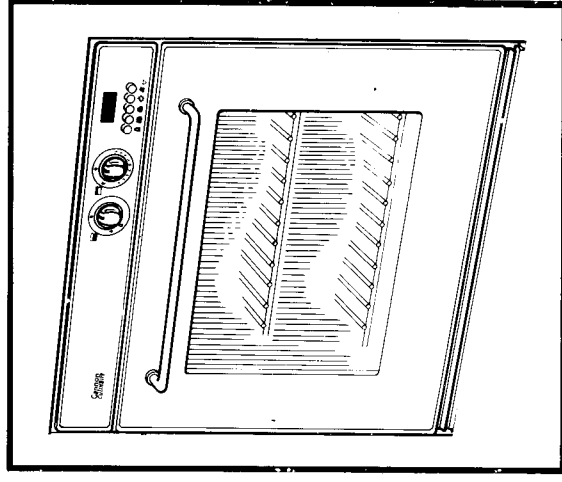


Our policy is one of continual improvement in design and development, therefore strict accuracy of illustrations and descriptions cannot be guaranteed.

CULINAIRE



***ECONOMY MENUS
&
COOKING CHARTS
INCLUDED***

Cannon
THE FIRST NAME IN GAS

*Cannon Industries Limited,
PO Box 446, Grindley Lane, Blythe Bridge,
Stoke-on-Trent ST11 9LU.*

*Sales: Telephone: 01782 385500 Facsimile: 01782 385544
Service: Telephone: 01782 385550 Facsimile: 01782 388360
Spares: Telephone: 01782 385555 Facsimile: 01782 388289
Technical: Telephone: 01782 385560 Facsimile: 01782 399563*

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Leave these instructions with the user.
The Data Badge is located at the front of the top casing.
Serial No. is located on the LH side of Main Oven viewed when door is open.

A Natural Gas Appliance.
G.C. Appliance Nos. 11 132 37 Brown
11 132 38 White
11 132 72 Black Marble
11 132 73 White Marble

Part No. 940000013

SPARES & SERVICING

Service and spares are provided by your supplier. If your appliance fails to operate correctly or you require spares, contact the retailer from where the appliance was purchased.

It would be helpful if you were to have the following information to hand;

APPLIANCE - Cannon Culinaire

G.C. NUMBER -
Brown Model 11 132 37
White Model 11 132 38
Black Marble model 11 132 72
White Marble model 11 132 73

SERIAL NUMBER - For your convenience enter the appliance serial number in the box below:

Viewed when the door is open, on the LH side of the oven.

Ensure that any spares are authorised Cannon replacements to give correct performance and appearance.

Repairs carried out by unauthorised or inexperienced persons may cause serious damage to the cooker, and may result in personal injury. Maintenance must be carried out by a competent person.

COOKER PART AND FINISH	CLEANING METHOD
Chromium plated	
Oven shelves	Wipe with a cloth wrung out in hot soapy water. A liberally soaped very fine steel wool pad e.g. Brillo, Ajax etc., or a chrome or stainless steel cleaner may be used.
Door hinges	
Grill pan runners	
Grill pan handle	
Grill pan grid	
Plastic	
Grill pan handle	Wipe with a cloth <u>dampened</u> with hot soapy water.
Control knobs	Stubborn stains may be removed with a cream cleaner, carefully applied
Control buttons	

CHECK POINTS

1. If there is an interruption in the electricity supply, the time of day clock will need to be re-set and the orange re-set button pressed again. (See page 4 and 5).
2. If ignition failure occurs for any reason other than an interruption of the electricity supply the oven or grill burner can be lit by a match.

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INSTALLATION

This appliance has been tested and certified to British Standard BS 5386, Part 4 1991 and carries the British Standard Kite Mark.

DIMENSIONS OF APPLIANCE:

Height	Width	Depth
595mm	595mm	595mm (Excluding door handle)

YOUR CANNON COOKER SHOULD BE:

1. Installed by a CORGI registered installer in accordance with the British standards and regulations which are detailed in the separate Installation and Maintenance Instructions book.
2. Placed so that adjacent walls or cabinets do not overheat in accordance with dimensions given in your Installation and Maintenance instructions, Section Space for Fitting, page 7.
3. Connected with a semi rigid connection.
4. Connected to the electricity supply using a properly earthed three pin socket outlet. This appliance must be protected by a 3A fuse in a 13A (BS1363) plug.
5. Installed in a room of suitable size. The kitchen must be permanently ventilated if smaller than 11m³. Refer to Installation and Maintenance Instructions for vent sizes.

This cooker must not be installed in a bed-sitting room of less than 20m³, or in a bathroom or shower room.

CARE AND CLEANING

COOKER PART AND FINISH

Vitreous Enamel

Inside of oven door
Roasting tin
Baking tray
Grill pan
Oven base plate
Oven burner trim

CLEANING METHOD

Clean with a cloth wrung out in hot soapy water.

Stubborn stains can be removed with a cream, paste or liquid cleaner or by gently rubbing with well moistened, liberally soaped very fine steel wool pads e.g. Brillo, Ajax etc.
Check that the cleaning agent used is approved by the Vitreous Enamel Development Council.

Paint

Oven side trims
Door handle
Oven flue grille
Oven door bottom trim

Wash with a cloth wrung out in hot soapy water only.

DO NOT USE ABRASIVES

Glass

Oven door panels
Fascia panel
Oven lamp lens

As for enamel cleaning above.
Polish with a clean dry cloth or kitchen roll.

Sheet steel

Oven burner
Grill burner

N.B. Cleaning should only be necessary if spillage has occurred and blocked the burner ports.
The holes can be cleared by brushing very carefully with a dry brush. **DO NOT ALLOW** cleaning materials or water to enter the burner ports.

CARE AND CLEANING

To re-fit the linings:

1. Replace the back panel and secure with the centre fixing screw.
2. Fit the right hand side panel with the cut-away edge to the top rear. Secure with the centre fixing screw.
3. Fit the left hand side panel in the same way as point 3 above.
4. To fit the left hand trim, line up the grill pan runner with the hole in the oven back panel, then line up the trim fixing holes with the holes in the oven side and secure with 3 fixing screws. Fit the right hand trim in the same manner. For positioning see Fig. 2. (GRILL PAN RUNNER)
5. Position the burner shield and replace the screws and washers.
6. Replace the oven shelves and the oven door.

OVEN LIGHT

IMPORTANT

Please note:- Light bulbs are not covered by the manufacturer's guarantee. A new 40W (300°C rated) bulb can be obtained from any major electrical supplier or from your gas showroom.

Part number 29246, GC number 044062.

1. Disconnect the electricity supply to the cooker.
2. Unclip the lens by easing off with a suitable tool.
3. Unscrew the bulb anti-clockwise. If the bulb is tight it is advisable to protect yourself by holding the bulb with a thick cloth in case of breakage.
4. Replace the new bulb and clip on the lens.

ELECTRICAL CONNECTION

WARNING - THIS APPLIANCE MUST BE EARTHED. REFER TO RATING PLATE FOR VOLTAGE AND CHECK THAT THE APPLIANCE VOLTAGE CORRESPONDS WITH THE SUPPLY VOLTAGE.

The flexible mains lead is supplied connected to a B.S. 1363 fused plug having a fuse of 3 amp capacity and should this plug not fit the socket outlet in your home, it should be cut off and replaced with a suitable plug as outlined below.

NOTE: Such a plug cannot be used for any other appliance and should therefore be properly disposed of and not left where children might find it and plug it into a supply socket - with the obvious consequent danger of electrocution.

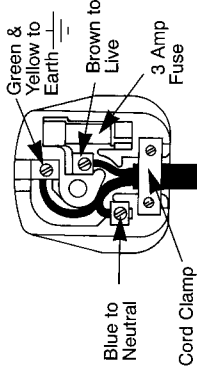
APPLICABLE ONLY IF THE MOULDED PLUG IS REMOVED

The flexible mains lead must be correctly connected as below to a three pin plug of not less than 13 amp capacity. If a B.S. 1363 fused plug is used, it must be fitted with a 3 amp fuse which is approved to B.S. 1362.

We recommend the use of good quality plugs and wall sockets that can be switched off when the cooker is serviced or cleaned.

