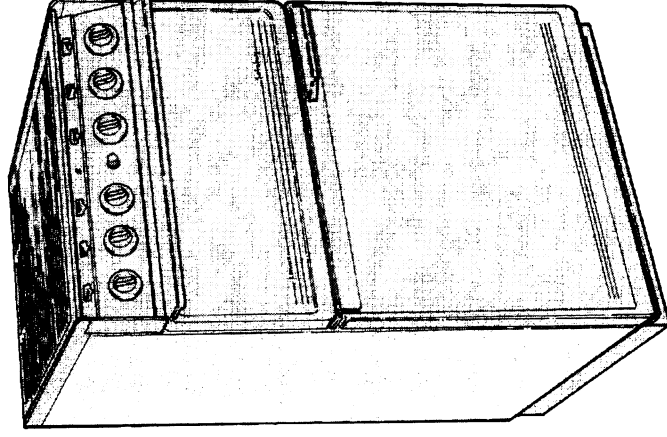


Our policy is one of continual improvement in design and development, therefore strict accuracy of illustrations and descriptions cannot be guaranteed.

Cannon

SALISBURY



User's Book

Leave these instructions with the User.

The Data Badge is located below oven base.

A Serial No. is located on the LH side of Oven behind the seal, viewed when door is open.

A Natural Gas Appliance.

G.C. Appliance Nos. 11 132 35 (White)
11 132 34 (Brown)

Part No. 910100064

Cannon

THE FIRST NAME IN GAS

*Creda Limited,
PO Box 5, Grindley Lane, Blythe Bridge,
Stoke-on-Trent ST11 9LJ.*

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

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CANNON SALISBURY

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INSTALLATION

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

The appliance complies with British Standards Specification BS5386: Part 3: 1980 and carries the BSI safety mark.

DIMENSIONS OF APPLIANCE:

Height 900mm (to top of side trim)	Width 535mm	Depth 600mm (to trim)
---	-----------------------	------------------------------------

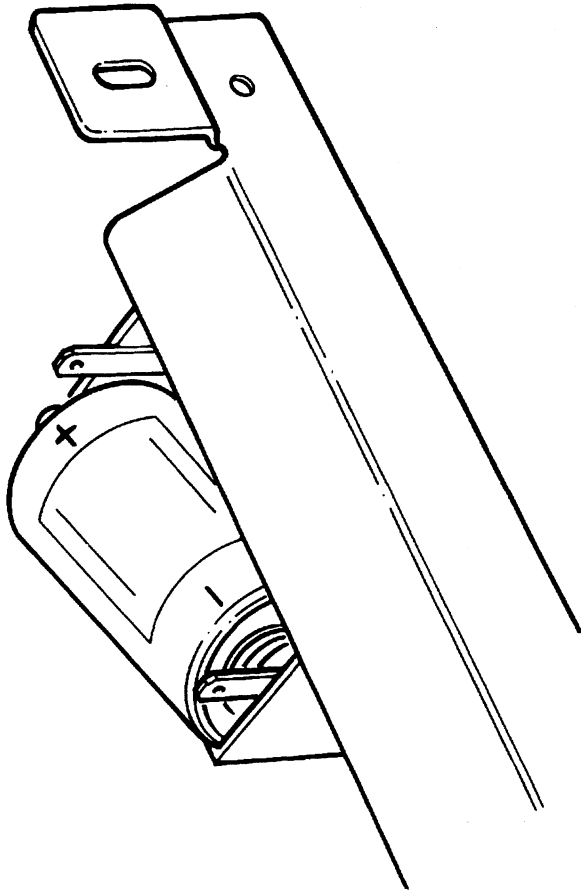
YOUR CANNON COOKER SHOULD BE:

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 in accordance with dimensions given in your Installation and Maintenance instructions, Section Space for Fitting, page 5.
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.

INSTALLATION

- The Battery Holder is located behind the plinth front panel and should be inserted as shown below. Refer to "Replacing Battery" page 31.

