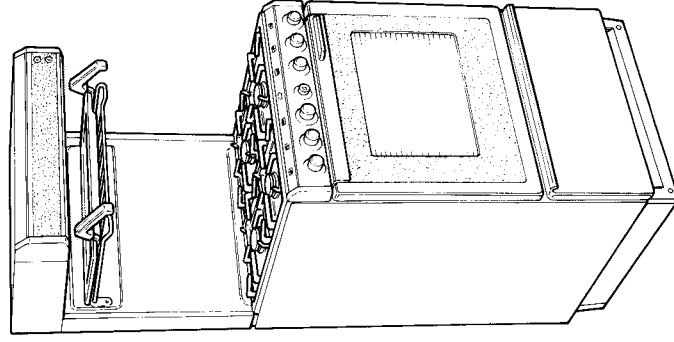


Our policy is one of continual improvement in design and development, therefore strict accuracy of illustrations and descriptions cannot be guaranteed.

Cannon

CAMBRIDGE



Cannon

THE FIRST NAME IN GAS

Cannon Industries Limited
Gough Road, Coseley, Bilston
West Midlands WV14 8XR



User's Booklet

Data Badge is located on the top L.H. corner of the storage compartment.

G.C. Appliance Nos. 11 132 01 (White)
11 132 09 (Brown)

A Natural Gas Appliance

Leave these instructions with the User.

CONTENTS	Page
INSTALLATION	1
GETTING TO KNOW THE CAMBRIDGE	3
GRILL	4
HOTPLATE	6
OVEN	7
STORAGE COMPARTMENT	9
THE NEW TRIPLE "S" OVEN SHELF SYSTEM	9
OVEN COOKING CHART	11
"E" SETTING	13
CARE AND CLEANING	22
CUSTOMER REPLACEABLE PARTS	25
CHECK POINTS	26

INSTALLATION

This cooker has been built to burn NATURAL GAS ONLY and cannot be used on any other gas.

The appliance complies with British standards specification B.S. 5386: Part 3: 1980.

DIMENSIONS OF APPLIANCE:

Height	Width	Depth
1465mm (57.7")	535mm (21.1")	600mm (23.6")
		Excluding Handles

YOUR CANNON COOKER SHOULD BE:

1. Installed according to Gas Safety (Installation & Use) Regulations 1984 and serviced when necessary by a competent person. CORGI installers work to safe standards.
2. Placed so that adjacent walls or cabinets do not overheat. The appliance may be close fitted below hotplate level, i.e. 537mm (21.1") gap between cabinets, but allow a minimum gap of 125mm (5") between the appliance and any wall partition or tall cupboard unit above the hotplate. Allow a minimum distance of 1965mm (77.5") from the floor to the underside of any overhead surface such as overhanging cabinets. This gives 500mm (20") from the top of the grill to the underside of the overhead surface.
3. Connected with an approved appliance flexible connection and fitted with a stability bracket to stop the cooker tilting forwards if wrongly used.
4. Levelled on installation using the adjustments provided so that the oven shelves are level.

To re-fit

Position the new back panel with the two holes at the top and with the speckled side forwards.

Fit the right hand side panel with the cutaway edge to the top and the flat rims to the front and rear. The rear flat rim fits alongside the back panel (Fig. 12) and the front rim is held by the bright metal trim.

Fit the left hand side panel in the same way.

Slide in the roof panel with the speckled side downwards.

The holes in the back panel should now line up with those in the oven back.

Replace the screws in the middle of the side panels. **DO NOT OVER TIGHTEN**

Line up the trim holes with those in the oven and replace the three screws.

Screw in the bulb and refit light lens.

Re-connect the electricity supply.

Slide the shelves into place, remembering to lift the front edge of the shelf to pass the shelf stops. Try both shelves in each of the five positions.

The cantilever oven shelves must NOT be used without Heatclean linings.

OVEN LIGHT

Please Note: Light bulbs are not included in the manufacturers Guarantee.

A new bulb can be obtained from your local gas showroom.

Disconnect the cooker from the electricity supply.

Unclip the light lens and unscrew bulb anti-clockwise.

Replace the bulb and then refit the light lens.

CHECK POINTS

Ignition Failure

All burners failing to ignite: See that the mains electricity is switched on. It is recommended that the mains be left switched on for the convenience of lighting. If the electricity supply should fail, the grill, hotplate and oven burners can be lit with a match.

Hotplate burner only failing to ignite:

Ensure the burner cap is seated correctly and that the gasway and the airhole in the burner is not blocked.

If the above remedies fail to correct the fault, call in your supplier's service engineer.

HEAT CLEAN LININGS

The oven roof, back and side linings 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 and the linings will need no attention other than wiping off any globules of grease which may occur after roasting an excessively fatty joint. Light stains which may appear mean that this process has not completely finished. Excessive fat splashing can be avoided by using the low temperature roasting method suggested on the cooking chart. Should staining persist, running the oven empty at Mk 8 for 2 hrs 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.

CUSTOMER REPLACEABLE PARTS

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:

- Disconnect the electricity supply to the cooker.
- Remove the light lens and then the bulb by unscrewing anti-clockwise.
- Slide out the oven roof lining.
- Remove the three screws holding the left hand bright metal trim to the front of the oven, and remove the trim.
- Remove the fixing screw from the centre of the left hand side panel; lift out the panel.
- The right hand panel is removed in the same way.
- Remove the back panel by pulling it forward and gently easing it past the thermostat phial bracket and over the tray stop. (DO NOT REMOVE THE TRAY STOP).