IMPORTANT: The wires in the mains lead fitted to this appliance are coloured in accordance with the following code:

GREEN AND YELLOW - EARTH
BLUE - NEUTRAL
BROWN - LIVE



As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:- The wire which is coloured green and yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol \equiv or coloured green or green and yellow. The wire which is coloured blue must be connected to the terminal which is marked with the N or coloured black. The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured red. When wiring the plug, ensure that all strands of wire are securely retained in each terminal. Do not forget to tighten the mains lead clamp on the plug. As the appliance must be earthed, **do not use** 2-pin sockets outlets, **if you are in doubt, consult a qualified electrician.**

Should the mains lead ever require replacement, it is essential that this operation be carried out by a qualified electrician and should only be replaced with a flexible cord of the same size i.e. 0.75mm² cross sectional area. **The plug and socket must be accessible after installation.**

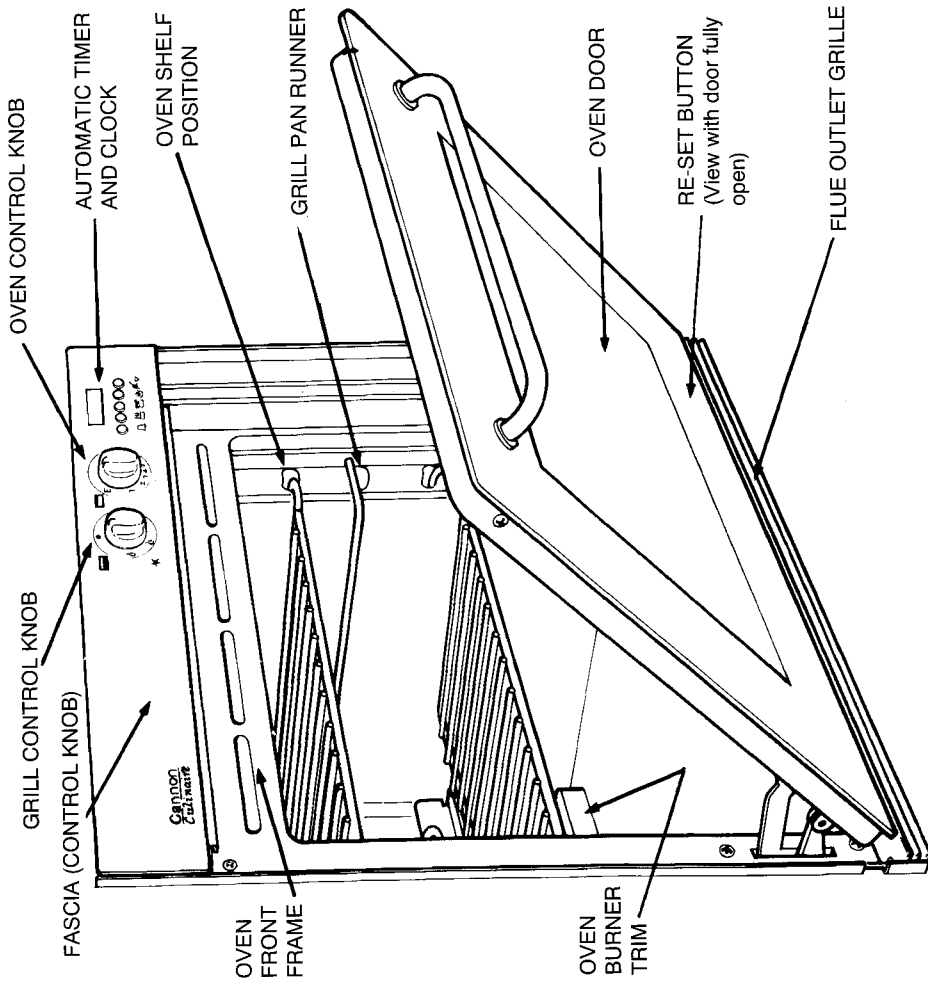
APPLICABLE ONLY IF MOULDED PLUG HAS NOT BEEN REPLACED

After replacement of a fuse in the plug, the fuse cover must be refitted. If the fuse cover is lost, the plug must not be used until a replacement cover is obtained. The colour of the correct replacement fuse cover is that of the coloured insert in the base of the plug of the colour that is embossed in words in the base of the fuse recess or elsewhere on the plug. Always state this colour when ordering a replacement fuse cover. (Available from the Cannon Service Organisation). Only 3 amp replacement fuses which are ASTA approved to B.S. 1362 should be fitted.

Ensure electric mains lead is kept clear of any hot surfaces.

INTRODUCTION

Please read this booklet on how to get the best use from your new Cannon Culinnaire cooker.



When the cooker is first used a slight odour may be emitted, this should cease after a period of use.

ALL COOKING APPLIANCES GET HOT; IN THE INTEREST OF SAFETY PLEASE KEEP CHILDREN OUT OF THE COOKING AREA AND AWAY FROM THE COOKER.

CARE AND CLEANING

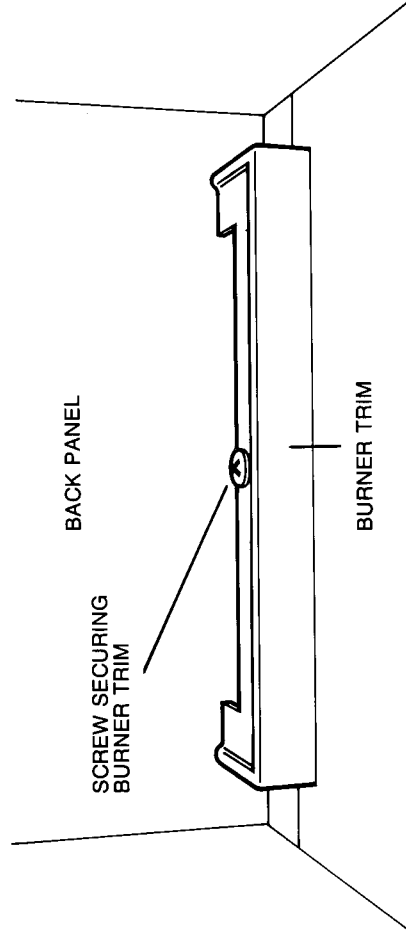
OVEN LININGS

Replacing the linings. During the life of the appliance these panels may become badly stained and their cleaning effect lessened. When this occurs replacement parts can be obtained from your local supplier.

To remove the linings:

1. Disconnect the electricity supply to the cooker.
2. Remove the oven door for easy access (see instructions page 35).
3. Take out the oven shelves and/or grill pan.
4. Remove the screw and washer holding the burner trim (Fig. 9), remove the shield.

Fig. 9



5. Remove the three screws which hold the left hand front trim. Remove the trim and grill pan runner which is attached to the trim (Fig. 2).
6. Remove the screw from the centre of the left hand side panel and lift out the panel.
7. Remove the right hand trim and side panel in the same way as points 5 and 6 above.
8. Remove the fixing screw from the centre of the back panel and ease it out over the burner.

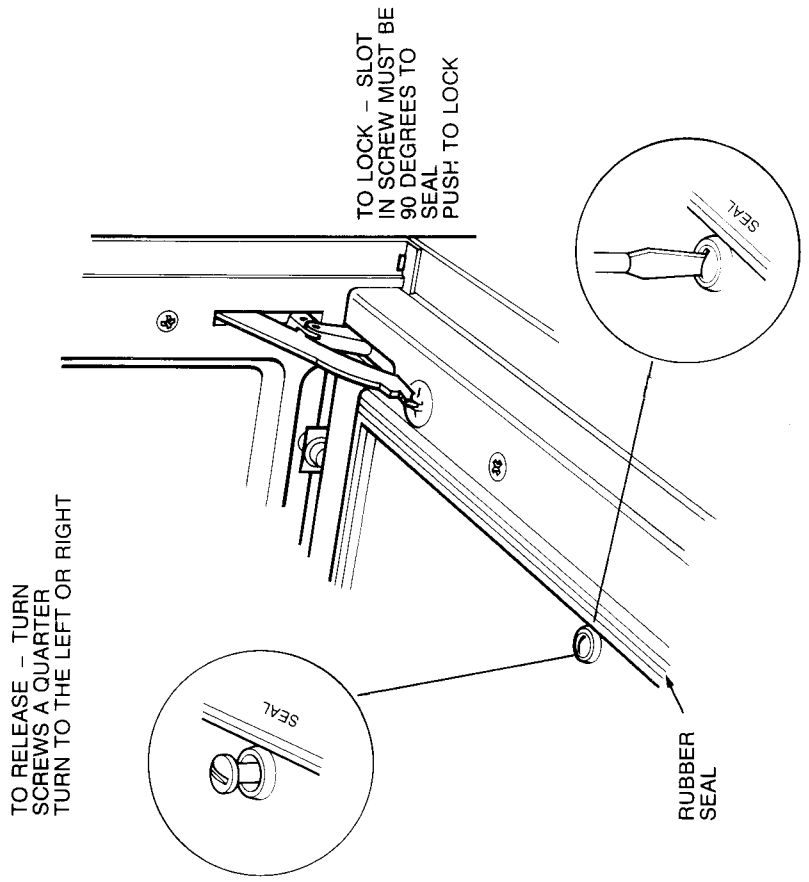
CARE AND CLEANING

DOOR INNER GLASS PANEL

To remove and replace glass panel:

1. Turn the two fixing screws a quarter turn to the left or right to release the screws.
2. Lift out the glass.
3. The rubber seal can now be removed from the glass, (Fig. 8) the glass can now be cleaned.
4. After cleaning, replace the rubber seal ensuring that the printing near the edge of the glass is readable, viewed when the oven door is open. This will ensure that the glass is the correct way round.
5. To lock the screws into position to secure the glass panel ensure that the slot in each screw is 90° to the seal. Push in each screw to lock, see illustration below.

Fig. 8



SETTING UP THE OVEN FOR USE

Before using your new appliance it will be necessary to set the time of day clock and push the re-set button. When the electricity supply is switched on after an installation or after an interruption in the electricity supply, the clock will show _ _ . _ _ .

