step 1/



Step 3/



Step 5/



### A few cooking tips

- We advise you to apply oil, butter or a sheet of baking paper inside the cooking rack so that the food does not stick to the container.
- For even cooking, stir food during cooking.
- If you want seared cooking, you can preheat your Suntutube® in the cooker, for no more than 10 minutes in the sun, then place the food in it **at room temperature**.

**Warning:** to avoid thermal shocks which could break the tube, do not place cold food in the tube when it is hot (see "warnings").