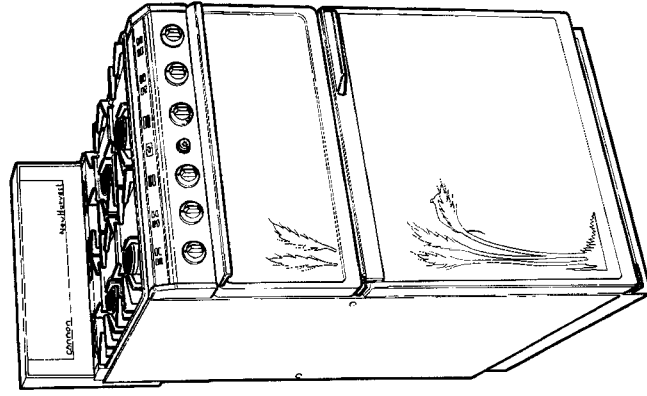


Our policy is one of continual improvement in design and development, therefore strict accuracy of illustrations and descriptions cannot be guaranteed.

Cannon

NEW HARVEST



Cannon

THE FIRST NAME IN GAS

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

Sales: Telephone: 0782 385500 Facsimile: 0782 385544
Service: Telephone: 0782 385550 Facsimile: 0782 388360
Spares: Telephone: 0782 385555 Facsimile: 0782 388289
Technical: Telephone: 0782 385560 Facsimile: 0782 399563

User's Booklet

Data Badge is located below oven base on LH side of trucking plate. (Remove oven base for access)

Serial No. is located on LH front of oven viewed when door is open.

G.C. Appliance Nos. 11 132 23 (White)
11 132 20 (Brown)

A Natural Gas Appliance

Leave these instructions in the envelope with the User.

CONTENTS	PAGE
INSTALLATION	1
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HOTPLATE	4
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OVEN	7
OVEN COOKING CHART	20
'E' SETTING	8
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CANNON NEW HARVEST
 G.C. Appliance No. 11 132 20 Brown
 11 132 23 White

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 BS5386: Part 3: 1980 and has also been approved by British Gas to satisfy additional requirements.

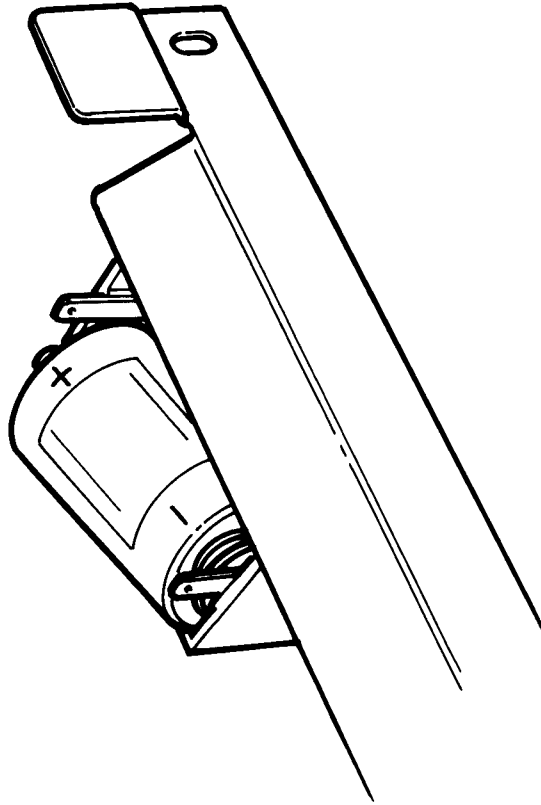
DIMENSIONS OF APPLIANCE

Height with Splashback fitted	1106mm	Width 535mm
Height with Splashback removed	926mm	Depth 600mm

YOUR CANNON COOKER SHOULD BE:

1. Installed by a competent person according to "Gas Safety (Installation & Use) Regulations 1984". In the U.K. CORGI installers work to safe Standards.
 2. Placed so that adjacent walls or cabinets do not overheat.
- For wall and cabinet clearances see Installation and Maintenance Instructions booklet page 3.
- The splashback is designed to be customer removable as an optional installation feature. (See page 26 for details)

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. If less than 6m³ the kitchen is not suitable. This cooker should not be installed in a bed-sitting room of less than 21m³.
6. The Battery Holder is located behind the plinth front panel and should be inserted as shown below. Refer to "Replacing Battery" page 26.