Refer to the instructions below:

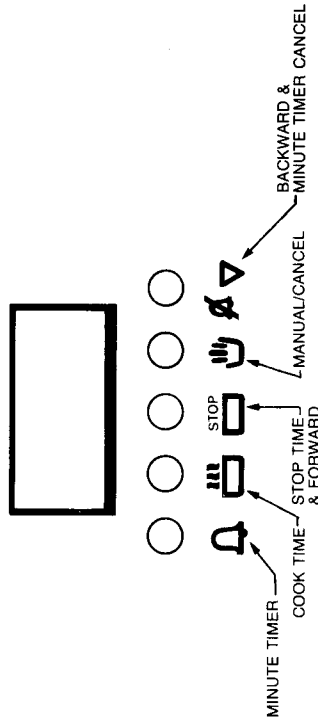
1. RE-SET BUTTON

1. Press the orange re-set button, situated at the bottom right-hand side of the oven, just below the oven base plate.

(This does not have to be pressed every time the oven is used).

2. TIME OF DAY CLOCK / SETTING

The electrically powered oven timer includes a 24 hr time of day clock, a minute timer, and an automatic cooking control. The timer has push button controls for ease of use.



TO SET THE TIME OF DAY: -

1. Press and hold the manual/cancel button.
2. Press the stop time/forward button, until the correct time is shown. The time will increase, first in minutes and then in hours.

IF THE TIME OF DAY IS OVER-RUN: -

1. Press and hold the manual/cancel button.
2. Press the backward button. The time will decrease, first in minutes and then in hours.

NOTE: When altering/setting the time of day clock it is necessary to press the stop time/forward button to advance the time by at least 1 minute before the backward button can be used.

The oven is now ready for use.

THE OVEN

OVEN SHELVES

- * When using the oven remove the grill pan.
- * The oven has two straight shelves and one cranked shelf, providing 9 possible cooking levels. (Fig. 1)
- * Each shelf has a safety stop to prevent it from being pulled out too far when attending to food. (Fig. 2)
- * Each shelf is fitted with a chromium plated shield. (Fig. 3)
- * The straight shelf cannot be used immediately below the cranked shelf.
- * To remove a shelf, draw it out to the stop, lift the front edge and pull out. (Fig. 2)
- * When replacing a shelf, lift the front edge to pass the shelf stops. (Fig. 2)

Fig. 1

SHELF POSITIONS

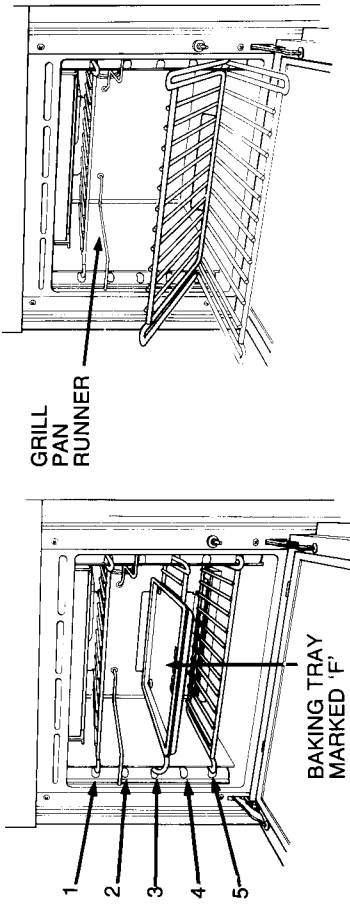
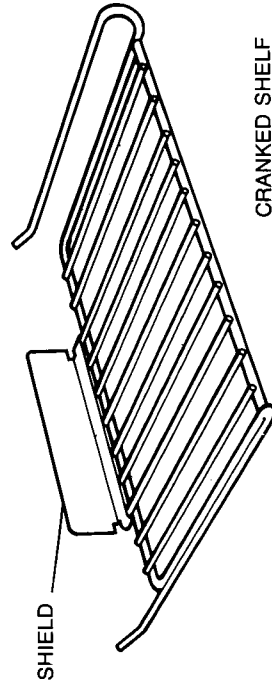


Fig. 2

Fig. 3



CARE AND CLEANING

CUSTOMER REPLACEABLE PARTS

OVEN DOOR

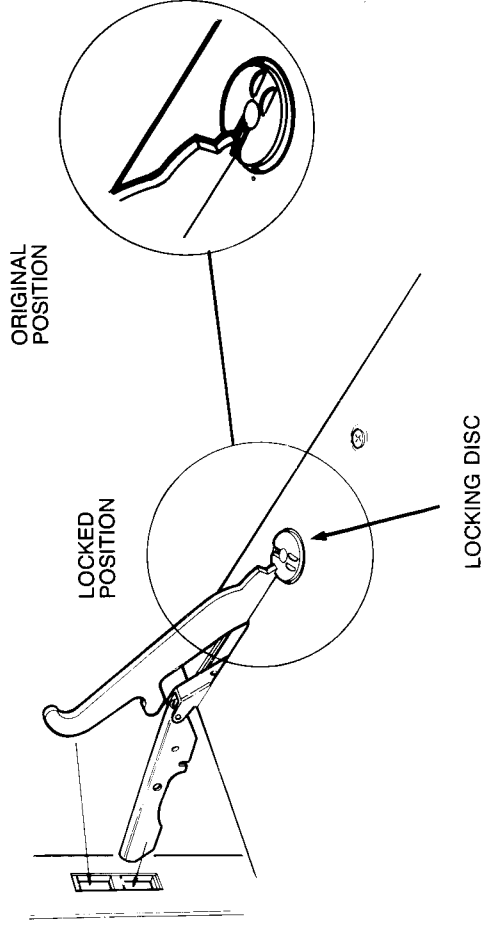
The oven door and the inner glass panel can be removed for cleaning.

1. Open the door.
2. Using a two pence coin, turn the locking discs, at each side of the door, a quarter turn to the right or left. (Fig. 7)
3. Tilt the door upwards and lift it off at the hinges.

To Replace the Door:

1. With the door slightly tilted, support the lower arm of the hinge and place both hinge arms into the opening. Lower the door into the open position.
2. Turn the discs back to their original position. (Fig. 7)

Fig. 7



CARE AND CLEANING

GENERAL

Regular cleaning will help to keep the cooker looking at its best and in correct working order. It is better to clean the cooker when it is cool. Try to wipe any spills as they occur to prevent them from becoming burnt on.

PLEASE NOTE: A white cooker shows soiling sooner than a brown one. We suggest that the white parts are cleaned after each use.

Caustic solutions, washing soda, and some aerosol spray cleaners should not be used on vitreous enamel parts, painted areas, and heat clean enamel linings.

ENSURE that the plug is removed or the appliance is disconnected from the electricity supply before cleaning.

HEAT CLEAN LININGS

The oven back and side panels are coated with a special Heat Clean enamel which has a continuous cleaning action. This works best if a pattern of low and high temperature cooking is followed. Fat splashes are gradually absorbed and dispersed. Light stains which may appear mean that this process has not completely finished. Excessive fat splashing can be avoided by using a low temperature roasting method. Should staining persist, running the oven empty at Mk. 8 for 2hrs will assist the cleaning operation.

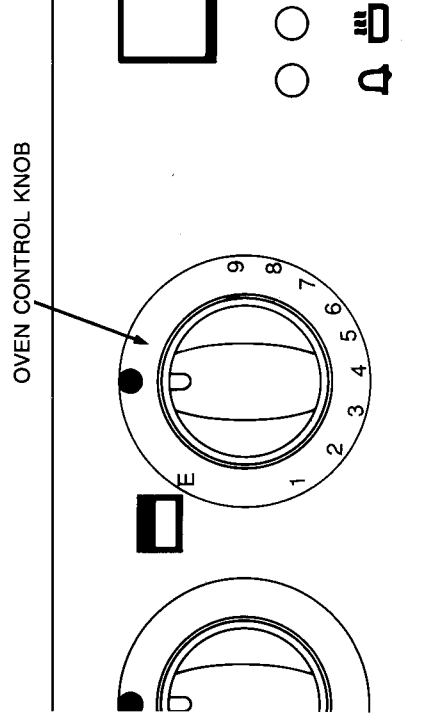
DO NOT USE SCOURING PASTES AND POWDERS, SOAP FILLED PADS, WIRE WOOL, SPRAY CLEANERS, BRUSH-ON OVEN CLEANERS, CAUSTIC SOLUTIONS, METAL SCRAPERS OR KNIVES OR ANYTHING WHICH MAY CLOG THE PORES OF THE SPECIAL COATING AND PREVENT THE CONTINUOUS CLEANING ACTION.

THE OVEN

CONTROL KNOB AND OVEN LIGHT

- * The oven control knob is marked from 1 to 9 with the addition of the 'E' Setting for slow cooking. (Fig. 4)
- * When the oven control knob is in use the oven light and fascia panel lights come on automatically.

Fig. 4



However, if an automatic oven programme has been set the oven light will not come on until the start of the programme.