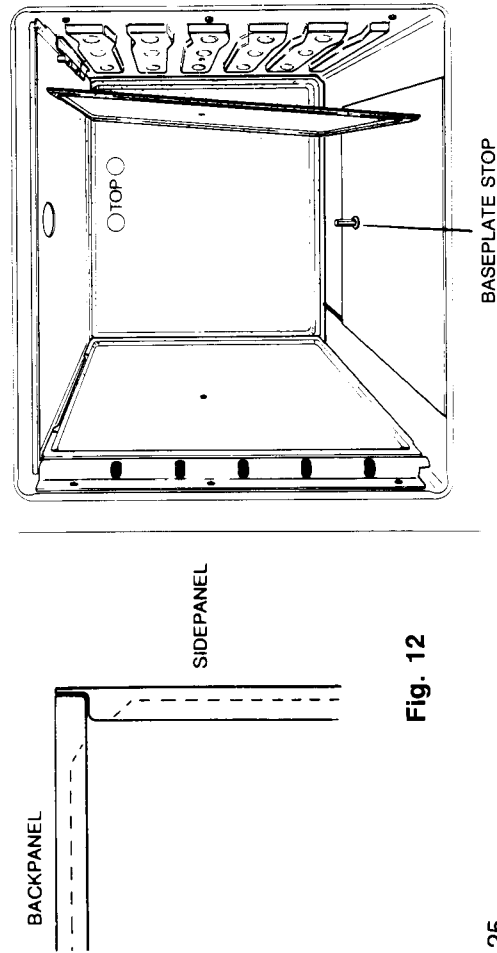


Fig. 12

5. Installed in a room of suitable size. The kitchen should be permanently ventilated if smaller than 11m³ (390 cu. ft.). If less than 6m³ (210 cu. ft.) the kitchen is not suitable. This cooker should not be installed in a bed-sitting room of less than 21m³.

6. Connected to the electricity supply using a properly earthed three pin socket outlet. This appliance must be protected by a 3A fuse, if a 13A (B.S. 1363) plug is used or, if any other type of plug is used, by a 5A fuse either in the plug adaptor or at the distribution board.
Do NOT leave items which could catch fire (tea towels etc.) near to burners or over flue outlets.

**WARNING: THIS APPLIANCE MUST BE EARTHED.
CONNECT TO A 240 VOLT A.C. SUPPLY ONLY**

IMPORTANT

The wires in the mains lead are coloured in accordance with the following code:

Green and Yellow	— Earth
Blue	— Neutral
Brown	— Live

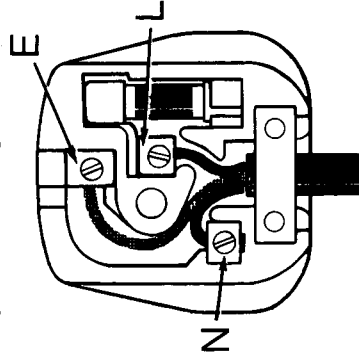
As the colour of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, connect plug as follows.

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 with the earth symbol \perp or which is coloured green or green and yellow.

The wire which is coloured blue must be connected to the terminal which is marked with letter 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.

NOTE: In houses having ring-main type distribution system it is essential to use a plug with fuse cartridge of 3A rating.



GETTING TO KNOW THE CAMBRIDGE

Please take time to read these instructions carefully as they will help you to use and understand the Cannon Cambridge. Always keep the booklet handy.