TO RE-FIT

Remove both oven base retaining clips and discard.

Position the new rear lining in front of the existing back panel with the two holes at the top and with the speckled side forwards.

Fit the right hand side lining with the cutaway edge to the top and the flat rims to the front and rear. The rear flat rim fits alongside the back lining (Fig. 7) and the front rim is held by the bright metal trim.

Fit the left hand side lining in the same way.

Slide in the roof lining with the speckled side downwards.

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

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

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

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.

REPLACING THE BATTERY

Undo the two fixing screws and remove the plinth. The battery is to the right. Fit the new battery with the marks + and - to match the marks on the battery holder. Only use a standard SP2 sealed torch battery as supplied with the cooker. These are available from most electrical suppliers.

REMOVING THE SPLASHBACK (When not required)

1. Pull cooker forward to allow access to the rear.
2. Support splashback and remove 4 fixing screws 'A' (See Fig. 8)
3. Lift splashback clear of appliance.
4. Refit fixing screws 'A' including spacers fitted to top two screws.

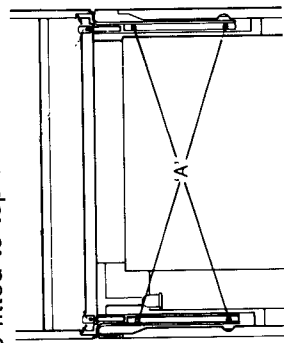


Fig. 8

CHECK POINTS

Ignition failure

If all burners fail to ignite check that the battery is fitted correctly, and that it is in good condition and does not need replacing.

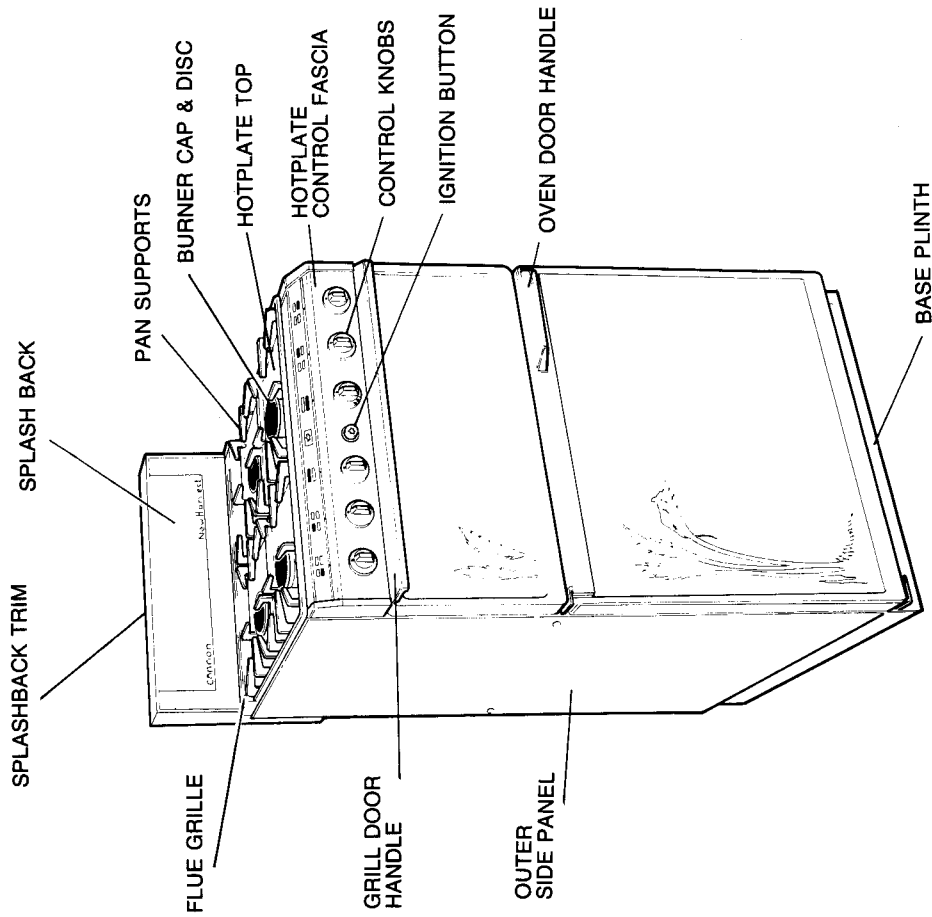
If only a hotplate burner does not light, check that the gas-way and airhole in the burner is not blocked. (Fig. 6)

GETTING TO KNOW THE NEW HARVEST

Please take time to read these instructions carefully as they will help you to use and understand the Cannon New Harvest. 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.