MEAT TIN AND BAKING TRAY

- * An enamelled meat tin and baking tray are supplied with the cooker. The baking tray is stamped 'F'; it must only be used this way around. See Fig. 1.
- * The baking tray will take up to 16 small cakes, and is an indication of the maximum size of utensil which should be used in the oven. However, two dishes may be placed side by side on an oven shelf, i.e. casserole dishes etc. which occupy a larger area than the tray will cook almost equally as well.

THE OVEN DOOR

- * The drop down door can be used for resting food on for basting etc.
- * The door is removable and can be taken apart for cleaning. (See Care and Cleaning Section page 35).

THE OVEN

TO USE THE OVEN

- * Check that the time of day clock is set (see page 5).
- * Refer to the cooking chart (page 9) and place the oven shelf (or shelves) in the required position(s).
- * Push in and turn the oven control knob (Fig. 4) fully anti-clockwise to Mark 9 and then down to the required setting. The oven burner is lit when the ticking sound stops.
There is a delay of about one minute whilst the safety device operates before the burner comes on full. The flame stays high during the heating up time and is then reduced automatically to keep the oven at the required gas Mark. If there is no ticking sound and the burner does not light, check that the electricity supply is on.
- * To turn off the oven, push in and turn the thermostat control knob fully clockwise to the symbol ●.
A smell may be noticed upon first lighting the oven, this is due to the newness and will pass.
Always use oven gloves to handle hot shelves and dishes.
- DO NOT** let the baking tray or any other utensil touch the oven side linings preventing circulation of hot air.
- DO NOT** use oven thermometers to check the temperature as they can be inaccurate and do not necessarily correspond to those used by Cannon.
- DO NOT** block the oven outlet grille, e.g. do not hang tea towels etc. on the oven door handle.
- DO NOT** block the oven burner with foil used to cover food.
- DO NOT** let the meat tin and baking tray overhang the shelf shield.

COOLING FAN

The oven door and controls are kept cool by a small fan which blows the hot oven products out through the grille below the oven (see page 4).

The fan comes on automatically every time the oven or grill control knob is turned on.

Directly after the oven or grill have been turned off the fan may, under certain conditions continue to run for a short time to cool the appliance. Therefore, the appliance should be left permanently switched on at the wall socket except when cleaning.

THE GRILL

CAUTION

ACCESSIBLE PARTS MAY BE HOT WHEN THE GRILL IS USED!

YOUNG CHILDREN SHOULD BE KEPT AWAY!

A smell may be noticed when first lighting the grill. This is due to newness and will quickly pass.

PLEASE NOTE

Some detergents used in dishwashers may cause damage to the grill pan grid finish. Please clean by hand in soapy water and as described in the Care and Cleaning Section under Chromium Plate.

DO NOT store an empty grill pan when the grill burner is still on.

DO NOT store the grill pan and handle when the oven is in use.

THE GRILLING CHART

The following chart is given as a guide, but can be altered to suit personal taste and to allow for differences in thickness and size of food. The grill can be used from 'cold' but for best results pre-heat for 2 mins. Most cooking is done with the heat full on but it may be desirable to reduce it for thicker pieces of meat or for keeping food warm.

Grid Position

HIGH GRID

LOW GRID

BASE OF PAN

Examples of Use

Toast, bacon, tomato halves, thin steak.

Sausages, tomato halves, toasted sandwiches, beefburgers, fish fingers, thick steak (reduce heat), gammon.

Chicken portions (reduce heat), whole fish, fish steaks and fillets.

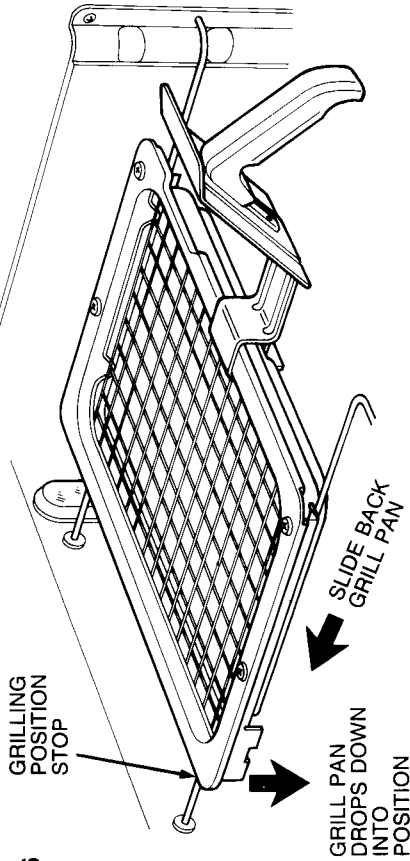
THE GRILL



TO USE THE GRILL

1. Open the oven door.
2. Select the grid position required (see chart page 33) and place the grill pan on the runners (Fig. 6). Push the pan towards the back of the oven until you feel the pan drop into position. The grill pan is now ready for use.

During use the grill pan can be pulled forward to the safety stops for viewing and turning food. Take care not to touch the oven front frame as this will be hot.

Fig. 6



3. Push in and turn the control knob fully anti-clockwise to the large flame symbol  and hold the knob in until the burner lights.
4. Turn the control knob to the desired setting (see chart page 33).
NOTE: THE DOOR MUST REMAIN EITHER PARTIALLY OR FULLY OPEN DURING GRILLING.
If the door is accidentally shut, the gas supply to the grill burner will be turned off, turn the gas off. The gas **MUST** be turned on again and re-lit when the door is opened. (Follow points 6 and 3 of this section respectively.)
5. To remove the grill pan, push the pan to the back of the oven which is the grilling position, lift and pull forward clear of the runners.
6. To turn the gas off, turn the control knob fully clockwise to the symbol .

Before closing the oven door make sure that the grill burner is turned off.

OVEN COOKING CHART

The following times and oven control settings are for guidance only. The Gas Mark may be altered 1/2 - 1 mark either way, to give a result more to your satisfaction. When a different setting from that shown below is given in a recipe, the recipe instructions should be followed. Allow 20 mins. pre-heat for best results. When first lighting the oven turn the thermostat control to Mark 9 before selecting the appropriate Gas Mark.

Food	Gas Mark	Shelf Position	Approx. Cooking Time and Comments
STARTERS			
Patés and Terrines	4	3 cranked	1 1/2 - 2hrs.
FISH			
Oily fish (whole)	4 or 5	3 cranked	25 mins. - 1hr. depending on recipe and size of fish
White fish (fillets & steaks)	4 or 5	3 cranked	25 - 30 mins. depending on amount and size.
MEAT AND POULTRY			
Veal (medium)	5	4	25 mins. per lb + 25 mins.
Beef (medium)	4 or 5	4	25 - 30 mins. per lb + 25 - 30 mins.
Ham	5	4	40 mins. per lb covered in foil 40 mins. per lb uncovered
Lamb	5	4	30 - 35 mins. per lb + 30 mins.
Pork	5	4	40 mins. per lb + 40 mins.
Chicken	5	4	25 mins. per lb + 25 mins.
Duckling & gosling	5	4	25 mins. per lb + 25 mins.
Turkey	4	4 or 5	15 - 20 mins. per lb + 15 - 20 mins.
Game birds	6	4	50 mins. Remove bacon for last 15 mins. Add extra 15 mins if roasting brace.
Casseroles	3	3 cranked	1 1/2 - 6 hrs. (depending on type of meat)
PUDDINGS			
Milk pudding	3	3 cranked or 4	2 1/4 - 2 1/2 hrs. on a baking tray and started with warm milk
Baked custard	3	3 or 4	1 - 1 1/2 hrs. in bain-marie
Baked sponges	4	3 or 3 cranked	45mins. - 1 1/4 hrs. depending on recipe.
Baked apples	3	3	30 - 45 mins. depending on the size and type of apples
Meringue puddings	1	4 or 5	15 mins. or until 'tinged' with brown
Apple tart 1x8 1/2" (215mm)	6	3	45 - 55 mins. Push dish to back of shelf.
Fruit crumbles	4 or 5	3 cranked	40 - 45 mins. Push dish to back of shelf.

