



Holiday cooking

The holiday season is upon us, that wonderful time when family and friends gather and enjoy great food. Whether you are cooking for a dinner or a party, plan to include some of the following energy-saving tips.



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TIPS for the cooktop

- Use cookware with a flat bottom for efficient heat transfer. Cookware should also have straight sides and a tight-fitting cover.
- Use the smallest pan necessary and match the size of the cookware to the surface unit. A six-inch pan on an eight-inch burner wastes 40% of the energy produced by the burner.
- Cover cookware whenever possible. Food will cook faster, using the steam created inside.
- Turn the heat down when food reaches the proper cooking temperature and use the lowest possible level of heat to complete cooking.
- Turn the surface unit off a few minutes before the food has finished cooking and allow retained heat to complete the cooking.
- Use a pressure cooker whenever preparing an item that takes a long time. It can save energy by significantly reducing cooking time.
- Use small appliances, such as microwave ovens, toaster ovens, and crockpots when cooking or reheating small quantities of food.

TIPS for the oven

- Cook as many dishes as possible in the oven if you need to heat the oven for a particular recipe.
- Insert dishes in the oven immediately after turning it on, unless preheating is required for baking products like breads, cakes, and cookies.
- Turn off the oven five minutes before your cooking is completed when making roasts, turkeys, or casseroles and let the heat in the oven finish the cooking.
- Avoid unnecessary peeking! Opening the oven door lets up to 20% of the heat out, wasting energy.
- Keep pans in the oven separated, staggered on upper and lower racks, and don't let them touch the oven walls to maintain proper heat circulation.
- Don't cover your oven racks with foil because it blocks the flow of air.
- Use glass or ceramic pans in your oven when possible. You can turn down the temperature by 25° F, and foods will cook just as quickly.
- Set the oven's self-cleaning cycle immediately after baking, if you need to use it, to minimize the energy required to heat the oven to cleaning temperature.



Support solar power!

Sun Power for Schools is a unique program that allows everyone to promote solar-powered electricity and solar-powered lighting. Under the program, solar electric or solar lighting systems are installed at participating public schools on the Big Island, Maui, Molokai, Lanai, and Oahu. Solar lighting systems provide additional security lighting at no cost to the schools where they are installed. Schools with solar electric systems benefit by receiving a small amount of free electricity for their daily needs.



Data is collected from the solar electric systems on the amount of solar energy available at their locations. The performance statistics are posted online at www.heco.com and can be used by teachers for classroom instruction.

Sun Power for Schools is made possible by a voluntary partnership between the HECO utilities (HECO, HELCO, and MECO), the State of Hawaii Department of Education, participating schools, and members of the community.

To become a solar power partner, call (808) 543-7511 and ask that a Sun Power for Schools postage-paid reply card be mailed to you. You can write a check for a one-time contribution or contribute monthly when you pay your electric bill.



HELCO's Commercial Accounts Manager David Cattle demonstrates how potatoes can help produce an electric current. The potato battery was just one of the fun ways to learn about electricity at the 11th Annual HELCO in Our Community Energy Fair at the Prince Kuhio Plaza on Saturday, October 15.

Over 2,500 people attended the event, played energy games, learned how to read an electric meter, and got information on energy efficiency. Lanakila Learning Center displayed the students' Electron Marathon electric vehicle; HPD Community Policing Division provided keiki I.D.s; and McGruff was there to celebrate 25 years of crime prevention in Hawaii.



Remodeling or landscaping? *Check before you dig!*

Before digging on your property determine the location of any underground power lines that may be in the work area.

You can look for pad-mounted electrical equipment or handhole covers (small manhole covers), which indicate that underground lines exist. Or contact HELCO at 969-0311 to determine and mark the location of underground cables. Plan to give HELCO 72 hours notice for this free service.

You should also check with telephone, gas, and television cable companies before starting any excavation work.

When digging near underground lines, proceed cautiously, using hand-digging methods. We recommend that you use non-metallic type tools.

If an underground power line is damaged during excavation, warn others to keep away and call HELCO at 969-6666.

If you are excavating with a backhoe or other mechanical equipment and you damage an underground power line, remain on the equipment until it can be cleared from the power line. If you must get off the equipment due to another hazard, jump free from the equipment so that your body clears it before touching the ground.

Don't take the power of electricity for granted. Keep your eye out for electrical hazards and work safely.



HELCO's Toys for Tots Train

Come and see Big Ben, HELCO's Toys for Tots train, at one of the Big Island's Christmas parades!



This holiday season HELCO, together with the U.S. Marine Corps Toys for Tots Foundation, Hui Makai Motorcycle Club, Longs Drugs, and other Big Island contributors, will be distributing over 7,000 new toys to less-fortunate keiki on the Big Island.

Following are the dates of the Christmas parades on the Big Island. Check the newspaper for the exact time and location of your local parade.

- Hilo - November 26
- Waimea - December 3
- Kona - December 10
- Pahoa - December 10

HELCO thanks all who have contributed to the Toys for Tots program in the past and encourages your support.



RECIPE OF THE MONTH

Oven Kalua Turkey



- 1 12-pound turkey
- 12 ti leaves
- 1 banana leaf
- 1/2 cup butter or margarine, softened
- 3 tablespoons Hawaiian salt
- 2 teaspoons liquid smoke

Rinse and drain turkey. Line a large baking pan with foil. Wash ti leaves and banana leaf; remove fibrous part of the veins. Line baking pan with ti leaves radiating from center; place half of the banana leaf in bottom of pan. Place turkey on leaves. Rub remaining ingredients on inside and outside of turkey. Place remaining half of banana leaf over turkey; fold leaves around turkey. Crimp foil around turkey and cover pan tightly with additional foil. Roast in electric oven at 375° F for 6 hours. Shred turkey, adding enough of the pan liquid to moisten meat. Recipe makes 8 to 10 servings.