Fig. 1



SPARES & SERVICING

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

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

APPLIANCE	-	Cannon Salisbury
G.C. NUMBER	-	White Model 11 132 35 Brown Model 11 132 34
SERIAL NUMBER	-	For your convenience enter the appliance serial number in the box below: <input type="text"/>

The number is located on the left hand side of oven behind the seal, viewed when the door is open.

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

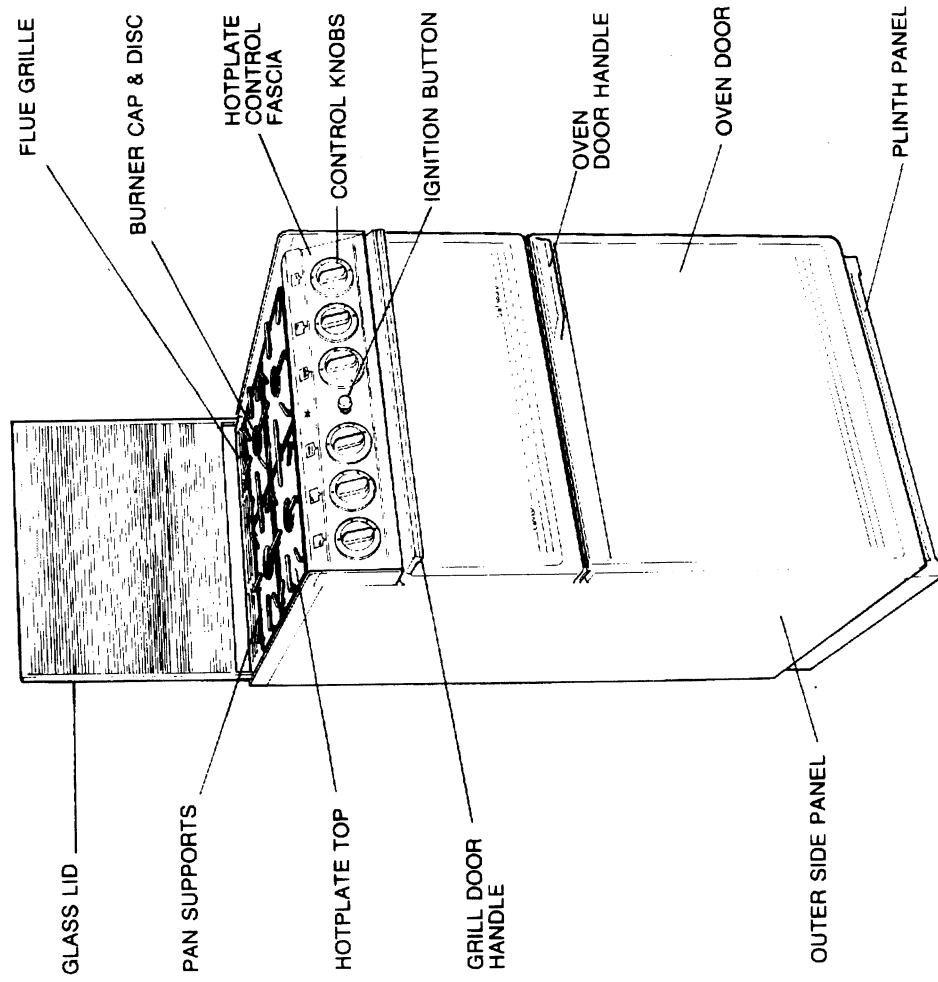
Repairs carried out by unauthorised or inexperienced persons may cause injury or more serious malfunctions. Maintenance must be carried out by a competent, CORGI registered person.

GETTING TO KNOW THE CANNON SALISBURY

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



CARE AND CLEANING

TO RE-FIT

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 panel (Fig. 9) 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 lining **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.

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. 8)

If the above remedies fail to correct the fault, call in your suppliers engineer.

THE HOTPLATE

The hotplate lid is fitted with a safety device which cuts off the gas supply to the hotplate burners unless the lid is fully open. Do not use the safety device as a means of controlling the hotplate burners.

