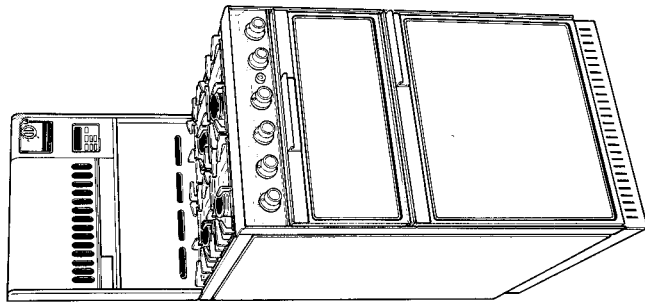


Cannon

Double Oven Deluxe



User's Booklet

Data Badge is located on the back of the cooker.

G.C. Appliance Nos. 11 132 04 & 11 132 05
A Natural gas appliance
Leave these instructions in the envelope
by the gas meter

Stores Ref. 20803 Issue 2/88

**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 colours 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 \equiv 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 the 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.

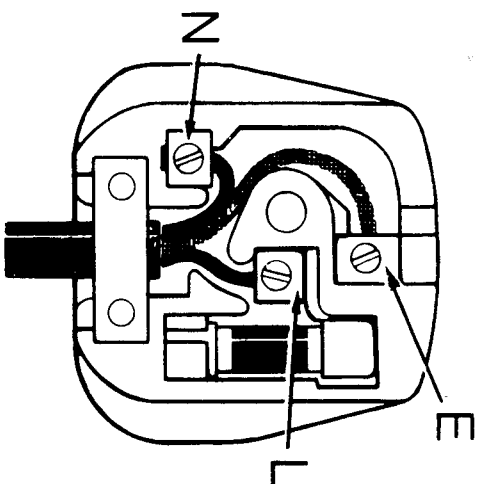


Fig. 1

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

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CANNON DOUBLE OVEN DELUXE

G.C. Appliance Nos. 11 132 04 & 11 132 05

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 Overall	Width	Depth
1475mm (58")	535mm (21")	600mm (23.6")

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.
Allow a minimum gap of 10mm ($\frac{3}{8}$ ") each side of the appliance below hotplate level, e.g. if installing between two cupboard units of hotplate height, but allow a minimum gap of 150mm (6") to the left of the grill unit and 75mm (3") to the right, if installing next to a wall, partition or tall cupboard unit which is above the hotplate height.

Allow a minimum distance of 2085mm (82") from the floor to the underside of any overhead surface, such as overhanging cabinets or cooker hoods. This gives 610mm (24") from the top of the splashback 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.
5. Installed in a room of suitable size. The kitchen should be permanently ventilated if smaller than 11m³ (400 cu.ft.). If less than 6m³ (200 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 (BS 1363) plug is used or, if any other type of plug is used, by a 5A fuse either in the plug or adaptor or at the distribution board.

THE HOTPLATE

The hotplate has four high speed burners which can be adjusted to any cooking rate from a very fast boil right down to a simmer.

All burners are easily adjusted to any rate of cooking 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. For ease of cleaning, the pan supports can be removed individually and taken to the sink. If a pan boils over you may transfer it to another burner to avoid burnt-on spillage. Do not fill chip pans more than one third full.

The pan supports can be fitted to any of the burners.

Pans of size 4" (100mm) to 10" (250mm) diameter may be used.

TO LIGHT

Check that the electricity supply is switched on.

Choose the burner to be used. Push in and turn the control knob fully anti-clockwise to the large flame symbol (●). Press in the igniter button until the spark lights the burner then turn the control knob to the desired setting. A simmer stop can be felt at the small flame symbol (●) marked on the control knob.

To turn off, turn the control knob fully clockwise to mark ●.

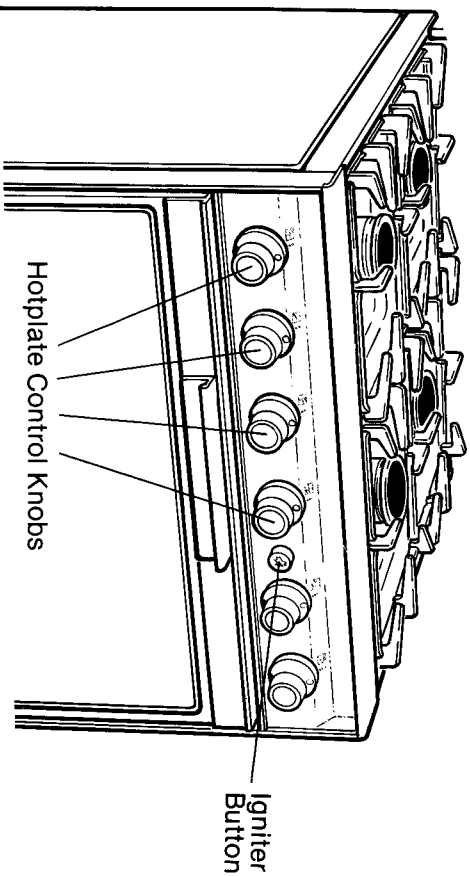


Fig. 2

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

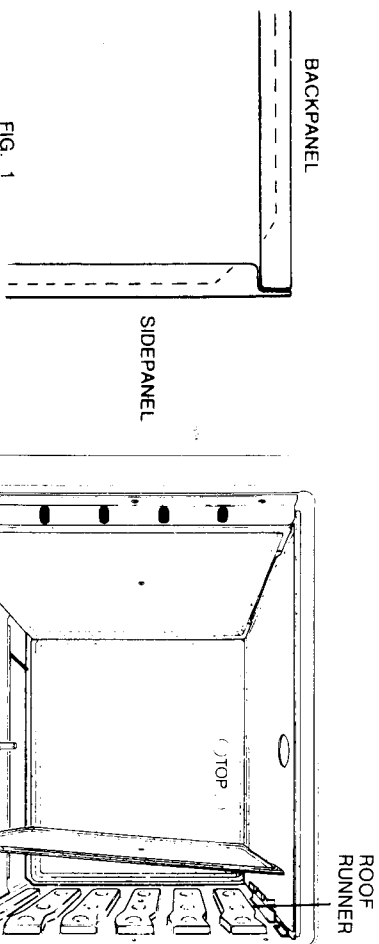


Fig. 1

Washing with warm soapy water and the occasional clean with very fine wool liberally scaped or a gentle abrasive should be all that is necessary to clean the glass doors and the vitreous enamelled floor. Cleaning is easiest whilst the oven is still warm.

OVEN BURNERS

It should only be necessary to clean the oven burners if accidental spillage has blocked any of the burner holes in the top surface. In this event, the holes can be cleared by brushing carefully with a dry brush, but care should be taken to avoid the entry of water, cleaning materials, or dirt into these holes.