OVEN COOKING CHART

Food	Gas Mark	Shelf Position	Approx. Cooking Time and Comments
CAKES, PASTRIES & BISCUITS			
Small cakes - 2 trays (16 per tray)	5	2 cranked and 4	16 - 25 mins.
- 1 tray (16)	5	3 or 3 cranked	"
Victoria sandwich 2x7" (180mm)	4	2 & 3 cranked	25 - 35 mins. Push tins to back of shelf.
Fatless sponge 2x7" (180mm) - 3 egg mix	5	2 or 3 cranked	15 - 20 mins. Push tins to back of shelf.
Christmas cake 8" or 9" (205mm or 230mm)	2	3 cranked or 4	4 - 6 1/2 hrs. depending on recipe
Madeira cake 7" (180mm)	4	3 cranked	1 1/4 - 1 1/2 hrs. Push tin to back of shelf.
Rich fruit cake 8" (205mm)	2	3 or 3 cranked	3 1/4 - 3 1/2 hrs. Push tin to back of shelf.
Shortcrust pastry	6	2 or 3	15 mins. - 1 hr. depending on recipe
Rich shortcrust pastry - 1 tray	5	3 or 3 cranked	20 - 40 mins. depending on recipe
Flaky & puff pastry - 2 trays	7	2 cranked and 4	10 - 30 mins. depending on recipe
- 1 tray		2 cranked	" " "
Choux pastry - éclairs 1 tray	6	2 cranked	35 - 40 mins.
Scones - 2 trays	7	2 cranked and 4	10 - 15 mins.
- 1 tray	7	2 cranked	"
Shortbread - 7" (180mm) round	3	4	1 - 1 1/4 hrs. depending on thickness
Biscuits - 2 trays	4-6	2 cranked and 4	15 - 20 mins. depending on recipe
- 1 tray	4-6	3 or 3 cranked	" " "
YEAST MIXTURES			
Bread	7	3 straight & 4 cranked and 4	45 - 50 mins. Change shelves to 2nd cranked and 4th straight after approx. 20 mins.
Rolls	7	2 cranked and 4	15 - 20 mins.
Chelsea buns	5	3 or 3 cranked	20 - 25 mins.
MISCELLANEOUS			
Yorkshire pudding - large	7	2 cranked or 3	30 - 45 mins. depending on amount and tin size.
- individual	7	2 cranked	25 - 30 mins.
Soufflés	4	3 cranked	30 mins.
Meringues	'E'	4 & baseplate	2 - 5 hrs. starting on shelf 4 until 'set' and then on the baseplate until dried out - turn when necessary.
Baked Potatoes	4 or 5	3 cranked	1 1/2 - 3 hrs. until soft, depending on size
Frozen Pies	7	3 cranked	25 mins. Pre-heat the oven.

When baking with two trays or tins on two levels, the top tray is removed first and the lower tray moved up into the top position for a few minutes longer.

THE GRILL

THE GRILL

The grill is in the roof of the oven compartment. Attached to the oven side trims are two runners, which hold the large grill pan containing a reversible wire grid.

The grill pan handle is detachable.

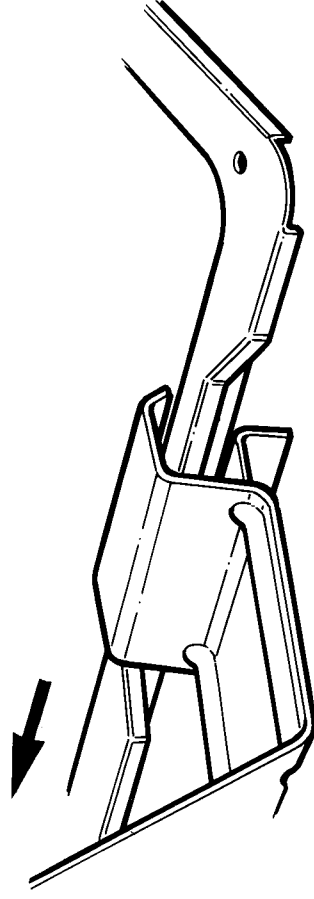
To attach the handle:

1. Hook the handle to the side of the pan at the cut out edge.
2. Slide it to the left along the pan to the indentation. (Fig. 5)

To remove grill pan handle:

1. Lift and slide it to the right as far as the cut out edge and then remove.

Fig. 5



Shelf Position

Recipe

PAVLOVA

3 egg whites
6oz (175g) caster sugar
1/2tsp (2.5ml) vanilla essence
1/2tsp (2.5ml) vinegar
1 tsp (5ml) cornflour

Method

Draw a 7" (180mm) circle on baking parchment. Beat the egg whites until stiff, then beat in the sugar gradually. Beat in the vanilla essence, vinegar and cornflour. Spread the mixture over the circle keeping the sides higher than the centre. Pipe meringue mixture round the edge if desired. (When cooked top with whipped cream, fruit and nuts).

Base of Oven

DATE SHORTBREAD

12oz (350g) flour
8oz (225g) butter
4oz (100g) sugar

Filling

8oz (225g) cooking dates
2oz (50g) sugar
1/4pt (150ml) orange juice

2

Rub the fat into the flour. Add sugar and knead well together. Divide into two. Roll into an oblong and line the tin. Stew the dates with the sugar and orange juice for 3 minutes. Spread this thickened mixture onto the shortbread base. Roll out the remaining piece of shortbread and cover the dates. When cold, cut into fingers.

PLEASE NOTE

- * The Pavlova is best served straight away.
- * Remove the Risotto after 6 hrs, as extended cooking time causes marked deterioration in appearance.

* * *

THE TRIPLE 'S' OVEN SYSTEM

Your oven has heat zones. This simply means that the numbers on the oven thermostat control knob refer to the centre oven temperature. Above the centre the oven is hotter and below is cooler. By using the cranked shelf, together with the two other shelves it is possible to achieve 9 shelf positions in the oven enabling full use of all the levels of heat throughout the oven.

This system can be used for:

- a) Bulk baking, using three levels for variations on a recipe, e.g. three types of biscuits, three types of scones etc.
- b) Cooking full meals, sometimes with all the dishes going in and coming out at more or less the same time, others having a staggered cooking time.

Points to remember when planning a bake load:

1. Times for individual recipes will alter slightly when included with other dishes.
2. Try to choose rectangular or oval dishes where possible, as they fit side by side on the shelf more easily.
3. Do not let trays, dishes or aluminium foil overhang the burner at the back of the oven.

RE-HEATED / 'COOK CHILL' DISHES

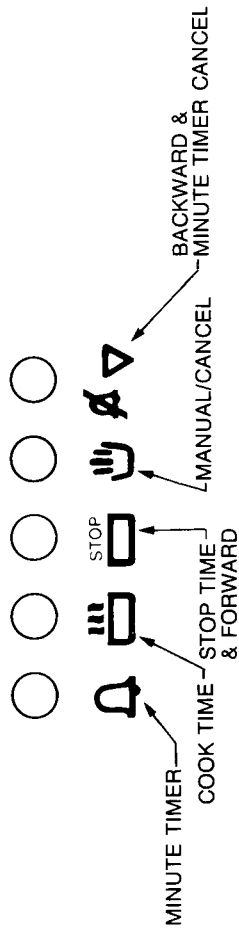
These types of dishes should always be placed in a pre-heated oven, ideally on the second or third shelf. Cook according to the food manufacturers instructions until they are **thoroughly heated**.

COLD START COOKING

Casseroles and rich cakes, and anything requiring long slow cooking may be put into a cold oven, and good results will be obtained. Generally speaking, cold start cooking saves time and gas. Satisfactory results can also be obtained with creamed mixtures, rich pastries or yeast mixtures, but for perfection we recommend pre-heating the oven for 20 minutes.

ROASTING OF LARGE POULTRY

The maximum weight of turkey which can be accommodated is 25lb (11.5kg) provided it is of suitable shape.



The minute timer works separately from the time of day clock and can be set to time periods up to 8 hrs.

Each setting will remain displayed for 5 seconds before changing back to display the time of day. The setting will be stored and can be checked by pressing the appropriate button for no longer than 2 seconds.

TO SET THE MINUTE TIMER:

1. Press and hold down the minute timer button. After 2 seconds the minute timer will start to increase, first in minutes then in hours until the desired timer is reached. The bell symbol will appear in the display time.
2. If the time is over-run, immediately press the backward button until the correct time is set.
When the setting is complete, the display will go back to showing the time of day.
To view the time left on the minute timer, press the minute timer button for no longer than 2 seconds. At the end of the 'count down' a high pitched beep will sound and the bell symbol will disappear. To stop this signal, press the backward minute timer cancel button.

TO CANCEL THE MINUTE TIMER SETTING:

1. Press and release the minute timer button .
2. Immediately press the backward button until 00.00 appears on the display.

'E' Setting
6-7 hours
Chicken Risotto
Moussaka
Pavlova
Date Shortbread

2 1/2pt (1.4L) Oval casserole with lid
2 1/2pt (1.4L) Oval casserole
Baking tray
Swiss roll tin 1 1/4" x 7 1/2"
(285mm x 190mm)

Shelf
Position

2

Method

Skin and bone the chicken and cut the flesh into strips. Melt 1oz (25g) butter and fry half the onion and the garlic gently until soft. Add the chicken, vegetables and bacon - stir occasionally. Add the wine and allow to reduce. Pour over some chicken stock to cover, season and transfer to a casserole. Fry the remaining onion in 1oz (25g) of butter until soft. Add the rice and stir until transparent. Add the chicken stock and bring to the boil. Add the rice and liquid to the chicken in the casserole and cover tightly. Serve with Parmesan cheese.