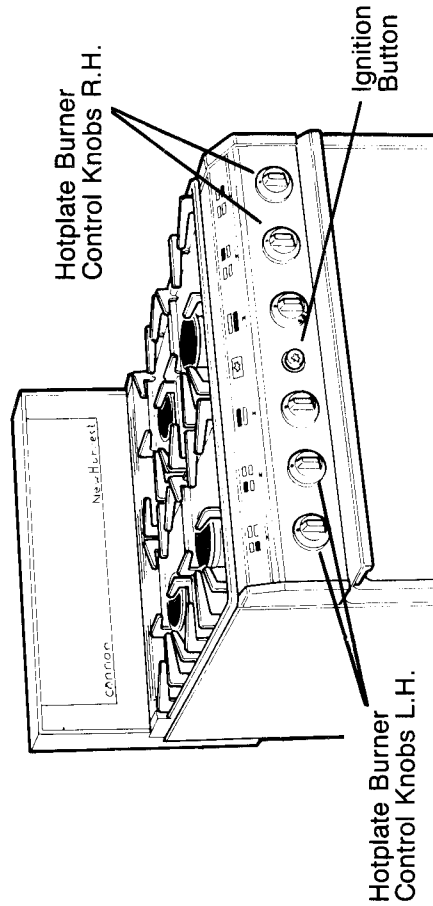
Fig. 2







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. 3



TO USE THE HOTPLATE

Check that the battery is fitted. Choose the burner to be used. Push in and turn the control knob (Fig. 3) 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 further symbol  indicates an even lower setting. To turn off, turn the control knob fully clockwise to the symbol . 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.

HEAT CLEAN LININGS (If fitted)

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.

In the event of becoming badly stained and their cleaning effect lessened, side and roof lining can be replaced and an extra lining fitted over the back panel. All of these linings can be obtained from your local supplier.

To remove:

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 lining; lift out the lining.

The right hand lining is removed in the same way.

(DO NOT REMOVE THE TRAY STOP)

Fig. 7

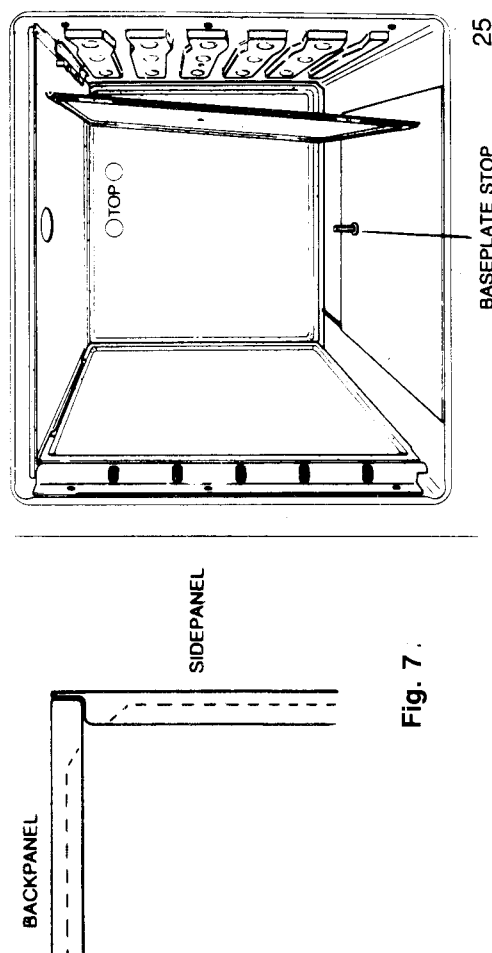




Fig. 7

THE GRILL

The grill is supplied with a large grill pan sliding on runners, two sets of runners within the grill compartment provide two grilling positions.