IGNITION FAILURE

All burners failing to ignite: See that the mains electricity is switched on. It is recommended the the mains be left switched on for the convenience of lighting.

Hotplate burner only failing to ignite: Ensure that the gasway and the airhole in the burner is not blocked, (page 33).

Main oven burner failing to ignite: Check that the electricity supply to the oven is switched on and that the oven is set to manual.

If the above remedies fail to correct the fault, call in your Supplier's Service Engineer.

ELECTRICITY FAILURE

If the electricity fails the main oven cannot be used, or will turn off if already in use when the electricity fails.

The top oven will continue to operate.

During a period of ignition failure, the hotplate, grill and top oven burners can be lit with matches.

THE MAIN OVEN

HEATCLEAN LININGS

During the long life of the appliance these panels may become stained and their cleaning effect lessened. When this occurs replacement parts can be obtained from your gas showrooms.

The Cleaning action of the Special HeatClean Oven Linings is continuous while the oven is being used and is more effective if a pattern of low and high temperature cooking is followed.

During roasting operations the fat splashes are absorbed by the coating of the linings and are eventually reduced to harmless gases by the action of heat and oxidation. The spattering therefore does not disappear immediately but is first absorbed and is then dispersed during subsequent cooking operations.

If your cooking follows the normal pattern of roasting interspersed with baking and casseroling then the panels will need no attention other than the wiping off of any blobs of grease which may be present after roasting a particularly 'fatty' joint if, however, they seem excessively stained, an occasional run for 1 hour at Mark 8 with the oven empty will assist the cleaning operation. But if your cooking pattern is mainly roasting then you will need to carry out the cleaning operation (i.e. 1 hour at mark 8) more frequently.

EXCHANGE OF HEATCLEAN LININGS

Remove the 3 screws fixing the left hand stainless steel trim to the front of the oven and remove trim.

Support the roof panel and remove the fixing screw from the centre of the sidepanel, swing the panel towards the centre and remove from the oven.

Remove the roof panel from the oven.

Remove the right hand side panel in the same way as the left.

Remove the back panel by swinging the bottom of the panel forward.

TO FIT NEW PANELS

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 stepped edged to the top and the flanges to the front and rear. The rear flanges fit alongside the back panel (see Fig. 1) and the front flanges are retained by the bright metal trims, position roof panel. Fit the left hand side panel. The holes in the back panel should now line up with the holes in the oven back. Drive one screw into the middle of each side panel. Do not damage the heatclean finish by overtightening.

Fit the trims with the screw flange forward. The two trims are different and the right and left should be identified, if fitted correctly the 3 holes in each trim will line up with the fixing holes in the oven.

Slide the shelves into place with the side-wires threaded through the holes in the side trims and behind the panels. Remember to lift the front edge of the shelf to get under the shelf stop. Try both shelves in each of the five positions.

FOLDAWAY GRILL

NOTE:

When the oven(s) or hotplate burners are in use the grill handle may become hot and it is advisable to use oven gloves to open or close the foldaway grill.

To Open:—

Using the handle lift up the grill unit until it locks into the horizontal grilling position. Hook the grill shelf in position at the appropriate height.

To Light:—

Push in and turn the control knob fully anti-clockwise to turn on the gas. Press in the igniter button until the electric spark lights the burner and turn the control knob to the appropriate mark.

To Close:—

Turn the control knob to mark ● to turn off the gas.

Remove grill shelf using oven gloves if shelf is still warm. Holding the grill handle, press the release to the right and carefully lower the grill unit to the closed position.

For cooking instructions see grilling chart.

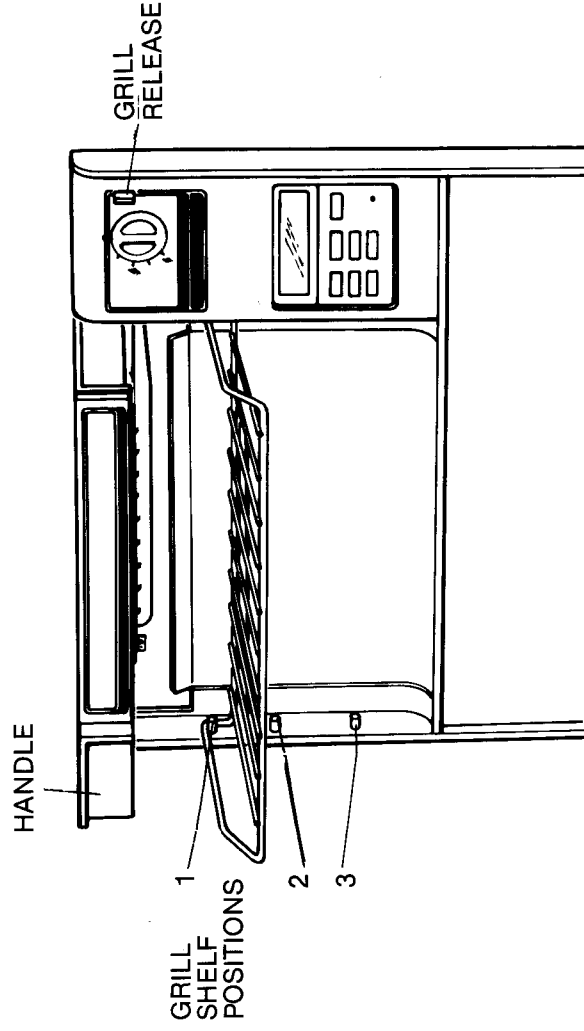


Fig. 3

An odour may be noticed on first lighting the grill. This is only due to the newness of the cooker and will quickly pass.

To Use the Grill:—

Tastes vary considerably but with the 'Foldaway' grill it is easy to obtain just the result you desire. The grill pan has a reversible grid and the shelf can be located at three different heights giving six positions in all. The lower shelf positions will normally be used for browning and finishing food in taller dishes. Place the grill pan onto the shelf at the back under the heat. The pan may be drawn forward to a stop without tilting so that food may be turned. To remove the pan, lift before drawing forwards.

Grilling Chart

Cooking times can only be used as a guide because of the differences in the thickness and size of the food, and personal preference. The suggested grill pan grid and grill shelf positions may be changed if required. It is not essential to pre-heat the grill except when cooking meat, where 2 minutes pre-heating at FULL ON will be beneficial. All cooking is normally done with the heat FULL ON but it may be desirable to reduce it for thicker pieces of meat or for keeping food warm.

