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## **PRE COOKING Instructions BEFORE YOU START COOKING**

SUN OVEN In This Position For 25 To 30 Minutes. Using An Oven Mitt Release The  
Latches And Open The Glass Door. Pour 1 ½ Cups Of Water Mixed With 1 ½ Cups  
Vinegar, With A Few Drops Of Dish Soap, Into A Pot And Place The Pot, Without A  
Lid, Inside The Hot . SUN OVEN And Close And Latch The Glass Door. Realign The .  
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Bake -To Cook In An Oven Beat -To Mix Ingredients Together Using A Fast, Circular

Movement With A Spoon, Fork, Whisk Or Mixer Blend -To Mix Ingredients Together  
Gently With A Spoon, Fork, Or Until Combined Boil -To Heat A Food So That The Feb  
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