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.

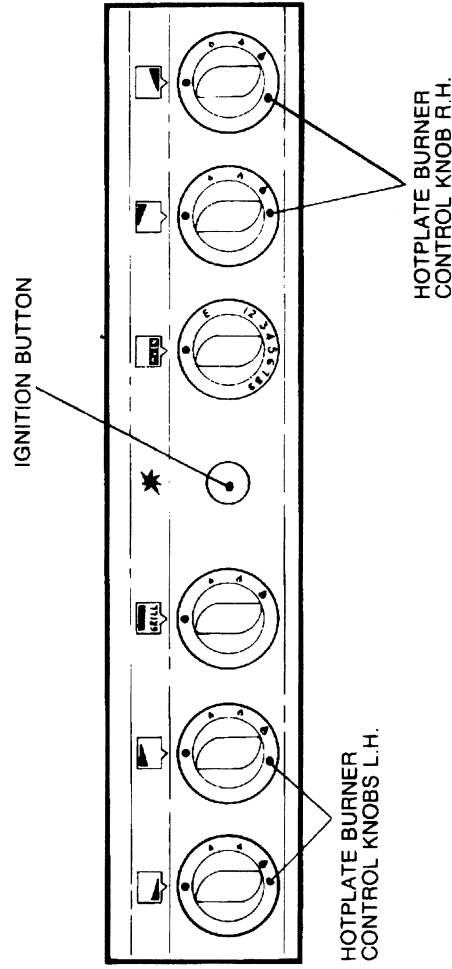
The pan supports can be fitted over any of the burners and for ease of cleaning, can be removed individually and taken to the sink. If a pan boils over it may be transferred to another burner to avoid burnt-on spillage.

Pans of size 100mm (4") to 230mm (9") may be used. All pans should be positioned centrally over the burners.

TO USE THE HOTPLATE

1. Check that the battery is in position.
2. Choose the burner to be used.
3. Push in and turn the control knob (Fig. 3) fully anti-clockwise to the large flame symbol ▲. Press the ignition button until the spark lights the burner, then turn the control knob to the desired position.
4. A simmer stop can be felt at the flame symbol ▲ marked on the control knob and a further symbol ▲ indicates an even lower setting.
5. 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.

Fig. 3



CARE AND CLEANING

HEAT CLEAN LININGS

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

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

CUSTOMER REPLACEABLE PARTS

Replacing the linings.

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

To remove:

Slide out the oven roof lining.

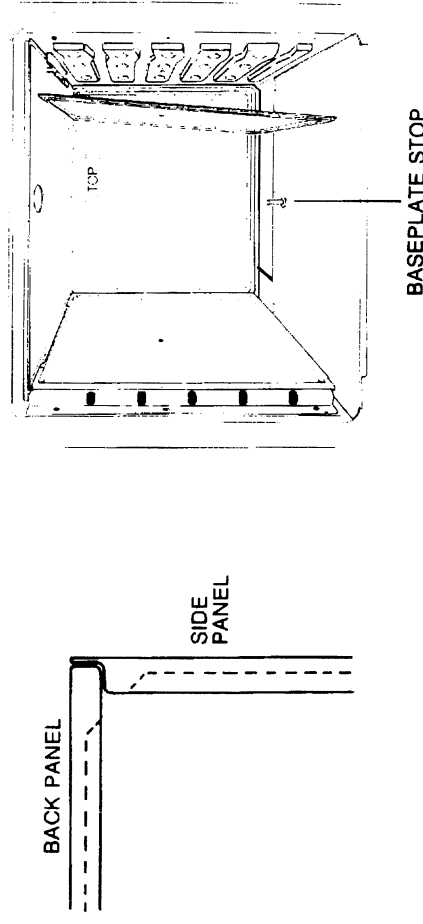
Remove the three screws holding the left hand bright metal trim to the front of the oven, and remove the trim.

Remove the fixing screw from the centre of the left hand side lining; lift out the panel.