Food	Grill Shelf Position	Pan Grid Position	Approximate Cooking Time
Toast	1	High	3-5 minutes
Pikelets	1	High	6-8 minutes
Bacon	1	High	6-7 minutes
Gammon Rashers	1	High	7-10 minutes
Sausages	1	High	9-10 minutes
Tomato Halves	1	High or Low	5-10 minutes
Fish Fingers	1	High or Low	6-10 minutes
Beef Burgers	1	High or Low	7-10 minutes
Kidneys	1	High	8-10 minutes
Chops—Lamb	1 or 2	High	15-25 minutes
—Pork	1	High	20-25 minutes
Steak —Rare	1	High	5-8 minutes
—Medium	1	High	9-12 minutes
—Well Done	1	High	15-20 minutes
Fish —Fillets	1	High or Low	6-12 minutes
—Steaks	1	Low	10-15 minutes
—Whole (SMALL HERRINGS)	1	Low	6-8 minutes
Fish —Kippers	1	Low	5-8 minutes
Chicken Portions	2	Low	25-40 minutes
Au gratin dishes i.e. Macaroni cheese, Shepherds pie etc. meringue toppings i.e. Baked Alaska.	1 and 2 Stand the dish, pushed right to the back, directly on the shelf.		UNTIL BROWNED

Depending upon cut and thickness

Depending upon thickness

If your cooking follows the normal pattern of roasting interspersed with baking and casseroling then the panels will need no attention other than the wiping off of any blobs of grease which may be present after roasting a particular 'fatty' joint if, however, they seem excessively stained, an occasional run for 1 hour at 'HIGH' with the oven empty will assist the cleaning operation. But if your cooking pattern is mainly roasting then you will need to carry out the cleaning operation (i.e. 1 hour at HIGH) more frequently.

EXCHANGE OF HEATCLEAN LININGS

During the long life of the appliance these panels may become stained and their cleaning effect lessened. When this occurs replacement parts can be obtained from your gas showrooms.

TO REMOVE PANELS

Support roof panel and remove 2 fixing screws in each stainless steel trim and remove trims. Both the sidepanels and roof panel can now be removed.

TO FIT NEW PANELS

Slide the roof panel into place. Position the L/H side panel ensuring that the rear edge is located behind the fixing bracket situated at the back of the oven compartment. Fit the L/H stainless steel trim to secure the front edge of the sidepanel. Fit the R/H sidepanel in the same way.

The cantilever oven shelves must **not** be used without heatclean linings.

The oven shelf heat shield can be removed for cleaning by carefully pulling upwards at one end. It is important to refit the heat shield the correct way round (see Fig. 10). Otherwise the performance of the oven will be affected. A cloth soaked in warm soapy water should be all that is necessary to clean the shield, but should excessive staining occur, a cream cleanser or a brillo pad may be used.

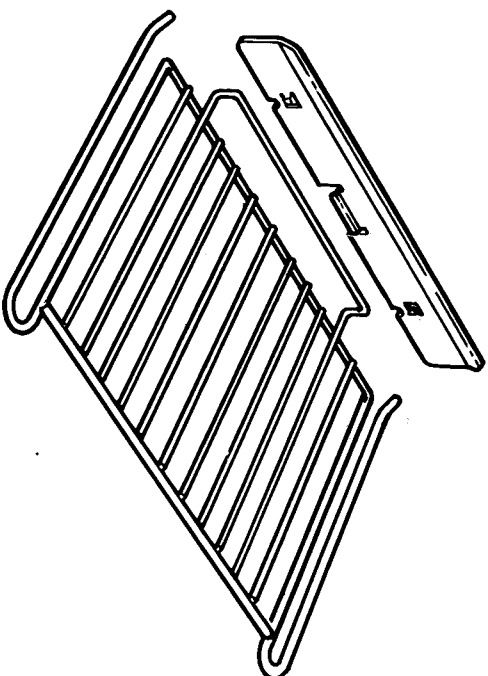
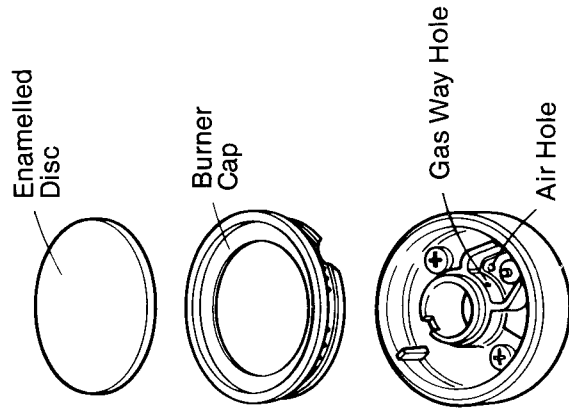


Fig. 10

The base of the pan can be used for warming through fruit for garnishing on the TURN DOWN settings, or onion rings and sauté potatoes on FULL ON settings.

For ease of cleaning, remove spillage from the hotplate as soon as possible. The sealed hotplate dish has a large capacity for spillover but liquid should not be allowed to accumulate.

If aluminium based pans are used a silvery deposit may appear on the top edge of the pans supports. This deposit can be removed using a proprietary chrome cleaner.



Keep all holes clear of obstructions

Fig. 9

THE TOP OVEN

To keep the oven in good condition the glass door and vitreous enamel floor should be cleaned after each time it is used. Oven cleaning is easiest while the oven is still warm.

Washing with warm soapy water and the occasional clean with very fine wool, liberally soaped, or a gentle abrasive, should be all that is necessary.

HEATCLEAN LININGS

The Cleaning action of the Special HeatClean Oven Lining is continuous while the oven is being used and is more effective if a pattern of low and high temperature cooking is followed.

During roasting operations the fat splashes are absorbed by the coating of the linings and are eventually reduced to harmless gases by the action of heat and oxidation. The spattering therefore does not disappear immediately but is first absorbed and is then dispersed during subsequent cooking operations.

THE MAIN OVEN

The oven has been designed for easy cleaning and the oven shelves have a safety stop to prevent them being withdrawn too far. To remove the shelves, draw them out to the stop, lift the front edge and pull out.

There are 5 standard oven shelf positions plus two parking positions and the oven is supplied with two 'straight' oven shelves and one 'cranked'.

The 'parking' positions (See Fig. 6) are provided for oven shelves that are not being used. The top parking position is designed to accept the 'cranked' shelf only. Whilst the bottom will accept both 'cranked' and 'straight' shelves provided the 'cranked' shelf is turned upside down. Do **NOT** attempt to place a 'straight' oven shelf in the top parking position.

When refitting shelves remember to lift the front edge so as to pass the shelf stops.

A meat tin and cake tray are provided with the cooker. Nothing larger than this tray should be used but two dishes may be cooked side by side almost equally well although the area they occupy in the oven may be larger than the tray. When cooking foil is used to cover food, it must not be allowed to block the oven outlet vents nor the burner opening.

OVEN LAMP

The lamp is alight whenever cooking is in progress. The lamp will not light when a timer program is set and waiting to cook, or finished cooking.