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

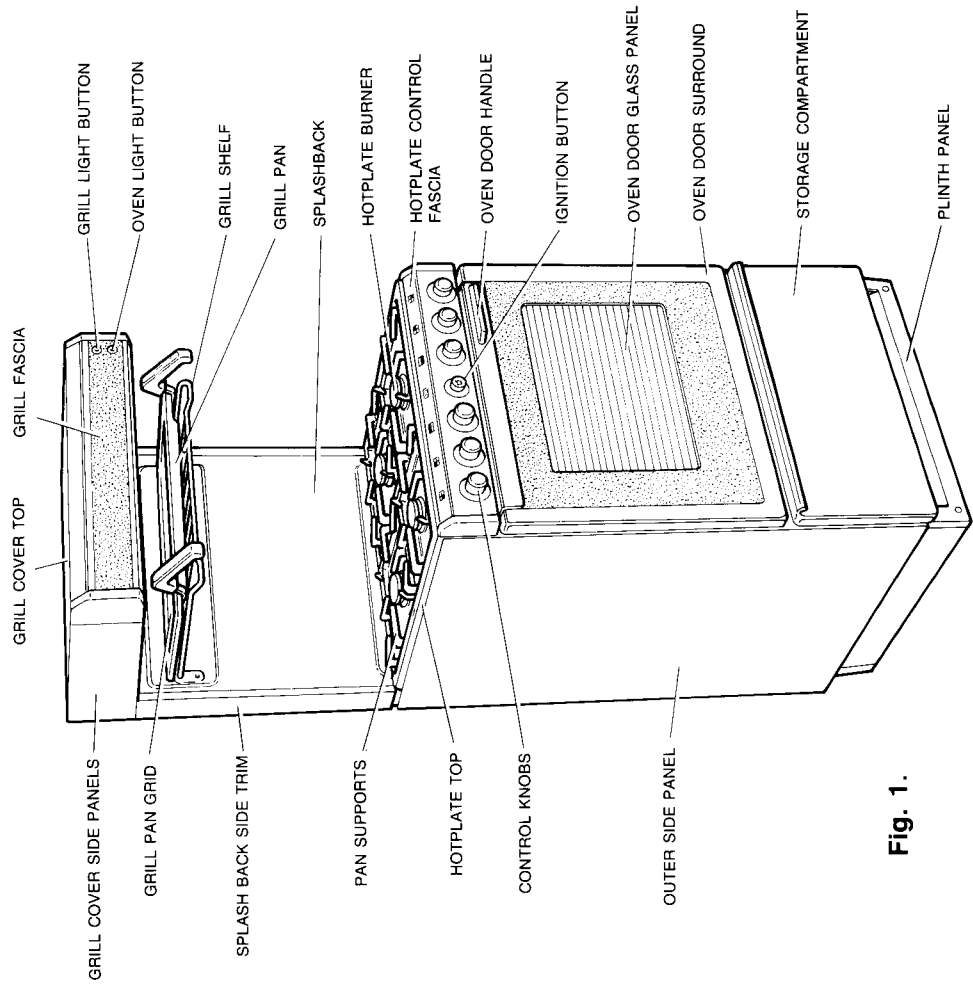


Fig. 1.

Chromium plated

- Oven shelves
- Grill shelf
- Grill pan handles
- Grill pan grid
- Lower door hinge bracket (black chrome)

Plastic

- Grill fascia side cheeks
- Hotplate fascia side cheeks
- Grill pan handle
- Control knobs and buttons
- Oven Door Handle

Sheet steel

- Oven 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.

** When refitting a hotplate burner cap, (which are all interchangeable) position it onto the burner body and turn it until it drops into place. Replace the burner cap disc, enamelled side up. (Fig. 11).

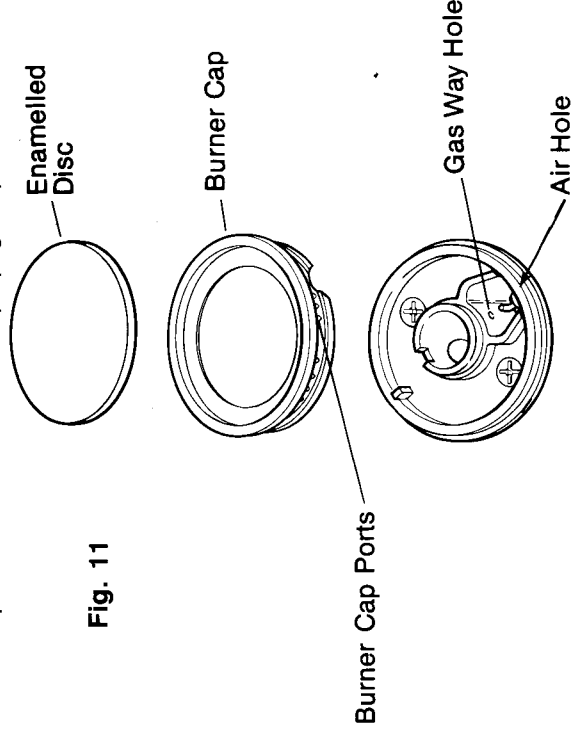


Fig. 11

THE GRILL

The high level grill has a shelf providing two grilling levels and a large grill pan containing a wire grid.

Fig. 2

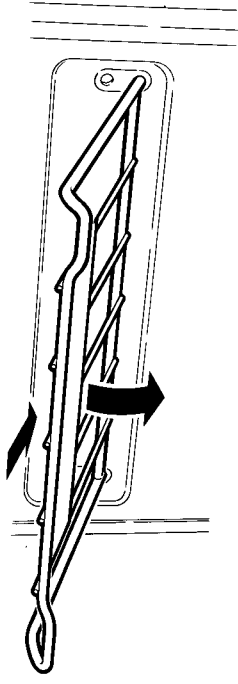
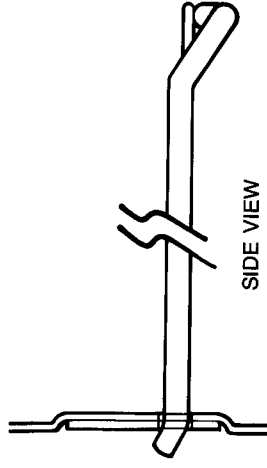


Fig. 3



CLEANING METHOD

Vitreous Enamel

- Grill cover top
soapy water.
- Splash back
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.
- Oven door surround
Check that the cleaning agent used is approved by the Vitreous Enamel Development Council. The pan supports can be removed individually and taken to the sink or dishwasher.
- Hotplate control fascia
If aluminium based pans are used a silvery deposit may appear on the top edge of the pan supports.
- Hotplate top
- Pan supports
- Burner cap discs
- Roasting tin
- Baking tray
- Grill pan
- Oven baseplate
- Inside of the oven door

Paint

- Grill cover side panels
Wash with a cloth wrung out in hot soapy water only.
- Grill fascia
DO NOT USE ABRASIVES
- Splash back side trims
- Outer side panels (oven)
- Storage compartment

Aluminium

- * **Burner caps
As for enamel cleaning above.
NOTE. Care must be taken to prevent cleaning materials, water or dirt, from entering and blocking the burner cap ports or the burner body, especially the gas way and air hole. Remove any blockage with a fine needle or nylon brush.
- Burner bodies
When cleaning near any burner avoid pressing the ignition button on the control panel.
Should this happen, no harm will result but, if the electricity supply has been left on, a sharp momentary shock may be felt.

Glass



- Oven door panel
As for enamel cleaning above.
- Grill fascia
Polish with a clean dry cloth or kitchen roll.

The grill light button is on the grill fascia panel. (Fig. 1)

TO USE THE GRILL

Check that the electricity supply is switched on.