The right hand lining is removed in the same way.

(DO NOT REMOVE THE TRAY STOP).

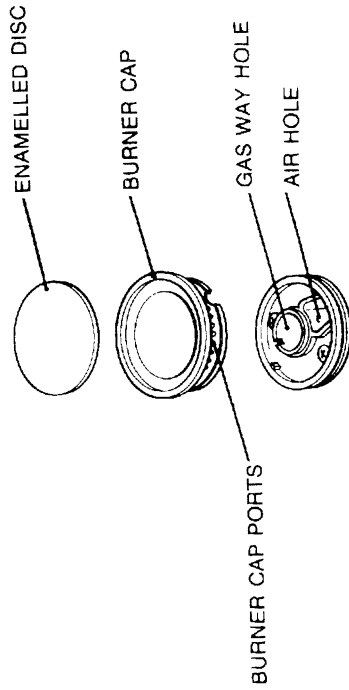
Fig. 9



CARE AND CLEANING

**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. 8)

Fig. 8



COOKER PART AND FINISH

CLEANING METHOD

Glass

Lid

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

Chromium plated

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

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.

Plastic

Grill pan handle
Control knobs and button
Oven Door Handle

Wipe with a cloth **dampened** with hot soapy water.
Stubborn stains may be removed with a cream cleaner, carefully applied

Sheet steel

Oven burner
Grill burner

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

THE HOTPLATE

DO NOT press the ignition button when any of the burner caps are removed, as this may reduce the life of the spark generator.

DO NOT leave items that could catch fire (tea towels etc.) near to burners or over the flue outlet.

DO NOT use badly designed or misshaped pans which may be unstable.

DO NOT allow pan handles to stick out beyond the hotplate (where they can be knocked) or over another burner.

DO NOT fill chip pans more than one third full with oil or fat.

DO NOT wear garments with long flowing sleeves whilst cooking or garments which might catch fire easily.

DO NOT use round based Woks directly on the pan supports.

DO NOT light the burner until the pan is in position.

DO NOT use the glass lid as a work surface.

HOW TO DEAL WITH A 'FAT FIRE'

DO NOT PANIC

Turn off the hotplate burner if possible.

Smother the flames with a lid, a dampened cloth or a fire blanket.

If available use a dry chemical, or foam type extinguisher.




DO NOT USE WATER

DO NOT MOVE THE PAN. This could cause the fire to spread.

THE GRILL

The grill has a large grill pan with a wire grid which can be used on two runner positions. Grilling can be started from cold but for best results, pre-heating for approximately 2 minutes will be beneficial.

TO USE THE GRILL

1. Check that the battery is in position.
2. Pull open the grill door and remove the grill pan.
3. With the door still open push in and turn the control knob fully anti-clockwise to the large flame symbol  (Fig. 4) Press in the ignition button until the spark lights the grill burner and adjust the control knob to the correct setting. A lower setting is found at the symbol .
4. To turn off, turn the control knob fully clockwise to the symbol .
5. Slide the grill pan along the runner towards the rear of the grill compartment until it touches the stop. The grill pan can be stored in the grill compartment on the high runner position push down on the handle and slide the grill pan to the back.

An odour may be noticed on first lighting the grill, this is due to newness and will quickly disperse.

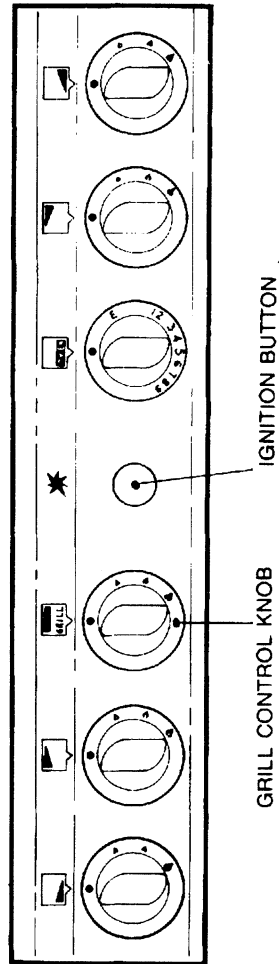
DO NOT push the grill pan past the 'stop' position during cooking.