TO LIGHT

Refer to the Cooking Chart, page 26 and place the oven shelf (or shelves) at the required runner position. Ensure that the oven is set for manual by pushing the button marked 'CANCEL' and push in and turn the oven control fully anti-clockwise to the highest Mark and then down to the required setting. The oven burner is lit automatically when the ticking sound stops. There is a delay of about half a minute whilst the safety device operates before the burner comes on full. The flame remains 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 electrical supply to the oven is ON and that the Control clock is properly set to MANUAL.

The control is marked in a conventional way except for the additional E marking.

To turn off, push and turn the control knob fully clock-wise to the mark ●

An odour may be noticed on first lighting the oven. This is only due to the newness of the cooker and will quickly pass.

If the electricity supply should fail while cooking, the oven will go out. The timer must be re-set to MANUAL after the electricity supply is restored before the oven can be lit.

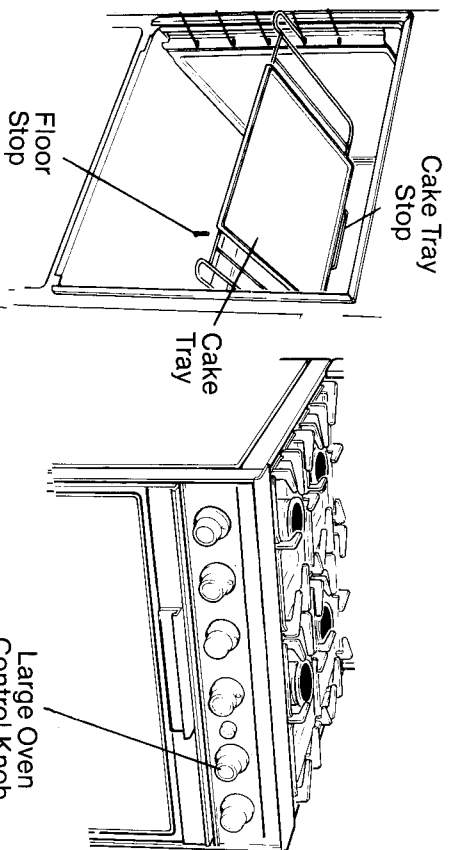


Fig. 4

Fig. 5

THE NEW TRIPLE S OVEN SHELF SYSTEM

Your oven has heat zones. This simply means that the numbers on the thermostat control knob refer to the centre oven temperature, the centre of the oven being the third shelf position from the top. Above this shelf is hotter and below is cooler. By using the cranked shelf, together with the two other shelves it is possible to achieve 5 extra shelf positions in the oven, enabling full use of all the levels of heat throughout the oven (see Fig. 6).

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 can be estimated from this.
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 easily.
4. Do not let trays, dishes or aluminium foil overhang the burner at the back of the oven.

CARE AND CLEANING

The external enamel (including pan supports and grill pan) is best cleaned with a cloth, using warm soapy water. Use of abrasive powders and pastes should be avoided as far as possible, but when necessary use only a mild abrasive. For removal of hardened grease, very fine steel wool, wetted and liberally soaped, can be used.

Caustic solutions, washing soda, aerosol spray cleaners, bleach and some biological cleaners are detrimental to some surface finishes and care should be taken not to apply them to the following parts:

Hotplate Burner bodies and caps, grill pan, cake tray and 'HeatClean' enamel finish in ovens.

When cleaning near any burner avoid pressing the igniter button on the control panel. If this should occur accidentally no harm will result although a sharp momentary shock may be felt.

Water may be used in cleaning around the electrodes with complete safety.

The control knobs should be cleaned with warm soapy water and polished with a dry cloth.

COOKER MOBILITY

The cooker is fitted with wheels at the rear only. Open the top oven door and with both hands positioned under the roof of the oven compartment lift and pull the cooker forward.

CAUTION Some soft floor coverings may be damaged by wheeling the cooker across their surface.

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.

THE HOTPLATE

The hotplate burner bodies and caps become very hot during use, allow sufficient time for them to cool before attempting any cleaning. Caustic solutions, washing soda, aerosol spray cleaners, bleach and some biological cleaners are detrimental to surface finishes and should not be used.

The vitreous enamelled disc of each burner cap is a loose fit and can be removed for cleaning. It is best cleaned with warm soapy water and occasionally very fine steel wool.

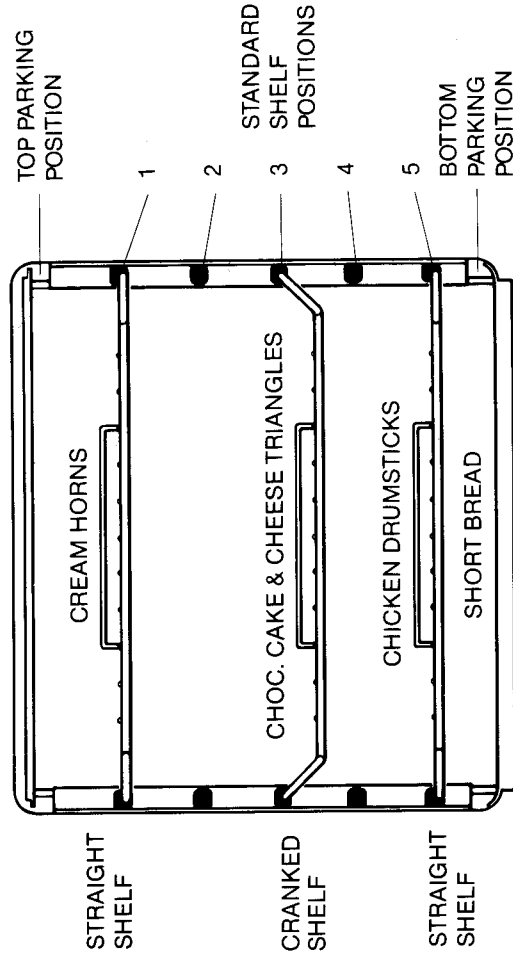
The burner bodies and caps are best cleaned with a cloth using warm soapy water.

Make sure that all the holes in the burner caps, and the burner bodies are kept clear, especially the airhole for the electrode in the base of the burner body.

The burner caps are interchangeable. When refitting put the cap centrally onto the body and turn it until it drops into position. Replace enamelled disc with enamel side upwards.