To fit the shelf; choose the required position, tilt the front of the shelf upwards slightly, and push the extended bars into the holes in the splash back, until the back of the shelf is against the splash back. Lower the front. (Fig. 2).

Make sure that the lip at the back of the grill shelf is pointing upwards as in Fig. 3. To remove, tilt the shelf upwards and pull outwards. Place the grill pan on the shelf with the pan pushed right to the back and centrally positioned under the grill fret. The grill pan can be pulled out to safety stops for viewing and for turning the food. To remove the pan; push it backwards to clear the safety stops, lift it up and remove outwards. Push in and turn the control knob fully anti-clockwise to the large flame symbol  (Fig. 4). Press in the ignition button until the electric spark lights the burner and adjust the control knob to the correct setting (see grilling chart). To turn off the gas; turn the control fully clockwise to the symbol .

CARE AND CLEANING GENERAL

Regular cleaning will help to keep the cooker looking at its best and in correct working order.

Try to wipe any spills as they occur to prevent them from becoming burnt on and difficult to remove.

Caustic solutions, washing soda, and some aerosol spray cleaners should not be used on hotplate burner bodies, burner caps, vitreous enamel parts, painted areas, and heat clean enamel oven linings. Check that the cleaning agent is approved by the Vitreous Enamel Development Council.

Check that the electricity supply is switched off before starting to clean the cooker.

COOKER MOBILITY

The cooker may be pulled out for cleaning.

Open the top oven door and grip the inside of the oven at the top. Lift and pull the cooker forward. Replace by pushing the cooker backwards. Level the appliance by adjusting the levelling screws if required. Check the level with a spirit level or a saucer of water.

WARNING. Make sure that the flexible tubing is not stressed and is hanging freely when the cooker is pushed back in place.

CAUTION. Some soft floor coverings may be damaged by pulling the cooker across their surface. Do not allow any loose floor coverings to block the air slot in the plinth panel.

If a stability bracket is fitted, check to see that it has entered the back of the cooker when the cooker is returned to its normal position.

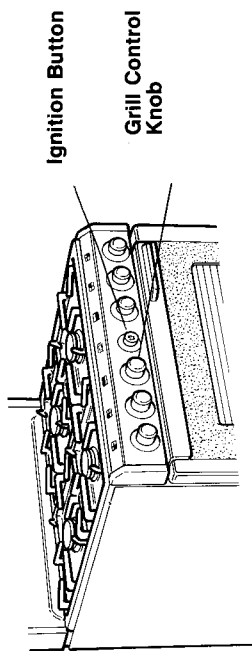


Fig. 4.

When the oven and hotplate are in use, the grill shelf, without the grill pan in place may be used for warming plates.

Be careful when removing the grill shelf as this may remain hot. Always use oven gloves.

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

DO NOT

- use any part of the grill to dry tea towels etc.

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. It is not essential to pre-heat the grill, but 2 mins. pre-heating at full on will be beneficial. Most grilling is done with the heat full on but it may be desirable to reduce it for thicker pieces of meat, fish and chicken portions, or for keeping food warm. Brushing food with oil will help to prevent it from sticking to the grill.

Grill Setting	Shelf Position	Examples of Use
FULL ON	1	Toast, crumpets, bacon, sausages beefburgers, kidneys, fish fingers steak (thin cuts cooked to rare) tomatoes, toasted snacks
FULL ON	2	Steak (thicker cuts, cooked to well done) sausages, fish fillets, fish fingers, whole fish, chicken portions (turned down), chops, toasted snacks.

For au gratin dishes e.g. macaroni cheese etc. and meringue toppings e.g. Baked Alaska, stand the dish either on the grill pan, or directly on the shelf. The base of the grill pan can be used for warming fruit garnishes at the turn down setting or cooking onion rings and sauté potatoes at the full on setting. Take care that the flame does not go out when turning the grill down very low.

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
- ¼pt (150ml) beef stock
- 2 aubergines
- Oil
- 6tbsp (90ml) grated Parmesan cheese
- Sauce**
- 3 eggs
- 3 tbsps (45ml) flour
- 1 x 5 fl. oz. (150ml) carton of natural yogurt

2

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.

PAVLOVA

- 3 egg whites
- 6oz (175g) caster sugar
- ½ tsp (2.5ml) vanilla essence
- ½ tsp (2.5ml) vinegar
- 1tsp (5ml) cornflour
- Topping**
- 10fl.oz. (300ml) double cream
- 1 tin raspberries
- 1oz (25g) chopped nuts

Base of
Oven

Draw a 7" (180mm) circle on greaseproof paper. 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).

EGG CUSTARD

- 1pt (650ml) milk
- 4 eggs, beaten
- 2oz (50g) sugar
- Grated nutmeg

4

Warm the milk (do not boil) and add to the beaten eggs. Whisk until thoroughly mixed then whisk in the sugar. Pour into a greased pudding basin and sprinkle with grated nutmeg.

DATE SHORTBREAD

- 12oz (350g) flour
- 8oz (225g) butter
- 4oz (100g) sugar
- Filling**
- 8oz (225g) cooking dates
- ¼oz (50g) sugar
- ¼pt (150ml) orange juice

2

Rub the fat into the flour. Add the sugar and knead well together. Divide into two. Roll into an oblong and line a Swiss roll 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.

DO NOT

- line the grill pan or cover the grill grid with foil as this can create a fire hazard.

PLEASE NOTE:

Strong detergents used in dishwashers may cause damage to the grill pan grid finish. Please clean by hand in soapy water as described in CARE AND CLEANING Section Chromium Plated.