DO NOT use the grill with the door closed. It **MUST** remain open during use.

DO NOT store the grill pan when the burner is alight or immediately after use.

DO NOT operate the grill without the pan or dish in position. This could result in damage to the enamelled floor of the grill compartment.

Fig. 4



CARE AND CLEANING

COOKER PART AND FINISH

CLEANING METHOD

Vitreous Enamel

Grill door (Inner and outer panel)
 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

Clean with a cloth wrung out in hot soapy water.

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

Paint

Base plinth
 Grill door handle
 Lid frame
 Outer side panels

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

DO NOT USE ABRASIVES

Aluminium

* Burner caps
 Burner bodies
 Cooker side trims
 Fascia side trims

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, if the electricity supply has been left on, 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. It is better to clean the cooker when it is cool. Try to wipe any spills as they occur to prevent them from becoming burnt on.

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

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

COOKER MOBILITY

The cooker may be pulled out for cleaning.

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 forward.

Replace by pushing the cooker backwards. Check that the cooker is level by using a spirit level or a saucer of water.

WARNING

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

CAUTION

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

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

THE GRILL

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 sauté potatoes on the HIGH setting.

CAUTION:

Accessible parts may be hot when the grill is used. Young children should be kept away.

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.

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

THE OVEN

The oven has two straight shelves and one cranked shelf providing ten possible cooking levels, numbered from the top, see Fig. 5.

Each shelf has a safety stop to prevent it from being pulled out too far when attending to food. The cranked shelf can be pulled out slightly further than the two straight shelves whilst still retaining the safety stop.

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. 5).

Although this cooker operates within specified standards the oven door and sides will become hot. Small children should be constantly supervised so that accidents do not happen.

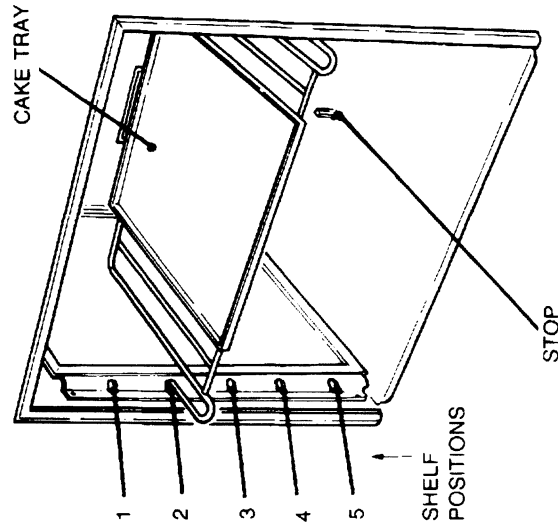


Fig. 5

'E' SETTING MENUS

Recipe	Method	Shelf Position
EGG CUSTARD 1pt (550ml) milk 4 eggs, beaten 2oz (50g) sugar Grated 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.	4
PAVLOVA 3 egg whites 6oz (175g) caster sugar ½tsp (2.5ml) vanilla essence ½tsp (2.5ml) vinegar 1 tsp (5ml) cornflour	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	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
8oz (225g) butter		
4oz (100g) sugar		
Filling 8oz (225g) cooking dates 2oz (50g) sugar ¼pt (150ml) orange juice		

'E' SETTING MENUS

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

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

Shelf Position

Method

Recipe

CHICKEN RISOTTO

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

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.