FOOD	Oven Control Setting	Shelf Position	Approx. Cooking time and Comments
Gingerbread	LOW	2	1¼—2 hrs. depending on size & recipe.
		3	1¾—2 hrs. when using the main oven at the same time.
Mince Pies—1 dozen	MED	2	20 mins.
Queen Cakes—20	MED	2	16—18 mins.
Raspberry buns	MED	2	15—20 mins.
Scones—20	HIGH	1	10—12 mins.
Sponge Sandwich— fatless 2 x 7" (180mm) 2 egg mix	MED	2	20—25 mins. Tins placed side by side
Swiss Roll 9 x 13" (230mm x 310mm) 3 egg mix	HIGH	2	8—10 mins—3 egg mix
Victoria Sandwich 2 x 7" (180mm)	MED	2	16—18 mins. Tins placed side by side
Biscuits			
Piped biscuits (Viennese)	MED	2	12—15 mins.
Shortbread	LOW	2	45 mins—1 hr.
Miscellaneous			
Bread—2 x 1lb (450g) loaves or 2 shaped loaves	HIGH	baseplate	25 mins. Remove from tin for last 10 mins. to complete browning around sides and base
Bread rolls	HIGH	2	15 mins.
Vol-au-vents	HIGH	1	10—15 mins.
Yorkshire pudding (individuals)	MED	1	25 mins. Fat heated on HIGH for 10 mins. approx. of pre-heat period.

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. 6

The use of oven thermometers to check oven temperatures is not recommended as they can be inaccurate and do not necessarily correspond to manufacturers' temperatures.

When placing dishes on the oven compartment floor, care must be taken not to place the dishes beyond the stop.

COLD START COOKING

Casseroles and rich fruit 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 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 32lb provided it is of suitable shape.

'E' Setting

'Hold' (Keep warm). With the Oven Control turned down to the ECONOMY setting the oven temperature will be just right for keeping food warm after cooking without drying out. However, if food is to be kept warm for a long period, it is advisable to cover dishes.

Warming. This economic low E setting may be used for plate and dish warming without fear of spoiling your best china. Light the oven at mark 9 and turn down to the E setting. Wait for the flame to reduce before placing fine china in the oven.

SLOW COOKING

The E setting is suitable for slow cooking.

This method is convenient in so many ways and suits the modern life style. The following advantages can be gained:

The oven stays cleaner because there is little or no splashing.

Dishes included in automatic cooking programmes can often be adapted.

Timing of food is not as critical, and so there is no fear of overcooking.

Inexpensive cuts of meat are cooked to their most tender.

A planned oven load can be very economical.

The cooking time can be extended in some cases by up to 2 hours for latecomers.

The kitchen stays cooler.

FOOD	Oven Control Setting	Shelf Position	Approx. Cooking time and Comments
Toad in the hole	MED	1	45—50 mins. Place the sausages in tin for last 10 mins. of pre-heat period.
Quiche—8" (205mm) metal tin, ½ pt (300ml) filling	MED	2	50 mins. Bake the pastry case 'blind' for 15—20 mins. before adding the filling.
Beef & Onion pies	HIGH	3	30 mins. Cooked from frozen.
Vegetables			
Baked jacket potatoes	MED	1	1½ hrs. Place directly on to shelf.
Baked onions—whole	MED	2	1 hr.
Battered onion rings	HIGH	1	20 mins. Cooked from frozen.
Oven Chips	HIGH	1	20 mins. Cooked from frozen.
Scalloped potatoes (dish covered with foil)	HIGH	2	1 hr. Remove foil for last 10—15 mins.
Puddings			
Apple Amber	LOW	3	30 mins.
Apple Crumble—raw apples	MED	2	45 mins
Apple Tart—9" (230mm) plate	MED	2	55—65 mins
Baked Apples—4 med.	MED	2	40—60 mins
Bread & Butter Pudding	MED	3 or baseplate	55 mins or until 'set'.
Egg Custard—1pt (500ml) milk warmed	MED	2	25—35 mins until set. Allow 45—50 if a bain marie is used.
Egg custard tart—¾ pt (400ml) milk warmed	MED	2	25 mins. Bake the pastry case 'blind' for 15—20 mins. before adding the filling.
Eve's Pudding—baked fruit sponge—1½ pt (900ml) pie dish	MED	baseplate	1 hr. Using raw fruit
Rice Pudding—1pt (500ml) milk—warmed	LOW	2 or 3	2½—3 hrs
Sponge flan case—fatless—2 egg mix	MED	1 or 2	12 mins. Pre-heat for 20 mins. on MEDIUM
Stewed fruit—1lb (450g)	LOW	2	1 hr.
Cakes			
Choux pastry—éclairs	MED	2	35—45 mins.
Christmas cake—8½" (215mm)	LOW	2	4—6 hrs. depending on recipe & size
Fruit Cakes 7" (180mm)	LOW	3	3½ hrs. when using the main oven at the same time. 2½ hrs. 2—2½ hrs. when using the main oven at the same time.

TOP OVEN COOKING CHART

This information has been compiled by using familiar basic recipes during test work. Times can only be approximate and used as a guide because of differences in ingredients, recipes, bakeware and personal taste. For best results always pre-heat the oven for 20 mins. on HIGH unless otherwise stated on the cooking chart.

FOOD	Oven Control Setting	Shelf Position	Approx. Cooking time and Comments
Starters and Savouries			
Paté	LOW	2	2hrs. standing in a bain-marie
Cheese Soufflé	MED	baseplate	30 mins.
Cheese straws	HIGH	2	10 mins.
Sausage rolls	HIGH	1	25 mins. cooked from frozen
Fish			
Baked fish	MED/HIGH	2	20—30 mins.
Crispy cod steaks	HIGH	3	25 mins. cooked from frozen
Russian fish pie	HIGH	2	20 mins
Meat*			
Beef	MED	3	25—30 mins. per lb (450g) + 25—30 mins over
Ham	MED	3	25—30 mins. per lb (450g) + 25—30 mins over
Lamb	MED	3	30—35 mins. per lb (450g) + 30—35 mins over
Pork	MED	3	35—45 mins. per lb (450g) + 35—45 mins over
Pork Chops	HIGH	3	30—45 mins
Chicken	MED	3	25—30 mins. per lb (450g) + 25—30 mins. over
Turkey	MED	3	15—20 mins. per lb (450g) + 15-20 mins. over
Main Course dishes			
Casseroles 1½lb—(700g) meat	LOW	1 or 2	1—3 hrs. depending on cut and quantity of meat
Cornish Pasties	HIGH & LOW	2	1 hr. 15 mins. on HIGH and turned down to LOW for remainder of cooking time.
Chicken Pie	HIGH & LOW	2	55 mins. First 15 mins on HIGH and turned down to LOW for remainder of cooking time.
Shepherds Pie	MED	2	30 mins. with a pre-cooked filling
Pizza (home-made, stone-type base)	HIGH	2	25 mins.

* Meat can be roasted on the HIGH setting if preferred, but the time per lb should be reduced by 5—10 mins.

Bearing in mind these advantages, it therefore 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 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) 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 temp. rise 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.