THE HOTPLATE

The hotplate has four high speed burners which will accommodate pans of between 100mm (4") and 255mm (10") in diameter and can be adjusted to any cooking rate from a very fast boil down to a simmer without the aid of heat resisting mats or steel plates to spread the heat. Such simmering aids can cause damage to the pan supports and should not be used. The pan supports can be fitted over any of the burners and for ease of cleaning, can be removed individually. If a pan boils over, it can be moved to another burner to avoid burnt on spillage.

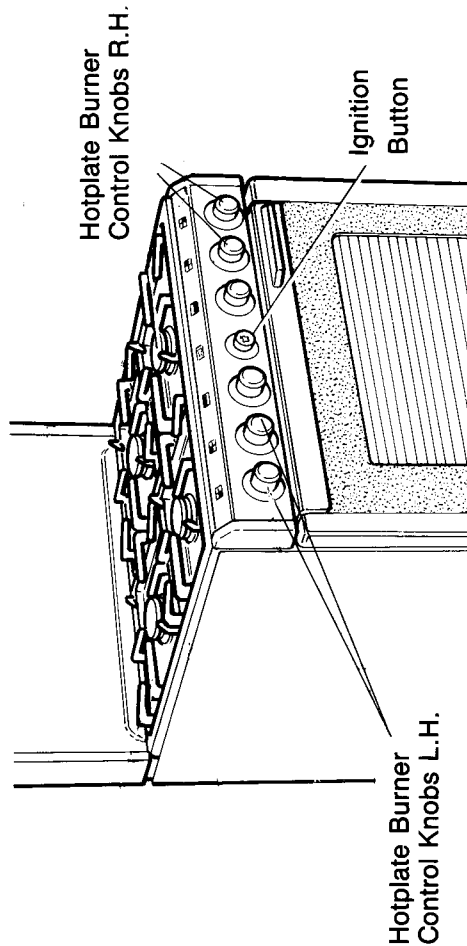


Fig. 5.

TO USE THE HOTPLATE

Check that the electricity supply is switched on. Choose the burner to be used. Push in and turn the control knob (Fig. 5) fully anti-clockwise to the large flame symbol ◻. Press in the ignition button until the spark lights the burner, then turn the control knob to the desired setting. A simmer stop can be felt at the flame symbol ◻ marked on the control knob and a small flame symbol ◻ indicates an even lower setting. To turn off, turn the control knob fully clockwise to the symbol ●. The rear burners are the most suitable for very low simmering. Under certain circumstances a slight 'popping' noise can be heard from the hotplate burners. This is perfectly normal and will not affect the performance of the appliance.

DO NOT

- press the ignition button when any of the burner caps are removed, as this may reduce the life of the spark generator.
- use badly designed or misshapen pans which may be unstable.
- allow pan handles to stick out beyond the hotplate, (where they can be knocked), or over another burner.
- fill chip pans more than one third full with oil or fat.
- allow larger sized pans to overhang the hotplate.

THE OVEN

The oven has two straight shelves and one cranked shelf, providing ten possible cooking levels (Fig. 10). Each shelf has a safety stop to prevent it from being pulled out too far when attending to food. To remove a shelf, draw it out to the stop, lift the front edge and pull out. When replacing a shelf, lift the front edge to pass the shelf stops. At the top and bottom of the oven linings are two parking positions (Fig. 6) for shelves which are not in-use. The top parking position will only take the cranked shelf, whilst the bottom will take cranked or straight shelves, provided the cranked shelf is turned upside down. Do NOT attempt to place a straight oven shelf in the top parking position as this may damage the oven light.

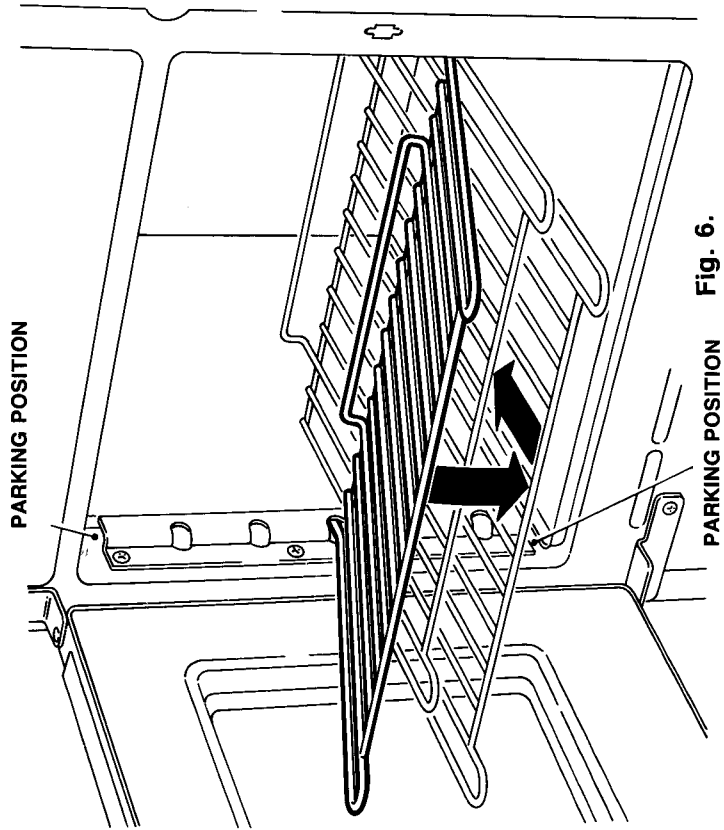


Fig. 6.