TO USE THE GRILL

Pull open the grill door and remove the grill pan. With the door still open push in and turn the control knob fully anti-clockwise to the large flame symbol  (Fig. 3)

Press in the ignition button until the electric spark lights the grill burner and adjust the control knob to the correct setting. If the low setting is required, turn the control knob clockwise to the  mark. To turn off the gas, turn the control fully clockwise to the symbol .

WHEN USING THE GRILL PAN:

Slide the grill pan on the runners towards the rear of the grill compartment until it touches the stop.

TO STORE THE GRILL PAN:

The grill pan can be stored in the compartment on the high runner position. Push down on the handle and slide the grill pan towards the back.

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

DO NOT

- push the grill pan past the 'stop' position during cooking.
- use the grill with the door closed. It **MUST** remain open during use.
- store the grill pan when the burner is alight or immediately after use.
- operate the grill without the pan or dish in position. This could result in damage to the enamelled floor of the grill compartment.

Due to normal usage it is possible that grill pan handles may become/work loose. It is recommended therefore that they are periodically checked and re-tightened if necessary, using a standard screwdriver.

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.

Glass

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

Chromium plated

Oven shelves
Wipe with a cloth wrung out in hot soapy water. A liberally soaped very fine steel wool pad e.g. Brillo, Ajax etc., or a chrome or stainless steel cleaner may be used.

Grill pan handles
Lower door hinge bracket (black chrome)

Grill pan grid

Plastic

Grill pan handle
Wipe with a cloth dampened with hot soapy water.
Control knobs and buttons
Stubborn stains may be removed with a cream cleaner, carefully applied.

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. 6)

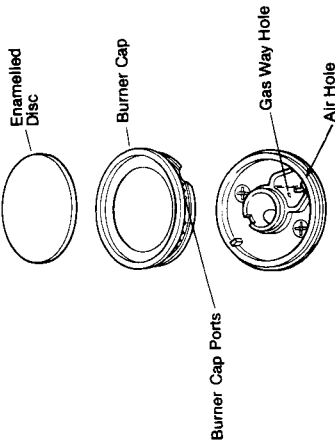


Fig. 6

GRILLING CHART

The following chart is given as a guide, but can be altered to suit personal taste and to allow for differences in thickness and size of food. The grill can be used from 'cold', but for best results pre-heat for 2 mins.

Grill Setting	Runner Position	Examples of Use
HIGH	HIGH	Toast, crumpets, bacon, thin sausages, beefburgers, kidneys fish fingers, fillet steak, tomatoes and toasted snacks.
HIGH	LOW	Thick sausages, rump & sirloin steak, fish fillets, fish steaks and small whole fish.
LOW	LOW	Chicken portions, chops and large whole fish.

For au gratin dishes e.g., Macaroni cheese etc., and meringue toppings e.g., Baked Alaska, stand the dish directly on the floor of the grill compartment, the base of the grill pan can be used for warming fruit garnishes on the LOW setting, or cooking onion rings and sauté potatoes on the HIGH setting.

COOKER PART AND FINISH

CLEANING METHOD

Vitreous Enamel	Clean with a cloth wrung out in hot soapy water.
Grill door (Inner and outer panel)	Stubborn stains can be removed with a cream, paste or liquid cleaner or by gently rubbing with well moistened, liberally soaped very fine steel wool pads e.g. Brillo, Ajax etc. Check that the cleaning agent used is approved by the Vitreous Enamel Development Council. The pan supports can be removed individually and taken to the sink or dishwasher. If aluminium based pans are used a silvery deposit may appear on the top edge of the pan supports.
Oven door	
Hotplate control fascia	
Hotplate top	
Pan supports	
Burner cap discs	
Roasting tin	
Baking tray	
Grill pan	
Oven baseplate	
Inside of the oven door	
Flue grille	

Paint

Base plinth	Wash with a cloth wrung out in hot soapy water only.
Grill door handle	
Splash back trim	DO NOT USE ABRASIVES.
Outer side panels	

Aluminium

** Burner caps
Burner bodies

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.
When cleaning near any burner avoid pressing the ignition button on the control panel.
Should this happen, no harm will result but a sharp momentary shock may be felt.

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 (if fitted).

COOKER MOBILITY

To move the cooker forward open the grill compartment door and with both hands positioned under the roof of the compartment, lift and pull the cooker. Check that the cooker is level using a spirit level or a saucer of water.