STORAGE AND RE-HEATING OF FOOD

1. If it is to be frozen or not served immediately, cool the food, 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.

ECONOMY SETTING MENUS

E Setting	Tomato Soup	2½ pt (1.4L) Oval Casserole with Lid	
6—7 hours.	Chilli-Con-Carne	2½ pt (1.4L) Oval Casserole with Lid	
	Long Grain Rice	2 pt (1.1L) Rectangular Pyrex Dish	
	Mushrooms	2 pt (1.1L) Rectangular Pyrex Dish	
	Apricot and Raisin Cheesecake	8" (205mm) Pyrex Souffle Dish	

Method **Shelf Position**

Recipe **2**

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.

CHILLI-CON-CARNE

- 1½ lb (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
 - 1 tsp (15ml 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.

LONG GRAIN RICE

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

MUSHROOMS

- ¾ lb (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.

USING THE TOP OVEN

The big advantage in using the top oven is that smaller amounts of food, e.g. one tray of small cakes, one sponge sandwich, one fruit cake, an average (2lb (900g)) joint costs less to cook than in the large oven. The main oven is then available for bulk baking, entertaining, weekend cooking etc.

However, this does not mean that the top oven is inferior in capacity. It will in fact take a 6—7lb (2.8kg—3.12kg) turkey comfortably, and when not in use is an ideal compartment in which to neatly store the grill pan and grill shelf.

In place of the thermostat is a control which has three fixed settings. These are equivalent to the Mk. numbers on the thermostat control knob. (See chart below). You will soon become familiar with using the top oven, and to obtain the best results the following information and guidelines have been compiled.

- For best results always pre-heat the oven for 20 mins. on the HIGH setting, unless otherwise stated on the cooking chart.
- Remember after 20 mins. pre-heat to turn down the control knob to the desired position if required by the recipe.
- Always push the tray or dish of food right to the shield at the back of the shelf.
- Certain food (joints of meat, bread and souffles) which is higher than, or could rise above 3½" (90mm), may become scorched, being too near the oven roof. To help overcome this some dishes can be placed directly on the oven base (see cooking chart).
- If both ovens are being used simultaneously, it may be necessary when cooking certain dishes in the top oven, on the 'Low' oven control setting, to lower the shelf position.

Chart showing the equivalent thermostat settings and oven heat description

Oven Control Setting	Equivalent Thermostat Setting	Oven Heat Description
Low	1, 2 or 3	Cool or warm
Medium	3, 4, 5 or 6	Moderate or fairly hot
High	6, 7, 8	Hot or very hot

Using this guide and the cooking chart as references, your favourite recipes can be successfully translated for cooking in the top oven. Because individual tastes vary considerably the cooking chart is only a guide. The three oven settings and the 3 shelf positions can be varied to allow the ultimate in flexibility and controllability to suit your own requirements.

When the main oven is in use, the top oven can be used as a plate warming compartment.

DO NOT—

Leave cooked food in the top oven to re-heat or keep warm whilst the main oven only is on. This can create conditions suitable for harmful bacterial growth which may lead to food poisoning due to the transfer of heat from the lower oven.

DO NOT—

Place china in the top oven when the oven is on.

THE TOP OVEN

The top oven is slightly different from the main oven because it does not have a thermostat. The oven control has three fixed settings—LOW, MEDIUM and HIGH. It is just as simple to use (see section on use of oven and cooking chart) and produces excellent results. One shelf with a chromium plated shield is provided in the top oven and can be used in three positions. It has a safety stop to prevent it from being withdrawn too far and has been specially designed for use in the top oven only and **must not** be interchanged with the main oven shelves. The shield is easily removed for cleaning. To remove the shelf, draw it out to the stop, lift the front edge and then pull out. Replace by lifting the front edge so as to pass the shelf stops. The base of the oven can also be used for cooking, and care must be taken not to place dishes beyond the 'stop'. Do not use the oven shelf without the stainless steel heat shield fitted.

The meat tin and cake tray provided with the cooker can be used in either of the ovens.

When cooking foil is used to cover food, it must not be allowed to block the burner opening.

To Light

Place the oven shelf in the required runner position. Push in and turn the control knob fully anti-clockwise to the high setting. The oven burner has lit automatically when the ticking sound stops. There is a delay of up to a minute whilst the safety device operates before the burner comes on full. If there is no ticking sound check the electricity supply to the oven is on.

To turn off push and turn the control knob fully clockwise to the ● mark.

An odour may be noticed on first lighting the oven. This is only due to the newness of the cooker and will quickly pass.

As an aid to cleaning, the oven is fitted with Heat Clean Linings.

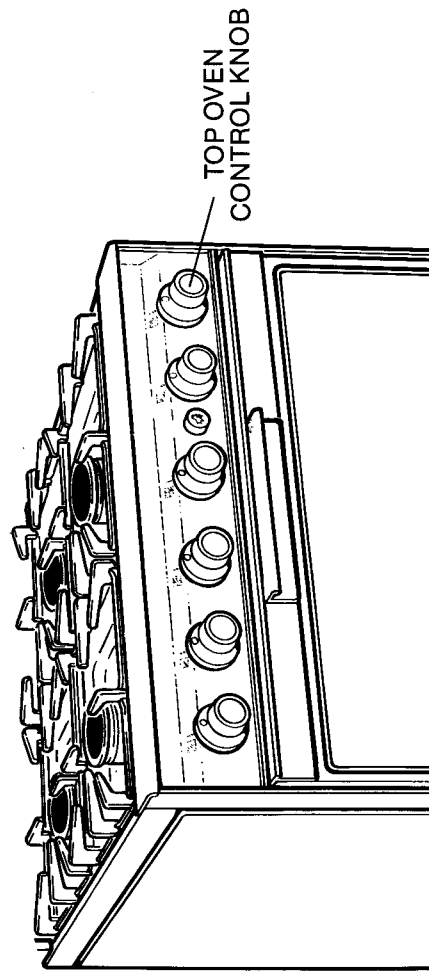


Fig. 8

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

Base

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

ECONOMY SETTING MENUS

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 Souffle Dish

Recipe

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

4

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

VICHY CARROTS

1lb (450g) carrots
1oz (25g) butter
1tbsp (615ml) mixed herbs

2

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 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

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.

4

ECONOMY SETTING MENUS

E Setting Chicken in Wine 3pt (1.6L) Casserole with Lid
6—7 hours. Lyonnaise Potatoes 2pt (1.1L) Rectangular Pyrex Dish.
Leeks in White Sauce 2pt (1.1L) Casserole with Lid
Pineapple Pudding 8" (205mm) Pyrex Souffle Dish

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 (½ L) 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 chicken giblets before serving.