Shelf Position

Method

Recipe

RICE PUDDING

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

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

4

FLAPJACKS

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

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

2



'E' Setting 6—7 hours

Chicken Risotto 2½pt (1.4L) Oval casserole with lid
Moussaka 2½pt (1.4L) Oval casserole
Egg Custard 2pt (1.1L) Oval dish
Pavlova Swiss roll tin 8" x 12"
Date Shortbread (205mm x 305mm)
Swiss roll tin 8" x 12"
(205mm x 305mm)

Recipe

Method

Shelf Position

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
¼pt (150ml) dry white wine
1pt (550ml) chicken stock
Salt and pepper
Chopped herbs
8oz (225g) long grain rice
Grated Parmesan cheese

Skin and bone the chicken and cut the flesh into strips. Melt 1oz (25g) butter and fry half the onion 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.

4

These, 'Convenience' menus are not designed as complete meals, but as individual dishes which can be used at a later time

- 'E' Setting Cannon Liver Paté..... 2pt (1.1L) Rectangular casserole
- 6-7 hours. Cream of Celery Soup..... 2½pt (1.4L) Oval casserole with lid
- Casserole of Beef in Red Wine..... 3pt (1.6L) Oval casserole with lid
- Rice Pudding..... 2pt (1.1L) Oval dish
- Flapjacks..... Swiss roll tin 8" x 12" (205mm x 305mm)

Recipe

CANNON LIVER PATÉ

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

Method

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 teh sausage meat, egg, garlic, parsley, celery salt, nutmeg, salt, pepper and brandy. Pour into the lined dish and cover with bacon slices.

Shelf Position

4

CREAM OF CELERY SOUP

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

Method

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. (Stir in cream before serving)

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
- 3tbsp (45ml) tomato purée
- ½pt (300ml) beef stock
- 1½oz (35g) flour
- Salt and pepper

2

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 purée—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.

A meat tin and baking tray are provided with the cooker. This tray is the maximum size which should be used, but two dishes may be cooked side by side almost equally as well even though the space they occupy in the oven may be larger than the tray. The tray must not be allowed to go over the tray stop on the shelf or the stop on the baseplate. (Fig. 7). The oven light button is on the grill fascia panel (Fig 8).

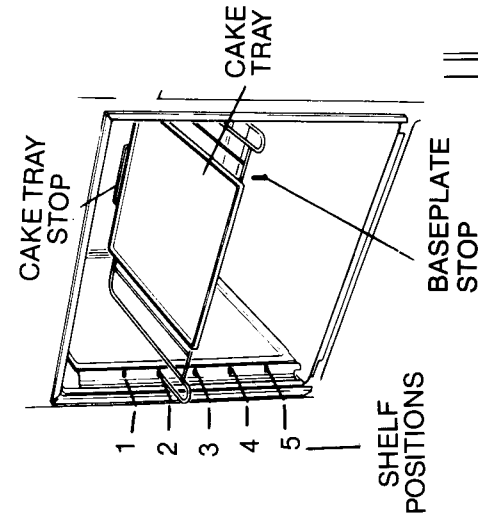


Fig. 7

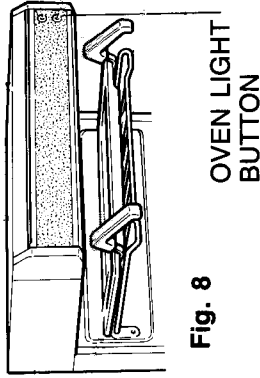


Fig. 8

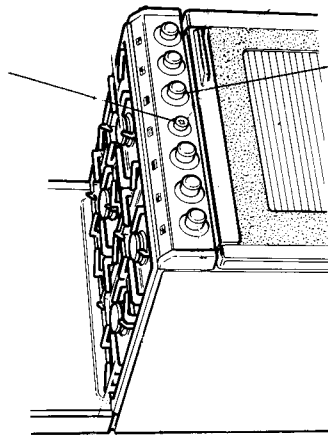


Fig. 9.

TO USE THE OVEN

Check that the electricity supply is switched on.

The oven control is marked from 1 to 9 with the addition of an "E" setting for slow cooking (see notes and recipes on pages 13 & 14)

Refer to the cooking chart (page 11) and place the oven shelf (or shelves) in the required position(s). Push in and turn the oven control (Fig. 9) fully anti-clockwise to the highest Mark number and then down to the required setting. The oven burner is lit automatically when the ticking sound stops. There is a delay of less than a 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, check that the electricity supply to the cooker 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 quickly pass.

DO NOT

- use oven thermometers to check the temperature as they can be inaccurate and do not necessarily correspond to those used by Cannon.
- leave the oven door open for long periods as this could cause damage to the control knobs.
- place dishes on the oven baseplate beyond the stop.
- block the oven outlet vents at the top rear, or burner opening, with foil used to cover food.

THE STORAGE COMPARTMENT

The large capacity storage compartment is below the oven. It has a drop down door to allow maximum storage space for pans and tins when they are not in use.

DO NOT

- store items which may catch fire or melt.
- use the compartment as a food store.

THE NEW TRIPLE "S" OVEN SHELF SYSTEM

Your oven has heat zones. The numbers on the thermostat control knob refer to the temperature at the centre oven position, corresponding to the third straight shelf position. The temperature is hotter above this position and cooler below.

By using the cranked shelf, 5 extra shelf positions in the oven are available, enabling full use of all the levels of heat throughout the oven (see fig. 10).

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. It is useful to refer to the chart below which gives approximate equivalent thermostat mark numbers for each shelf. Temperatures for in-between shelf positions using the cranked shelf can then be estimated.
2. Times for individual recipes will alter slightly when included with other dishes.
3. Try to choose rectangular or oval dishes where possible, as they fit side by side on the shelf more conveniently.
4. Do not let trays, dishes or aluminium foil overhang the burner at the back of the oven.