CAUTION

Some soft or badly fitted floor coverings can be damaged when the cooker is moved across their surface for cleaning.

WARNING

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 OVEN

The oven has two shelves which can be used in five shelf positions (Fig. 4).

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.

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 is 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. 4).

TO USE THE OVEN

Check that the battery is in position.

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 8 & 11).

Refer to the cooking chart (page 20) and place the oven shelf (or shelves) in the required position(s). Push in and turn the oven control (Fig. 5) fully anti-clockwise to the highest Mark number and press the ignition button to light the oven. Turn the thermostat control to the required setting. 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.

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.

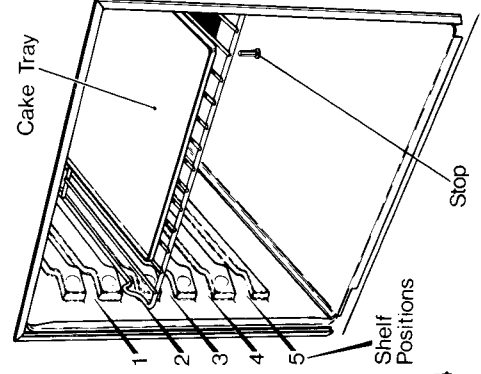


Fig. 4

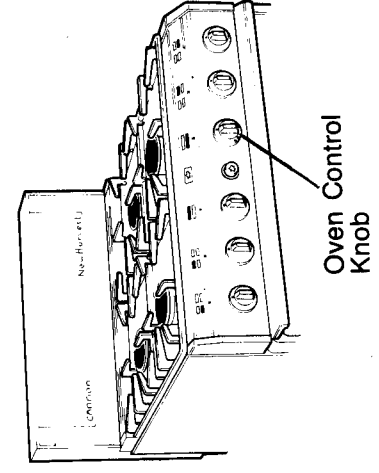


Fig. 5

This oven has zoned heat. The thermostat setting refers to the middle of the oven. It is warmer above and cooler below. By using these zones of heat, food requiring different temperatures can be cooked together in the oven.

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 (11.5kg) 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 (14.5kg) 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 2 hrs. 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.

*Meat and poultry can be high temperature roasted at gas mark 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.

Food	Gas Mark	Runner Position	Approximate Cooking Time and Comments
CAKES, PASTRIES & BISCUITS			
Small cakes - 2 trays	5	1 & 3	17 - 25 mins.
- 1 tray	5	2 only	25 - 35 mins.
Victoria sandwich 2 x 8" (205mm)	4	2 & 4	25 - 35 mins.
Fatless sponge 2 x 7" (180mm)	5	2	20 - 25 mins. 2 tins. side by side
Christmas cake	2	3	4 - 6 1/2 hrs.
Madaira cake 7" (180mm)	4	3	1 1/4 - 1 1/2 hrs.
Rich fruit cake 9" (230mm)	2	3	3 1/4 - 3 1/2 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
Choux pastry, eclairs - 1 tray	6	2	35 - 40 mins.
Hot water crust pastry	4	3	1 1/2 - 1 3/4 hrs.
Scones - 2 trays	7	1 & 3	10 - 15 mins.
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	4	2 only	
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.
Meringues	4	3	2 - 5 hrs. starting on shelf 4 until 'set' & then on the baseplate until dried out - turn when necessary

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	Runner Position	Approximate 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 and 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	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 pudding	1	4 or 5	15 mins. or until 'tinged' with brown
Apple pie 1 x 9" (230mm) 2 x 9" (230mm)	6	1 & 3	45 - 55 mins. on a baking tray 45 - 55 mins. (interchanged after 30 mins)

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 (2.7kg) 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 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.
16. Dried red kidney beans must be boiled for a minimum of ten mins after soaking, before inclusion in any dish.

STORAGE AND RE-HEATING FOOD

1. If the 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.

Recipe PAVLOVA

3 egg whites
6oz (175g) caster sugar
½tsp (2.5ml) vanilla essence
½tsp (2.5ml) vinegar
1 tsp (5ml) cornflour

Method

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).