Recipe

CHICKEN RISOTTO

3 uncooked chicken portions
2oz (50g) butter
1 large onion, chopped
1 stick of celery, finely chopped
1 clove garlic, crushed
1 green pepper, finely chopped
2oz (50g) mushrooms
2oz (50g) bacon, chopped
1/4pt (150ml) dry white wine
1pt (550ml) chicken stock
Salt and pepper
Chopped herbs
8oz (225g) long grain rice
Grated Parmesan cheese

MOUSSAKA

1 onion, chopped
2 cloves garlic, crushed
4tbsp (60ml) oil
1lb (450g) minced beef
8oz (225g) mushrooms, chopped
1 x 15oz (425g) tin tomatoes
2tbsp (30ml) parsley
Salt and pepper
2tbsp (30ml) tomato purée
1/4pt (150ml) beef stock
2 aubergines
Oil
6tbsp (90ml) grated Parmesan
cheese
Sauce
3 eggs
3tbsp (45ml) flour
1 x 5 fl. oz. (150ml) carton of natural yoghurt

4

Sauté the onion and garlic in the oil until clear. Add the mince and cook until brown. Add the chopped mushrooms, tomatoes (strained), parsley and seasoning. Stir in the tomato purée and stock and put aside.
Slice the aubergines (thinly) and fry on both sides in hot oil and drain on kitchen roll. Line a dish with the aubergines, cover with a layer of meat mixture, sprinkle with Parmesan cheese. Continue alternating layers finishing with a layer of aubergines. Whisk together the sauce ingredients and pour over the top. Sprinkle with grated Parmesan cheese, leave uncovered.

Shelf
Position

Recipe

CASSEROLE OF BEEF IN RED WINE

- 1½lb (700g) shin beef
- 4oz (100g) streaky bacon
- ½pt (300ml) red wine
- 8oz (225g) carrots
- 8oz (225g) onions
- 4oz (100g) mushrooms
- 2oz (50g) butter
- 1 clove garlic, crushed
- 3 tbsp (45ml) tomato puree
- ½pt (300ml) beef stock
- 1½oz (35g) flour
- Salt and pepper

Method

Trim the fat off the beef and cut into 1" (25mm) cubes. Rind and chop the bacon into a large bowl and marinate in wine for at least 4 hours. Peel and slice the carrots. Finely chop the onions and slice the mushrooms. In 1oz (25g) of the butter fry the beef and the bacon until browned. (Retain the wine used for marinating). Place the meat into a casserole dish. In remaining butter fry the vegetables, garlic and tomato puree – add these to the meat and pour over the wine. Gradually stir the stock into the flour and bring to the boil stirring well. Season and pour over the casserole – mix well and cover.

2

RICE PUDDING

- 2oz (50g) pudding rice
- Knob of butter
- 1oz (25g) sugar
- 1pt (550ml) milk
- Grated nutmeg

4

Place the rice into a greased dish and dot with butter. Dissolve the sugar in the heated milk and pour over the rice. Sprinkle the top with the grated nutmeg. Leave uncovered.

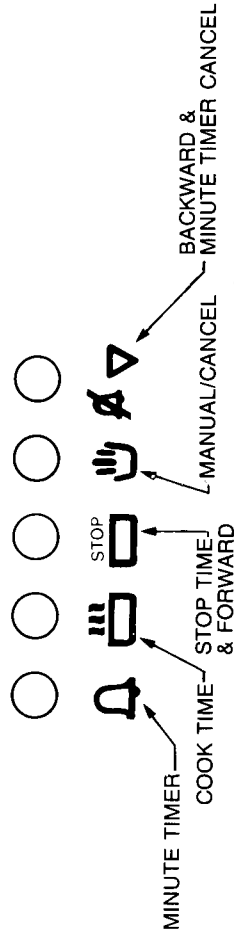
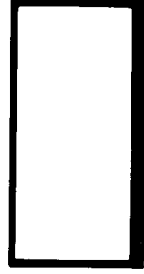
FLAP JACKS

- 4oz (100g) butter
- 1oz (25g) sugar
- 2tbsp (30ml) syrup
- 8oz (225g) rolled oats
- ¼tsp (½ x 2.5ml) salt
- 1oz (25g) sultanas

2

Place the fat, sugar and syrup in a saucepan and melt together. Stir in the dry ingredients and press into a greased baking tin. Leave uncovered. Whilst warm cut into fingers - remove from tin when cold.

* * *



AUTOMATIC COOKING CONTROL

This can be used to set an automatic cooking programme in the oven, it turns the gas on or off at pre-set times.



PLEASE NOTE: If a power failure occurs during automatic cooking the programme will unfortunately be lost. To re-programme, the reset button must be pressed (refer back to page 5).

The maximum length of cooking programme which can be set is 23hrs 59mins. e.g. Delay time + Cook time = max 23hrs 59mins. Before setting the programme check that the clock is telling the correct time of day, and have the following information to hand.










1. The length of time that you want the food to cook.
2. The time that you want the food to stop cooking.
3. The oven control setting required.

THE AUTOMATIC TIMER



TO SET AN AUTOMATIC COOKING PROGRAMME

Either the stop  time OR cook time  button can be pressed first.

Each setting will remain displayed for 5 seconds before changing back to display the time of day. The setting will be stored and can be checked by pressing the appropriate button for no longer than 2 seconds.

1. Press and hold the cook time  button until the amount of cooking time appears on the display. The chicken and steam symbol will also appear.
2. Press the stop time  button until the time that the meal is to be ready appears on the display. This will cause the steam  symbol to disappear until cooking starts, when it will then re-appear. If the time is over-run whilst entering either of these settings, immediately press the backward button until the correct time is set.
3. The setting can be cancelled at any stage by pressing the cancel/manual  button. The time at which the meal will start cooking can be calculated by subtracting the cooking time from the stop time.
4. **Turn the oven control to the required setting.** The display will show time of day and the chicken symbol . The chicken symbol indicates that an automatic cooking programme has been selected.
5. When the meal starts cooking the steam  above the chicken symbol will appear. This will remain until the programme is completed.
6. When cooking has finished, a continuous bleep will sound, the steam  symbol will disappear and the chicken symbol will flash. The bleep will stop after one minute but the chicken symbol  will remain flashing until cancelled by pressing the cancel/manual  button.

TO RETURN THE OVEN TO MANUAL:

1. Push in and turn the oven thermostat control knob fully clockwise to the symbol .
2. Press the cancel/manual  button.
The oven is now ready for manual use.

'E' SETTING MENUS

THESE 'CONVENIENCE' MENUS ARE NOT DESIGNED AS COMPLETE MEALS, BUT AS INDIVIDUAL DISHES WHICH MAY BE USED AT A LATER TIME.

'E' Setting 6 - 7 hours	Cannon Liver Pâté Cream of Celery Soup Casserole of Beef in Red Wine Rice Pudding Flapjacks	2pt (1.1L) Rectangular casserole 2½pt (1.4L) Oval casserole with lid 3pt (1.6L) Oval or rectangular casserole with lid. 2pt (1.1L) Oval dish Swiss roll tin 11½" x 7½" (295mm x 195mm)
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Shelf Position

Method

Recipe

CANNON LIVER PÂTÉ

- 1lb (450g) bacon slices
- ½lb (225g) chicken liver
- 4 oz (100g) lambs kidney
- 1 onion
- 1lb (450g) pork sausage meat
- 1 beaten egg
- 1 clove garlic, crushed
- 2 tbsp (30ml) parsley
- Pinch of celery salt
- Pinch of nutmeg
- Salt and pepper
- ¼pt (150ml) brandy

Line a rectangular loaf dish with the bacon slices, reserving a few for the top. Mince finely the chicken liver, lambs kidney and the onion. Mix these with the sausage meat, egg, garlic, parsley, celery salt, nutmeg, salt pepper and brandy. Pour into the lined dish and cover with bacon slices. Leave uncovered.

CREAM OF CELERY SOUP

- 1 head of celery
- 1 onion
- 1 oz (25g) butter
- 1 oz (25g) flour
- 1pt (550ml) chicken stock
- ½pt (300ml) milk
- Salt and pepper
- 1 bayleaf
- Pinch of coriander
- 2 tbsp (30ml) double cream

Finely chop the celery and the onion and fry in the butter until soft. Stir in the flour, stock, milk and seasoning. Bring to the boil, stirring occasionally. Adjust the seasoning according to taste and place into a soup tureen or casserole and cover tightly. Float cream on top.

'E' SETTING MENUS

Menu 4

'E' Setting 6 hours only	Baked Shoulder of Lamb	Meat tin and grid
	Spiced Red Cabbage Garlic Potatoes	3pt (1.6L) Oval casserole with lid Wrapped in foil and placed on a shallow tin 7½" x 11½" (190mm x 290mm)
	Pears in Cider	1½pt (900ml) Casserole with lid

Recipe

BAKED SHOULDER OF LAMB

Shoulder of lamb approx. 3lb
(1.4kg) in weight

SPICED RED CABBAGE

- 2 oz (50g) butter
- 2 onions, sliced
- 1lb (450g) cooking apples, sliced
- 1 - 1½lb (450g - 700g) red cabbage, finely chopped
- 3tbsp (45ml) cider & honey vinegar
- 1dsp (10ml) soy sauce
- 1tbsp (15ml) soft brown sugar
- 1dsp (10ml) honey
- 2tbsp (30ml) flour
- Salt and pepper
- Juice of ½ an orange

GARLIC POTATOES

- 4 large potatoes
- 2 oz (50g) butter
- 1 - 2 cloves garlic, crushed
- Chopped parsley
- Salt and pepper

PEARS IN CIDER

- 1lb (450g) pears
- 3 - 4 oz (75 - 100g) brown or white sugar
- Cider to cover

Shelf Position

2 cranked

Method

Wrap the lamb in foil and place on the grid over a roasting tin.