Recipe	Method	Shelf Position
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PINEAPPLE PUDDING

1½ oz (35g) cornflour
 ½ pt (300ml) milk
 ¼ pt (150ml) pineapple juice (made up with water if necessary)
 1oz (25g) sugar
 1 tin approx. 13oz (375g) pineapple chunks
 2 egg yolks

Meringues

2 egg whites
 4oz (100g) caster sugar

Make a thick white sauce with the cornflour and milk. Strain the pineapple chunks, retaining the juice in a measure, make this up to ¼ pt (150ml) with water and add to the sauce with the sugar and pineapple chunks. Beat in the egg yolks, and pour into an oval or round pyrex dish, whisk the egg whites until stiff and then whisk in the sugar. Pipe or pipe the meringue mixture on top of the pineapple sauce. Place in oven on shelf indicated.



'E' Setting Baked Shoulder of Lamb
 6 hours Spiced Red Cabbage
 only Garlic Potatoes

Pears in Cider

Meat tin and grid
 3pt (1.6L) Oval casserole with lid
 Wrapped in foil and placed directly on oven shelf
 1½pt (900ml) Casserole with lid

Recipe

BAKED SHOULDER OF LAMB

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

Method

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

Shelf Position 2

SPICED RED CABBAGE

2oz (50g) butter
 2 onions, sliced
 1lb (450g) cooking apples, sliced
 2lb (900g) red cabbage, finely chopped
 3tbsp (45ml) cider & honey vinegar
 1dsp (10ml) soya sauce
 1tbsp (15ml) soft brown sugar
 1dsp (10ml) honey
 2tbsp (30ml) flour
 Salt and pepper
 Juice of ½ an orange

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

Shelf Position 4

GARLIC POTATOES

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

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

Shelf Position 4

PEARS IN CIDER

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

Prepare the pears and cut into quarters. Place with sugar and cider in a covered casserole.

Base of Oven

Shelf Position

Recipe
APPLE CRUNCH CAKE
 2 packets of ginger nuts
 4oz (100g) butter
 1½ lb (700g) apples (peeled, cored and sliced)
 Juice of 1 lemon
 2oz (50g) demerara sugar
 4oz (100g) sultanas

'E' Setting Chicken in Wine
 6—7 hours.
 Lyonnaise Potatoes
 Leeks in White Sauce
 Pineapple Pudding

Shelf Position

Method
 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.
 —||—
 3pt (1.6L) Casserole with lid
 2pt (1.1L) Rectangular Pyrex dish
 2pt (1.1L) Casserole with lid
 8" (205mm) Pyrex souffle dish

Shelf Position

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

Method

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, and the giblets. Cover tightly. (Remove chicken giblets before serving).

Shelf Position

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

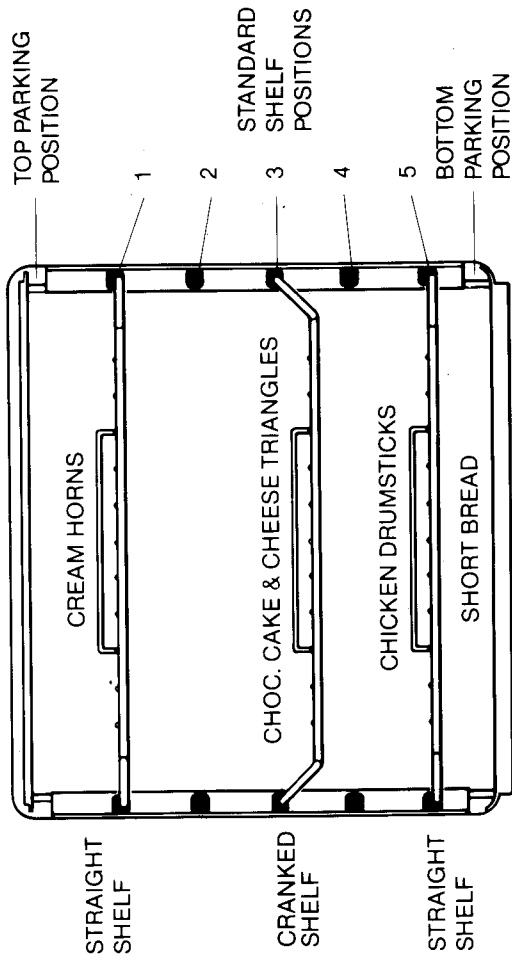
Shelf Position

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

Shelf Position

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 3fl.oz (75ml) vegetable liquid and 3fl.oz (75ml) milk). Cook the sauce until it thickens, season to taste and pour over the leeks. Cover tightly.

Mark No.	Approx. Equivalent Mark No. at Shelf Position					Floor
	1	2	3	4	5	
E	1½	1	E	E	E—	E—
1	2	1½	1	E/1	E	E—
2	3	2½	2	1	E	E
3	4½	4	3	2	E/1	E
4	5½	5	4	3	1½	E/1
5	6½	6	5	4	2	1
6	8	7	6	5	2½	1½
7	9	8	7	5½	3½	2½
8	9+	9	8	6	4½	3
9	9+	9+	9	7	5	4



Example of using the temperature chart together with the cranked shelf to fully load the oven.

Fig. 10.

The following times and oven control settings are for guidance only. The Gas Mark may be altered ½ — 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.