Shelf Position

LYONNAISE POTATOES

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

2

Food	Gas Mark	Shelf Position	Approx. cooking Time and comments
CAKES, PASTRIES & BISCUITS			
Small Cakes—2 trays	5	2 & 4	17—25 mins.
—1 tray	5	2 & 4	25—35 mins.
Victoria Sandwich 2 x 8" (205mm)	4		
Fatless Sponge 2 x 7" (180mm)—			
3 egg mix	5	2	20—25 mins. 2 tins side by side
Christmas Cake	2	3	4—6½ hrs.
Madeira Cake 7" (180mm)	4	3	1¼—1½ hrs.
Rich Fruit Cake 9" (230mm)	2	3	3¼—3½ hrs.
Shortcrust Pastry	6	2 or 3	15 mins—1 hr. depending on recipe
Rich Shortcrust Pastry—1 tray	5	2	20—40 mins. depending on recipe
Flaky & Puff Pastry—2 trays	7	1 & 3	10—30 mins. depending on recipe
—1 tray			
Choux Pastry—Eclairs. 1 tray	6	2	35—40 mins.
Hot Water Crust Pastry	4	3	1½—1¾ hrs.
Scones—2 trays	7	1 & 3 or 2 & 4	10—15 mins.
—1 tray			
Shortbread—7" (180mm) round	2	4	55 mins.—1 hr. depending on thickness
Biscuits—2 trays	4	1 & 3	15—20 mins. depending on recipe
—1 tray			
YEAST MIXTURES			
Bread	7 or 8	4	45—50 mins.
Rolls	7 or 8	4	15—20 mins.
Chelsea Buns	5	4	30—40 mins.
MISCELLANEOUS			
Yorkshire Pudding—large	7	1 or 2	45—50 mins.
—individual	7	1 or 2	25—30 mins.
Souffles	4	3	30 mins.
Merquises	E	4 & baseplate	2—5 hrs. starting on shelf 4 until 'set' and then on the baseplate until dried out—turn when necessary

*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.

MAIN OVEN COOKING CHART

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.

Food	Gas Mark	Shelf Position	Approx. Cooking Time and Comments
Pâtés	3 or 4	4	2 hrs. in a bain-marie
Terrines	4	4	2 hrs. in a bain-marie
FISH			
Oily fish (whole)	4 or 5	3	25 mins.—1 hr 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	4 or 5	4	30 mins. per lb. + 30 mins.
Game	6	4	30 mins. per lb. + 30 mins.
Rabbit	6	4	15 mins. per lb. + 15 mins.
CASSEROLES			
Casseroles	3	3 or 4	4—6 hrs. (depending on cut of meat)
PUDDINGS			
Milk Pudding	3	3	2¼—2½ hrs. on a baking tray and started with warm milk
Baked custard	3	3	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 1 X 9" (230mm)	6	3	45—50 mins. on a baking tray

LEEKS IN WHITE SAUCE

1lb (450g) leeks
6fl.oz. (175ml) water
3fl.oz. (75ml) milk
½oz (12g) butter
½oz (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 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.

4

PINEAPPLE PUDDING

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

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. Pile or pipe the meringue mixture on top of the pineapple sauce. Place in oven on shelf indicated.

4

Meringues

2 egg whites
4oz (100g) caster sugar

E Setting Baked Shoulder of Lamb Meat Tin and Grid
6 hours. Spiced Red Cabbage 3pt (1.8L) Oval Casserole with Lid
only Garlic Potatoes Wrapped in foil and placed directly on oven shelf
Pears in Cider 1½pt (900ml) Casserole with Lid

Recipe	Method	Shelf Position
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BAKED SHOULDER OF LAMB

Shoulder of lamb (approx. 2lb (1.4kg) in weight)

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

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

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

4

1tbsp (15ml) soft brown sugar
 1dsp (10ml) honey
 2tbsp (30ml) flour
 Salt and pepper
 Juice of ½ an orange

GARLIC POTATOES

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

4

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.

PEARS IN CIDER

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

Base of Oven

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

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.

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 (1.8L) Oval Casserole with Lid
 Rice Pudding 2pt (1.1L) Oval Dish
 Flapjacks Swiss Roll Tin 8" x 12" (205 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 tbsp (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 the sausage meat, the egg, garlic, parsley, celery salt, nutmeg, salt, pepper and brandy. Pour into the lined dish and cover with bacon slices.

Shelf Position

4

Meal 2 Mark 6 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). Base of Oven

Cumbræe Liver 2½—3pt (1.4—1.6L) Casserole with Lid.

Carrots 1½pt (900ml) Oval Casserole with lid

Oven potatoes 10¼" (260mm) Oval dish

Baked apples 2pt (1.1L) Flat Oval dish

Recipe Shelf Position

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

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

Carrots 2
 1lb (450g) carrots
 Water to cover
 Salt
 Butter

Oven Fried Potatoes 2
 1lb (450g) prepared potatoes
 1oz (25g) butter
 Seasoning
 Parsley

Baked Apples 4
 4 Med sized apples
 2oz (50g) sultanas
 2—3oz (50—75g) soft brown sugar
 1tbsp (15ml) Golden syrup

Rice Pudding 4
 2oz (50g) pudding rice
 Knob of butter
 1oz (25g) sugar
 1pt (550ml) milk
 Grated nutmeg

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

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.

MEALS FOR THE AUTOMATIC TIMER

E Setting Chicken Risotto 2½ pt (1.4L) Oval Casserole with Lid
 6—7 hours Moussaka 2½ pt (1.4L) Oval Casserole
 Egg Custard 2 pt (1.1L) Oval Dish
 Pavlova Swiss Roll Tin 8" x 12"
 Date Shortbread (205 x 305mm)
 Swiss Roll Tin 8" x 12"
 (205 x 305mm)

Meal 1

Mark 4
2 hours

2½—3pt (1.4L—1.6L) Casserole with Lid

Lamb in red wine
Baked Jacket Potatoes
Broad Beans

Apple Crisp

1½ pt (900ml) Oval Casserole with Lid
1½ pt (900ml) Oval pie dish

Method

Shelf Position

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
¼ pt (150ml) dry white wine
1 pt (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.

2

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

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.

2

Recipe

LAMB IN RED WINE

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

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.

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

If the AUTO indicator flashes, the timer is asking for your attention: Either 'Start Time' has been set and a Stop or Cook time setting is awaited, or the programme has been completed and the 'Cancel' button should be pressed to return the oven to Manual operation. Do NOT forget to turn off the oven thermostat control when returning the timer to Manual operation.

During the cooking period, when the oven is turned on automatically, the oven indicator in the centre of the display will be lit. If the electricity supply is interrupted any set programme will be cancelled. The oven will not come on after the supply is restored.