Melt the butter and fry the onions and apples. Add the remaining ingredients, stir well and transfer to a casserole. Cover tightly.

4

Peel the potatoes and slice almost through widthwise. Melt the butter with the crushed garlic and add the chopped parsley. Place the potatoes in four squares, pour over the butter in between each slice - season and cover tightly with foil.




Prepare the pears and cut them in quarters. Place with sugar and cider in a casserole and cover well.

THE AUTOMATIC TIMER

EXAMPLE OF AUTOMATIC COOKING









The food requires 2 hrs 30 mins cooking at gas Mark 3.

The cooking is to be finished by 18.00 hrs.

1. Arrange the oven shelves in the oven and on them place the prepared dishes.
2. Check that the clock is showing the correct time of day. (see page 5 for setting).
3. Press the cook time  button until 2 hrs 30 mins appears on the display.
4. Press the stop time  button until 18.00 hrs appears on the display.
5. Check the settings by pressing each of the buttons in turn. If a setting is found to be wrong, it can be changed as previously described or by pressing the cancel/manual button and starting again.
6. Set the oven thermostat control to gas Mark 3.
7. When the cooking is completed turn off the oven thermostat control and return the oven to manual by pressing the cancel/manual  button.

NOTE: - When checking any setting it is important that the button is pressed for no longer than 2 seconds, otherwise the setting will be altered.

TO SET AN END TIME ONLY, AUTOMATICALLY:

1. Press and hold the cook time  button until the amount of cooking time appears on the display. If the time is over-run, immediately press the backward  button until the correct time is set. The chicken  and steam  symbols will also appear.
2. To check when the meal will be ready press the stop time button for no longer than 2 seconds. The finished time will have been worked out automatically.
3. Set the oven thermostat control. When cooking has finished, a continuous beep will sound for 1 minute, the steam  symbol will disappear, and the chicken  symbol will flash.
4. Return the oven to manual by turning the oven thermostat control knob fully clockwise to the symbol , and pressing the cancel/manual  button.

AUTOMATIC COOKING RULES

RULES TO FOLLOW WHEN COOKING AUTOMATICALLY

When planning your meal, remember that the oven control setting refers to the centre of the oven – it is warmer above and cooler below.

Food should be as cold as possible when it goes into the oven, preferably straight from the refrigerator. Frozen meat and poultry should be thawed thoroughly before it is put in the oven.

Stews and joints can be cooked by the long slow method, so that the delay period is kept to a minimum. The cooking chart gives details of alternative low temperature roasting.

Dishes containing left-over cooked meat or poultry, for example Shepherds Pie, should not be cooked automatically if there is to be a delay period.

Warm food should never be placed in the oven if there is to be a delay period. Stews prepared by frying the meat and vegetables should be cooked as soon as possible.

It is advisable to cover most dishes either with a lid or foil to keep the food moist and prevent the transfer of odours. If the food is to be served golden brown, it may be left uncovered or have the lid removed for quick browning before serving.

Wine or beer may ferment and cream may curdle during the delay period, so it is best to add these ingredients just before serving.

Particular care should be taken over the selection of food in hot weather.

Dishes containing liquid should not be filled too full to prevent boiling over.

To prevent discolouration of certain fruit and vegetables such as apples, pears, turnips and parsnips, a little lemon juice should be added to the cooking liquid.

Potatoes should be par-boiled or brushed with fat to prevent discolouration during delay time.

Many foods which are usually cooked on a hotplate can, with a little thought, be cooked in an oven instead.

'E' SETTING MENUS

Recipe	Method	Shelf Position
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LEEKS IN WHITE SAUCE

1 lb (450g) leeks
Sufficient water
for blanching
3 fl.oz (75ml) milk
½ oz (12g) butter
½ oz (12g) flour
Salt and pepper

Wash the leeks and if small leave whole – otherwise cut into lengths suitable for dish to be used. Boil the vegetables in the water for 2 minutes. Strain the liquid into a measure. Place the vegetables into a casserole with a well fitted lid. Melt the fat in a pan, stir in the flour, cook for a minute and then gradually add the liquid (made up of 3 fl.oz (75ml) vegetable liquid and 3 fl.oz (75ml) milk. Cook the sauce until it thickens, season to taste and pour over the leeks. Cover tightly.

4

PINEAPPLE PUDDING

1 oz (25g) cornflour
½ pt (300ml) pineapple
juice and water
4 oz (100g) sugar
1 small tin of pineapple
chunks
2 egg yolks
1 oz (25g) butter

Strain pineapple, retaining the juice. Make up to ½pt (300ml) with water. Place cornflour, juice and water, sugar and egg yolks in blender and blend for about 30 secs. Pour into saucepan, bring to boil and cook until thick. Add butter. Stir in pineapple chunks. Transfer to dish.

4

MERINGUE

2 egg whites
4 oz (100g) caster sugar

Whisk the egg whites until stiff and then whisk in the sugar. Pile or pipe on top of the pineapple mixture. Leave uncovered.

* * *

'E' SETTING MENUS

Menu 3

Chicken in Wine 3pt (1.6L) Casserole with lid
 Lyonnaise Potatoes 2pt (1.1L) Rectangular Pyrex dish
 Leeks in White sauce 2pt (1.1L) Casserole with lid
 Pineapple Pudding 8" (205mm) Soufflé dish

Recipe **Method** **Shelf Position**

CHICKEN IN WINE

3½lb (1.6kg) boiling or roasting chicken
 1½ oz (35g) butter
 1 tbsp (15ml) oil
 4 oz (100g) streaky bacon, cubed
 8 oz (225g) onions, chopped
 2 sticks celery, finely chopped
 6 oz (175g) mushrooms
 1 clove garlic, crushed
 1 oz (25g) flour
 ¾ pt (400ml) cheap red wine
 ¼ pt (150ml) water
 Bay leaf
 ½ tsp dried thyme
 Salt and pepper

Cut the chicken into 4 – 6 joints, remove the skin. Melt 1oz (25g) butter with the oil and fry the bacon cubes until golden. Remove and drain. Fry the chicken joints on both sides then put them with the bacon into a 3pt (1½L) casserole. Melt the remaining butter and cook the mushrooms, onions and celery for about 2 minutes, add to the casserole. Blend garlic and flour with the fat remaining in the pan. Cook until brown then blend in the wine and the water, bayleaf, thyme, salt and pepper. Bring to the boil and simmer until thick. Pour over the chicken. Cover tightly.

LYONNAISE POTATOES

Butter for greasing
 1lb (450g) peeled potatoes, thinly sliced
 1 medium onion, sliced
 ¼pt (150ml) soured cream
 2 oz (50g) grated cheese
 Chopped parsley

Grease a shallow dish with butter. Arrange a layer of potato, then onion, and finally potato in the dish. Pour over the soured cream, sprinkle with grated cheese and parsley. Cover well with foil.

MEALS FOR THE AUTOMATIC TIMER

Meal 1

Lamb in red wine
 Baked Jacket Potatoes
 Broad Beans
 Apple Crisp

Mark 4
 2 hours
 2½ – 3pt (1.4L – 1.6L) Casserole with Lid
 1½pt (900ml) Oval Casserole with Lid
 1½pt (900ml) Oval pie dish

Recipe

LAMB IN RED WINE

1lb (450g) lean lamb
 ¼lb (100g) streaky bacon
 2 medium onions
 2 medium carrots
 2oz (50g) mushrooms
 1tbsp (15ml) tomato purée
 Seasoning
 1½oz (35g) butter
 1½oz (35g) flour
 ½pt (300ml) stock
 ¼pt (150ml) red wine

Method

Chop bacon and onions. Slice carrots and mushrooms. Cut meat into squares. Melt butter and sauté bacon, onions and carrots. Add meat and sauté quickly until browned. Sprinkle on flour and cook a little. Remove from heat and gradually add wine and stock. Bring to the boil, add mushrooms, tomato purée and seasoning. Transfer to covered casserole.

Shelf Position

4

BAKED JACKET POTATOES

4 large potatoes
 Salt

Wash and prick skins. Rub with salt. Place on shelf runner.

2

BROAD BEANS

1 x 15oz (425g) tin broad beans or French beans

Empty beans into casserole. Add seasoning. Drain off liquid and add a knob of butter before serving.

Base-plate

APPLE CRISP

1lb (450g) Bramley apples
 Sugar to taste

Place prepared apples in pie dish with sugar, melt syrup, butter and caster sugar together. Mix in cornflakes and pile on top of the fruit.

4

Topping

1oz (25g) butter
 1tbsp (15ml) golden syrup
 1oz (25g) caster sugar
 3 teacupsful Cornflakes

MEALS FOR THE AUTOMATIC TIMER

Meal 2

Mark 6
1 1/4 hours

Cumbrae Liver
Carrots
Oven potatoes
Baked apples

2 1/2 - 3pt (1.4 - 1.6L) Casserole with Lid.
1 1/2pt (900ml) Oval Casserole with lid
10 1/4" (260mm) Oval dish
2pt (1.1L) Flat Oval dish

Shelf
Position

4

Method

Chop the liver and bacon into small pieces. Slice the onion and apple. Place a layer of onion in the bottom of the casserole followed by a layer of apple, the liver and bacon. Mix the stock cube and tomato purée into the water. Pour over the other ingredients. Cover.

