



## 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.



## Go green with your electric bill

Save on paper and postage, get your MECO bill electronically and either pay it online or have it paid automatically each month! These free services make it quick and easy to pay your bill.

You can now choose to have bills presented to you electronically instead of having your bills sent in the mail. Every month we will send an e-mail advising you that your bill is ready for viewing online on our Website. Payment can be made online through CheckFree Corporation or through Automatic Bill Payment. To determine if the payment feature through CheckFree is for you, go to [www.mycheckfree.com](http://www.mycheckfree.com).

With Automatic Bill Payment your bank, savings and loan institution, or credit union will pay your electric bill by deducting your monthly charge from any account you choose. Enrollment forms for Automatic Bill Payment are available online at [mauielectric.com](http://mauielectric.com), under "Online Services."

For more information on E-Bill and Automatic Bill Payment or to request that an application form be mailed to you, call MECO on Maui at 871-9777 or toll free at 1 877 871-8461 from Molokai and Lanai.



## Holiday foods cooking class

Just in time for Thanksgiving! Join Adrian Aina, Executive Sous Chef at the Grand Wailea Resort and Spa, at MECO's free cooking class at **6:00 p.m.**, on **Thursday, November 17**.

Chef Aina will demonstrate how to roast and carve a turkey, plus how to make homemade turkey stuffing, fresh cranberry sauce, pumpkin creme brulee, and pumpkin parfait. And to top it all, these demonstrated foods will be given away as door prizes.

The cooking demonstration will take place in the Maui Electric Auditorium, 210 Kamehameha Avenue, in Kahului. Reservations are not required. For more information, call Ruth Yamamura at **871-2323**.



## 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 Maui County public schools by MECO.



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](http://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.



## Take a solar water heating class

Learn the basics about how a solar water heating system works by attending a free, one-hour class, "Taking the Mystery out of Solar," offered by MECO and cosponsored by Maui Community College (MCC).

The class will cover:

- How solar water heaters and solar electric systems work
- What to look for when buying a solar water heater
- Financing options
- How to use a solar water heater
- Maintenance and troubleshooting
- When to replace the system

The class will be held on **November 17** and **December 12** at **6:00 p.m.** in room 107 of the Lualima Building at MCC. Pre-registration is required as seating is limited. To register please call MCC at **984-3231**.

For more information on solar water heating systems please call us at **1-888-MECO-SUN**.



### 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.