OVEN COOKING CHART

Food	Gas Mark	Shelf Position	Approx. Cooking Time and Comments
Pates and Terrines	3 or 4	4	2 hrs. in a bain-marie
FISH			
Oily fish (whole)	4 or 5	3	25 mins. — 1hr depending on recipe and size of fish
White fish (fillets)	4 or 5	3	25 — 30 mins.
White fish (steaks)	4 or 5	3	25 — 30 mins.
*MEAT AND POULTRY			
Veal	3	4	35 mins. per lb. + 35 mins.
Beef	3	4	40 mins. per lb. + 40 mins.
Ham	3	4	40 mins. per lb. + 40 mins.
Lamb	3	4	50 mins. per lb. + 50 mins.
Pork	3	4	50 — 60 mins. per lb. + 50 — 60 mins.
Chicken	3	4	30 — 40 mins. per lb. + 30 — 40 mins.
Duckling & gosling	4	4	35 mins. per lb. + 35 mins.
Turkey	3	4 or 5	30 mins. per lb. + 30 mins.
Game	6	4	30 mins. per lb. + 35 mins.
Rabbit	6	4	15 mins. per lb. + 15 mins.
Casseroles	3	3 or 4	4 — 6 hrs. (depending on cut of meat)
PUDDINGS			
Milk pudding	3	3 or 4	2¼ — 2½ hrs. on a baking tray and started with warm milk
Baked custard	3	3 or 4	45 mins. in a bain-marie
Baked sponges	4	3	40 — 50 mins.
Baked apples	3	4	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 pie 1x9" (230mm)	6	3	45 — 50 mins. on a baking tray
Fruit crumbles	5 or 6	3	35 — 45 mins.

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

APRICOT & RAISIN CHEESECAKE

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

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

Method
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 filling).

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

4

— | —

'E' Setting Pork Paprika..... 2½pt (1.4L) Oval casserole
6 — 7 hours. Baked Potatoes..... Wrapped in foil and placed directly onto oven shelf
Carrots..... 2pt (1.1L) Rectangular Pyrex dish
Apple Crunch Cake..... 8" (205mm) Pyrex soufflé dish

Recipe

PORK PAPRIKA
1 medium onion, chopped
1 tbsp (15ml) paprika pepper
1oz (25g) butter
2lb (900g) fillet or leg of pork
1 tsp (15ml) flour
½pt (300ml) beef stock
6 tbsp (90ml) sherry
1 tsp (15ml) tomato purée
6oz (175g) mushrooms
Salt and pepper
1½ tsp (25ml) cornflour

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.

Shelf Position

2

BAKED POTATOES

4 large potatoes

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

4

VICHY CARROTS

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

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.

2

'ECONOMY' SETTING MENUS

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

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

TOMATO SOUP

1 small turnip
 1 large carrot
 1 onion
 2 sticks celery
 1oz (25g) butter
 1 rasher bacon, chopped
 1oz (25g) flour
 1 x 15oz (425g) tin tomatoes
 2 tsp (10ml) salt
 Pinch of black pepper
 1 tsp (5ml) sugar
 1 tsp (5ml) mixed herbs
 1 bayleaf
 2pt (1.1L) stock

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.

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

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.

2

LONG GRAIN RICE

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

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.

4

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

Recipe	Method	Shelf Position
Small cakes - 2 trays - 1 tray	17-25 mins.	5 or 2 & 4
Victoria sandwich 2x8" (205mm) - 3 egg mix	20-30 mins.	4 1 cranked & 3
Christmas cake	20-25 mins. 2 tins side by side	2
Madeira cake 7" (180mm)	4-6½ hrs. depending on recipe	3 or 4
Rich fruit cake 9" (230mm)	1½-1½ hrs.	3
Shortcrust pastry	3¼-3½ hrs.	3
Rich shortcrust pastry - 1 tray	15 mins-1 hr. depending on recipe	2 or 3
Flaky & puff pastry - 2 trays	20-40 mins. depending on recipe	2
Choux pastry - éclairs 1 tray - 1 tray	10-30 mins. depending on recipe	2 only 1 & 3
Hot water crust pastry	35-40 mins.	2
Scones-2 trays	1½-1¾ hrs.	3
Shortbread-7" (180mm) round - 1 tray	10-15 mins.	2 only 1 cranked & 3 or 2 & 4
Biscuits-2 trays	55 mins.-1 hr. depending on thickness	4 1 & 3
YEAST MIXTURES	15-20 mins. depending on recipe	2 only
Bread	45-50 mins.	2 or 3
Rolls	15-20 mins.	2 or 3
Cheese buns	30-40 mins.	2 or 3
MISCELLANEOUS		
Yorkshire pudding - large - individual	45-50 mins.	1 or 2
Soufflés	25-30 mins.	1 or 2
Meringues	30 mins.	3
Baked potatoes	2-5 hrs. starting on shelf 4 until 'set' and then on the baseplate until dried out - turn when necessary	4 & baseplate
	1½-3 hrs until soft, depending on size	3

*Meat and poultry can be high temperature roasted at Gas Mark 6 or 7, the time per lb. and time over in each instance being halved. 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.

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.

PREPARATION AND ROASTING OF LARGE POULTRY

Poultry larger than 25lbs (11.5 kg) in weight should be securely trussed and then closely wrapped in more than one layer of cooking foil. Place the bird directly onto the shelf in the fourth or fifth position, with a large roasting tin on the base plate to collect the juices.

It is very important to check that the bird and the foil DO NOT overhang the burner at the back of the oven.

The maximum weight of turkey which can be accommodated is 32 lb (14.5 kg) provided it is of suitable shape.

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.

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 hot plate or in a hot oven, gas Mk.6, and then serve immediately.
4. Only re-heat food once.