Recipe

CUMBRAE LIVER

1lb (450g) calves liver
1 medium onion
1 eating apple
5 rashers streaky bacon
1 stock cube
1 tbsp (15ml) tomato purée
1/4pt (150ml) water

CARROTS

1lb (450g) carrots
Water to cover
Salt
Butter

2

Peel and slice carrots thinly. Place in casserole. Cover with salted water. Place knob of butter on vegetables.

OVEN FRIED POTATOES

1lb (450g) prepared potatoes
1oz (25g) butter
Seasoning
Parsley

2

Slice potatoes thickly. Place in dish and season. Pour melted butter over them. Sprinkle on the parsley.

BAKED APPLES

4 Med sized apples
2oz (50g) sultanas
1oz (25g) soft brown sugar
4tbsp (60ml) Golden syrup

Base
plate

Core the apples. Make a cut in the skin around the middle of each apple. Place apples in oval dish. Fill cavity with sultanas. Syrup and brown sugar. Pour over apples.

'E' SETTING MENUS

Menu 2

'E' Setting
6 - 7 hours
Pork Paprika
Baked potatoes
Carrots
Apple Crunch Cake

2 1/2pt (1.4L) Oval casserole
Wrapped in foil and placed directly onto oven shelf.
2pt (1.1L) Rectangular Pyrex dish.
8" (205mm) Pyrex Soufflé dish.

Shelf
Position

2
cranked

Method

Fry the onion with the paprika in the butter until soft. Transfer to a casserole dish. Cut up the pork into 1" (25mm) chunks and add to the casserole with the flour. Stir well. Mix in the stock and sherry, tomato purée, mushrooms and seasoning. Blend the cornflour with a little water and stir into the casserole. Cover tightly.

Recipe

PORK PAPRIKA

1 medium onion, chopped
1 tbsp (15ml) paprika pepper
1oz (25g) butter
2lb (900g) fillet of leg of pork
1 tbsp (15ml) flour
1/2pt (300ml) beef stock
6 tbsp (90ml) sherry
1 tbsp (15ml) tomato purée
6oz (175g) mushrooms
Salt and pepper
1 1/2 tbsp (25ml) cornflour

BAKED POTATOES

4 large potatoes

2
cranked

Scrub the potatoes, prick well and wrap each in a piece of cooking foil.

VICHY CARROTS

1lb (450g) carrots
1oz (25g) butter
1 tbsp (15ml) mixed herbs

4

Peel the carrots and slice them into long thin strips. Fry gently with the herbs in the butter for a few minutes. Transfer to a casserole. Pour in water to come half way up the carrots. Cover tightly.

APPLE CRUNCH CAKE

2 x 8oz (225g) packets of ginger nuts
4oz (100g) butter
1 1/2lb (700g) apples (peeled, cored & sliced)
Juice of 1 lemon
2oz (50g) demerara sugar
4oz (100g) sultanas

4

Crush the ginger nuts and mix with the melted butter. Sprinkle the lemon juice over the apple slices. In a greased dish place a layer of apples then sugar, sultanas and biscuits. Continue this way finishing with a layer of biscuits.

Recipe **Method** **Shelf Position**

MUSHROOMS

¾lb (350g) mushrooms, sliced
1oz (25g) butter
Salt and pepper
Lemon Juice

Place the mushrooms in a casserole. Season and dot with butter. Cover with foil and then replace the lid.

4

APRICOT & RAISIN CHEESECAKE

Base

8 digestive biscuits
2oz (50g) caster sugar
2oz (50g) butter

Crush the digestive biscuits, mix with the sugar and stir in the melted butter. Mix well and press into the base of the dish. (Chill whilst making fillings).

4

Filling

10oz (275g) cottage cheese
¼pt (150ml) double cream
1oz (25g) plain flour
1oz (25g) caster sugar
3 eggs beaten
3oz (75g) dried apricots
1oz (25g) raisins

Sieve the cottage cheese and combine with the cream, flour, sugar, beaten eggs, apricots and raisins. Pour over the chilled biscuit base. Leave uncovered.

* * *

THE 'E' SETTING

This is used for slow cooking, keeping food warm and warming plates for short periods. Extra care must be taken when warming bone china.

Some advantages of slow cooking are:

The oven stays cleaner because there is less splashing.

Timing of food is not as critical, so there is less fear of overcooking.

Inexpensive cuts of meat are tenderised.

Fully loading the oven can be very economical.

Cooking times can be extended in some cases by up to 2hrs. for late-comers.

The kitchen stays cooler.

Bearing in mind these advantages, it makes sense to cook larger quantities of food than required and store them in a freezer to be used cold or for re-heating. Overleaf is guidance on this and on preparing dishes.

USING THE 'E' SETTING FOR SLOW COOKING

Points to bear in mind when preparing food:

1. Make sure all dishes will fit into the oven before preparing the food.
2. All dishes cooked by the 'E' setting should be cooked for a minimum of 6 hours. They will 'hold' at this setting for a further hour but marked deterioration in appearance will be noticed in some cases.
3. Joints of meat and poultry should be cooked at Mk. 6 for 30 mins. before turning to the 'E' setting.
4. Joints and poultry should never be cooked lower than shelf position No. 3.
5. Meat over 6lbs (2.7 Kg.) and poultry over 4lbs. 8ozs (2 Kg.) are unsuitable for the 'E' setting.
6. Always stand covered joints on a rack over the meat tin, to allow good air circulation.
7. Pork joints can only be cooked, if by testing with a meat thermometer an internal temperature of at least 88°C is reached.
8. This method is unsuitable for stuffed meat and poultry.

THE 'E' SETTING

9. Always bring soups, casseroles and liquids to the boil before putting in the oven.
10. When casseroles are used, cover the food first with foil and then the lid to prevent loss of moisture.
11. Always thaw frozen food completely before cooking.
12. Root vegetables will cook better if cut into small pieces.
13. Adjust seasonings and thickenings at the end of the cooking time.
14. Remember to use the zones of heat in the oven, e.g. meringues and milk puddings can be cooked lower in the oven whilst other dishes requiring greater heat can be cooked above them.
15. Egg and fish dishes need only 1-5 hours cooking and should be included in day cooking sessions, where they can be observed from time to time.
16. Dried red kidney beans must be boiled for a minimum of ten minutes, after soaking, before inclusion in any dish.

STORAGE AND RE-HEATING OF FOOD

1. If food is to be frozen or not served immediately, cool it in a clean container as quickly as possible.
2. Thaw frozen food completely in the refrigerator before re-heating.
3. Re-heat food thoroughly and quickly either on the hotplate or in a hot oven, gas Mk. 6, and then serve immediately.
4. Only re-heat food once.

'ECONOMY' SETTING MENUS

Menu 1

'E' Setting 6 - 7 hours	Tomato Soup Chilli-Con-Carne Long Grain Rice Mushrooms Apricot and Raisin Cheesecake	2½pt (1.4L) Oval casserole with lid 2½pt (1.4L) Oval casserole with lid 2 pt (1.1L) Rectangular Pyrex dish 2pt (1.1L) Rectangular Pyrex dish 8" (205mm) Soufflé dish
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Recipe

TOMATO SOUP

- 1 small turnip
- 1 large carrot
- 1 onion
- 2 sticks celery
- 1 oz (25g) butter
- 1 rasher bacon, chopped
- 1 oz (25g) flour
- 1 x 15 oz (425g) tin tomatoes
- 2 tsp (10ml) salt
- Pinch of black pepper
- 1 tsp (5ml) sugar
- 1 tsp (5ml) mixed herbs
- 1 bayleaf
- 1 pt (550ml) stock

Method

Prepare the vegetables and cut into small pieces. Melt the butter and gently fry these with the bacon. Add the flour and cook for a few minutes before adding the tomatoes, seasoning, sugar, herbs and the stock. Bring to the boil, stirring occasionally. Adjust seasoning if necessary. Place in an oval casserole with a tightly fitting lid. When cooked remove the bayleaf, and liquidise the soup.

Shelf
Position

2

CHILLI-CON-CARNE

- 1½lb (700g) minced beef
- 1 tbsp (15ml) oil
- 1 large onion, chopped
- ½ red pepper, chopped
- ½ green pepper, chopped
- 1 x 15oz (425g) tin tomatoes
- Salt and pepper
- 1½ tbsp (25ml. approx.) chilli powder
- 2 tbsp (30ml) tomato purée
- 1 x 15oz (425g) tin red kidney beans

2

Fry the minced beef in the oil until browned. Add the onion and peppers and fry until soft. Stir in the tomatoes, seasoning, chilli powder and tomato purée. Fry for a further 5 minutes. Stir in the drained kidney beans. Transfer to a casserole and cover tightly.

LONG GRAIN RICE

- 10oz (275g) long grain rice
- 3 tbsp (45ml) oil
- 1¼pt (700ml) water
- salt

4

Fry the rice in the oil until lightly browned. Boil the water, add the salt and place with the rice in a covered casserole dish.