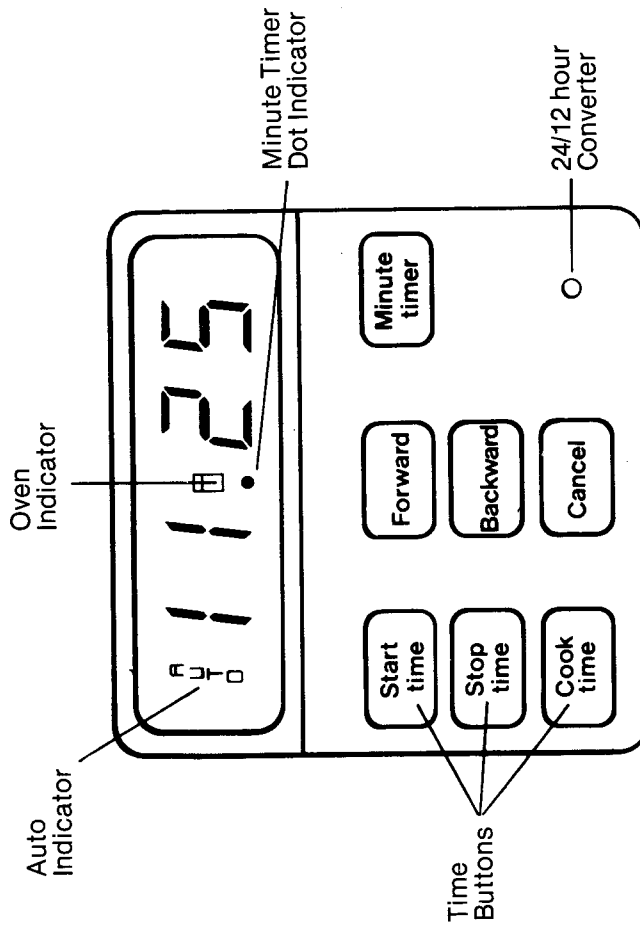


Fig. 7

EGG CUSTARD
 1pt (550ml) milk
 4 eggs, beaten
 2oz (50g) sugar
 Ground nutmeg

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.

PAVLOVA

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

Draw a 7" (180mm) circle on greaseproof paper. Beat the egg whites until soft, 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).

Topping

10fl.oz. (300ml) double cream
 1 tin raspberries
 1oz (25g) chopped 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

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.

MAIN OVEN TIMER

The oven timer incorporates a digital clock, a minute timer and an automatic timer which controls the main oven only. There is no automatic control to the small oven.

The timer has push buttons which can be simply operated with one finger.

TO SET THE TIME OF DAY

Switch on the electricity supply, the display will now flash. To stop the flashing, press the button marked 'Cancel' and within 5 seconds press the button marked 'Forward' to adjust the display to read the correct time. The figures advance slowly at first and speed up after a short time. As the desired setting is approached, release the button and press again to return to the slow speed. If you overrun the desired time press the 'Backward' button.

If there is more than a 5 second delay in pressing the 'Forward' or 'Backward' buttons they will not work and the Cancel button must be pressed to re-start the procedure.

24/12 hour display

When the electricity is switched on the timer operates as a 24 hour clock showing, for example 13.00 and not 1.00 pm. If you prefer to use the 12 hour a.m./p.m. clock, the timer can be converted by pushing a slim probe, such as a matchstick, into the hole just below the 'Minute Minder' button.

When set to operate as a 12 hour clock, the p.m. indicator in the centre of the display will light after noon.

If the electricity supply is interrupted the timer will revert to 24 hour mode when the supply is restored.

MINUTE TIMER

To set, press the 'Minute Timer' button and then within 5 seconds press the 'Forward' button until the desired time is displayed. The longest period which can be set is 9hrs. 59 mins. The display will return to time of day 5 seconds after releasing the 'Forward' button. The dot indicator will now be lit showing that the Minute Timer is set. The setting can be checked at any time by simply pressing the 'Minute Timer' button. The dot indicator will flash in time with an audible signal at the end of the set period.

Stop the signal by pressing the 'Minute Timer' button (NOT the Cancel button).

If you wish to cancel a setting, press the 'Minute Timer' button and then the 'Backward' button until the display reads 00.00.

Automatic Cooking

An automatic cooking programme can be arranged by setting any two of the three 'Time' buttons on the left of the timer.

Before setting the timer decide on which two 'time' buttons to use and work out the figures you wish to set.

If the stop time is set first the timer will not advance more than 9hrs 59 mins from the time of day.

If it is set after a cook time then the timer will advance 23hrs 59 mins.

Press one of these 'time' buttons and within five seconds press and hold the forward or backward button until the desired time is displayed. Immediately press the next chosen 'time' button and again within five seconds, press and hold the forward or backward button until the time is set.

The settings should now be checked. Display the settings by pressing each 'time' button in turn. If a setting is found to be wrong press the cancel button and set the timer again.

Example of Automatic Cooking

The meal is to be cooked by 18.00 hrs. (6.00p.m.).

The food requires 2 hrs. 30 mins. to cook at Gas Mark 3.

The time is now 13.00 hrs. (1.00p.m.).

1. Arrange the oven shelves and place the prepared dishes on them.
2. Check that the clock is showing the correct time of day.
3. Press the 'Cook Time' button and within five seconds press the forward button until 2hrs 30 mins is displayed. Immediately press the 'Stop Time' button and within five seconds press the forward button until 18.00 hrs (6.00 p.m.) is displayed.
4. Check the settings by pressing each 'Time Button' in turn. If a setting is found to be wrong, press the cancel button and set the timer again.
5. Set the oven control to gas mark 3.
6. When the cooking is completed return the timer to Manual by pressing the 'Cancel' button and turn the oven control OFF.

TO SET OVEN TIMER TO 'STOP' ONLY

1. Arrange the oven shelves and place the prepared dishes on them.
2. Press the 'Stop Time' button and within 5 seconds press the 'Forward' button until the desired time is displayed.
3. Turn on the oven control knob to the correct gas mark.
4. When the cooking is completed return the Timer to Manual by pressing the 'Cancel' button and turn the oven control OFF.
During a period of manual cooking the need may arise to complete the cooking automatically.
Set the remaining time as in point 2 above.

TO SET THE OVEN TIMER TO START ONLY

1. Arrange the oven shelves and place the prepared dishes on them.
2. Press the 'Start Time' button and within 5 seconds press the 'Forward' button until the starting time is displayed. After a delay of 5 seconds the 'AUTO' indicator will start to flash.
3. Press the 'Cook Time' button and within 5 seconds press the 'Forward' button until a time in excess of the cooking time is displayed.
Remember that food left for too long beyond the recommended cooking time will deteriorate.
4. Turn the oven control knob to the correct gas mark.
5. When the cooking is completed return the timer to manual by pressing the 'Cancel' button and turn the oven control OFF.