MOUSSAKA

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

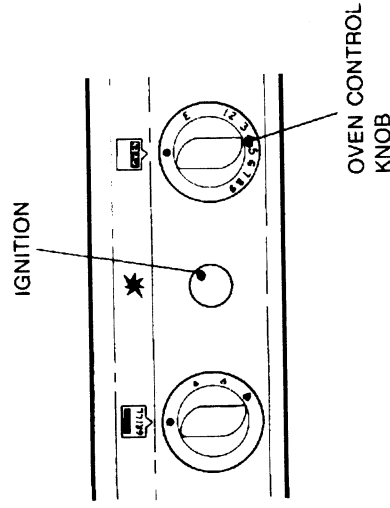
Sauté the onion and garlic in the oil until clear. Add the mince and cook until brown. Add the chopped mushrooms, tomatoes (strained), parsley and seasoning. Stir in the tomato purée and stock and put aside. Slice the aubergines (thinly) and fry on both sides in hot oil and drain on kitchen roll. Line 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.

THE OVEN

TO USE THE OVEN

1. 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 15 & 17).
2. Refer to the cooking chart (page 13) and place the oven shelf (or shelves) in the required position(s).
3. Push in and turn the oven control (Fig. 6) fully anti-clockwise to the highest Mark number and press the ignition button to light the oven, look to see that the burner is lit. 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 fully. The flame stays high during the heating up time and is then reduced automatically to keep the oven at the required gas Mark.
4. To turn off: turn the thermostat control knob fully clockwise to the symbol ●.

Fig. 6



A smell may be noticed upon first lighting the oven; this is due to the newness and will quickly disperse.

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

THE NEW TRIPLE 'S' OVEN 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 ten shelf positions in the oven, enabling full use of all the levels of heat throughout the oven.

This system can be used for:

- Bulk baking, using three levels for variations on a recipe, e.g. three types of biscuits, three types of scones etc.
- 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:

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

Mark No.	Approx. Equivalent Mark No. at Shelf Position									
	1	2	3	4	5	6	7	8	9	10
E	1 1/2	1	E	E	E-	E-	E-	E-	E-	Floor
1	2	1 1/2	1	E/1	E	E-	E-	E-	E-	
2	3	2 1/2	2	1	E	E	E	E	E	
3	4 1/2	4	3	2	2	E/1	E	E	E	
4	5 1/2	5	4	3	1 1/2	E/1	E/1	E/1	E/1	
5	6 1/2	6	5	4	2	2	2	2	2	
6	8	7	6	5	2 1/2	2 1/2	2 1/2	2 1/2	2 1/2	
7	9	8	7	5 1/2	3 1/2	3 1/2	3 1/2	3 1/2	3 1/2	
8	9+	9	8	6	4 1/2	4 1/2	4 1/2	4 1/2	4 1/2	
9	9+	9+	9	7	5	5	5	5	5	

'E' SETTING MENUS

Shelf Position

Recipe Method

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 tbs (45ml) tomato puree
- 1/2pt (300ml) beef stock
- 1 1/2oz (35g) flour
- Salt and pepper

Trim the fat off the beef and cut into 1" (25mm) cubes. Rind and chop the bacon into a large bowl and marinate in wine for at least 4 hours. Peel and slice the carrots. Finely chop the onions and slice the mushrooms. In 1oz (25g) of the butter fry the beef and the bacon until browned.

(Retain the wine used for marinating). Place the meat into a casserole dish. In remaining butter fry the vegetables, garlic and tomato puree - add these to the meat and pour over the wine. Gradually stir the stock into the flour and bring to the boil stirring well. Season and pour over the casserole - mix well and cover.