Base of
Oven

DATE SHORTBREAD

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

Filling

8oz (225g) cooking dates
2oz (50g) sugar
¼pt (150ml) orange juice

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

2

Recipe
CASSEROLE OF BEEF IN RED WINE

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

Method

Trim the fat off the beef and cut into 1" (25mm) cubes. Rind and chop the bacon into a large bowl and marinate in wine for at least 4 hours. Peel and slice the carrots. Finely chop the onions and slice the mushrooms. In 1oz (25g) of the butter fry the beef and the bacon until browned. (Retain the wine used for marinating). Place the meat into a casserole dish. In remaining butter fry the vegetables, garlic and tomato 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.

2

**Shelf
Position**

Recipe
MUSHROOMS

3/4lb (350g) mushrooms, sliced
1oz (25g) butter
Salt and pepper
Lemon Juice

Method

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

4

APRICOT & RAISIN CHEESECAKE

Base

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

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 fillings).

4

Filling

10oz (275g) cottage cheese
1/4pt (150ml) double cream
1oz (25g) plain flour
1oz (25g) caster sugar
3 eggs beaten
3oz (75g) dried apricots
1oz (25g) raisins

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.

* * *

RICE PUDDING

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

4

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

FLAP JACKS

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

2

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

* * *

**Shelf
Position**

Recipe
PORK PAPRIKA

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

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.

2

'E' Setting
6 - 7 hours

Chicken Risotto
Moussaka
Egg Custard
Pavlova
Date Shortbread

2 1/2pt (1.4L) Oval casserole with lid
2 1/2pt (1.4L) Oval casserole
2pt (1.1L) Oval dish
Swiss roll tin 8" x 12"
(205mm x 305mm)
Swiss roll tin 8" x 12"
(205mm x 305mm)

Recipe	Method	Shelf Position	Recipe	Method	Shelf Position
LYONNAISE POTATOES Butter for greasing 1lb (450g) peeled potatoes, thinly sliced 1 medium onion, sliced ¼pt (150ml) soured cream 2 oz (50g) grated cheese Chopped parsley	Grease a shallow dish with butter. Arrange a layer of potato, then onion, and finally potato in the dish. Pour over the soured cream, sprinkle with grated cheese and parsley. Cover well with foil.	2	BAKED SHOULDER OF LAMB Shoulder of lamb approx. 3lb (1.4kg) in weight	Wrap the lamb in foil and place on the grid over the roasting tin.	2
LEEKS IN WHITE SAUCE 1 lb (450g) leeks 6 fl.oz (175ml) water 3 fl.oz (75ml) milk ½ oz (12g) butter ½ oz (12g) flour Salt and pepper	Wash the leeks and if small leave whole – otherwise cut into lengths suitable for dish to be used. Boil the vegetables in the water for 2 minutes. Strain the liquid into a measure. Place the vegetables into a casserole with a well fitted lid. Melt the fat in a pan, stir in the flour, cook for a minute and then gradually add the liquid (made up of 3 fl.oz (75ml) vegetable liquid and 3 fl.oz (75ml) milk. Cook the sauce until it thickens, season to taste and pour over the leeks. Cover tightly.	4	SPICED RED CABBAGE 2 oz (50g) butter 2 onions, sliced 1lb (450g) cooking apples, sliced 2lb (900g) red cabbage, finely chopped 3tbsp (45ml) cider & honey vinegar 1dsp (10ml) soy sauce 1tbsp (15ml) soft brown sugar 1dsp (10ml) honey 2tbsp (30ml) flour Salt and pepper Juice of ½ an orange	Melt the butter and fry the onions and apples. Add the remaining ingredients, stir well and transfer to a casserole. Cover tightly.	4
PINEAPPLE PUDDING 1½ oz (35g) cornflour ½ pt (300ml) milk ¼ pt (150ml) pineapple juice (made up with water if necessary) 1 oz (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 ¼pt (150ml) with water and add to the sauce with the sugar, and liquidize. Add the 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 the top of the pineapple sauce. Place in oven on shelf indicated.	4	GARLIC POTATOES 4 large potatoes 2 oz (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 in foil squares, pour over the butter in between each slice – season and cover tightly with foil.	4
MERINGUE 2 egg whites 4 oz (100g) caster sugar	* * *		PEARS IN CIDER 1lb (450g) pears 3 – 4 oz (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
'E' Setting 6 hours only	Baked Shoulder of Lamb Spiced Red Cabbage 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			