RICE PUDDING

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

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

FLAP JACKS

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

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

2

4

2

'E' SETTING MENUS

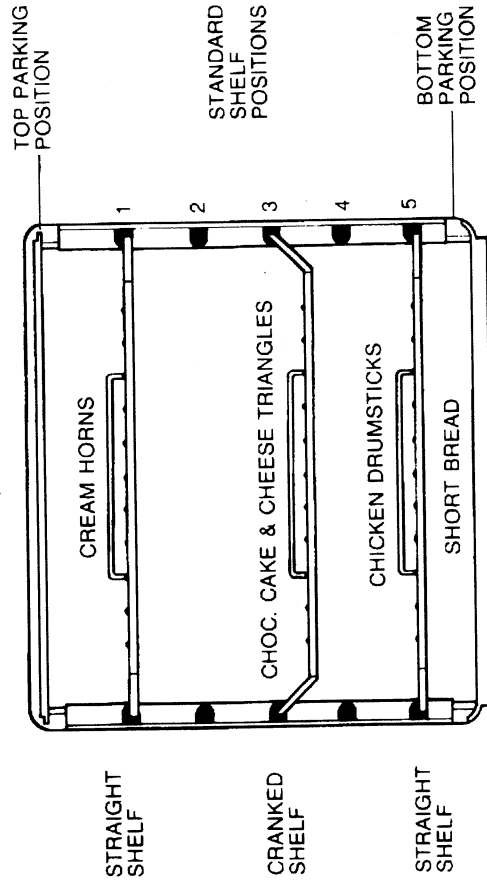
THESE 'CONVENIENCE' MENUS ARE NOT DESIGNED AS COMPLETE MEALS, BUT AS INDIVIDUAL DISHES WHICH CAN BE USED AT A LATER TIME.

'E' Setting	Recipe	Method	Shelf Position
6 - 7 hours	Cannon Liver Paté Cream of Celery Soup Casserole of Beef in Red Wine Rice Pudding Flapjacks	2pt (1.1L) Rectangular casserole 2½pt (1.4L) Oval casserole with lid 3pt (1.6L) Oval casserole with lid 2pt (1.1L) Oval dish Swiss roll tin 8" x 12" (205mm x 305mm)	4
	CANNON LIVER PATE 1 1lb (450g) bacon slices ½lb (225g) chicken liver 4 oz (100g) lambs kidney 1 onion 1lb (450g) pork sausage meat 1 beaten egg 1 clove garlic, crushed 2 tbsp (30ml) parsley Pinch of celery salt Pinch of nutmeg Salt and pepper ¼pt (150ml) brandy	Line a rectangular loaf dish with the bacon slices, reserving a few for the top. Mince finely the chicken liver, lambs kidney and the onion. Mix these with the sausage meat, egg, garlic, parsley, celery salt, nutmeg, salt pepper and brandy. Pour into the lined dish and cover with bacon slices.	
	CREAM OF CELERY SOUP 1 head of celery 1 onion 1 oz (25g) butter 1 oz (25g) flour 1pt (550ml) chicken stock ½pt (300ml) milk Salt and pepper 1 bayleaf Pinch of coriander 2 tbsp (30ml) double cream	Finely chop the celery and the onion and fry in the butter until soft. Stir in the flour, stock, milk and seasoning. Bring to the boil, stirring occasionally. Adjust the seasoning according to taste and place into a soup tureen or casserole and cover tightly. (Stir in cream before serving)	Base of Oven

THE NEW 'TRIPLE S' OVEN SYSTEM

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

Fig. 7



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 (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 32lbs (14.5kg) provided it is of suitable shape.

OVEN COOKING CHART

THESE COOKING CHARTS ARE FOR STRAIGHT SHELVES ONLY. REFER TO PAGE 11 FOR CRANKED SHELF USE.

The following times and oven control settings are for guidance only. **The Gas Mark may be altered ½ - 1 mark either way, to give a result more to your satisfaction.** When a different setting from that shown below is given in a recipe, the recipe instructions should be followed. Allow 20 mins. pre-heat for best results. When first lighting the oven turn the thermostat control to Mark 9 before selecting the appropriate Gas Mark.

Food	Gas Mark	Shelf Position	Approx. Cooking Time and Comments
STARTERS			
Pates and Terrines	3 or 4	4	2 hrs. in a bain-marie
FISH			
Oily fish (whole)	4 or 5	3	25 mins. - 1hr. depending on recipe and size of fish
White fish (fillets)	4 or 5	3	25 - 30 mins.
White fish (steaks)	4 or 5	3	25 - 30 mins.
*MEAT AND POULTRY			
Veal	3	4	35 mins. per lb + 35 mins.
Beef	3	4	40 mins. per lb + 40 mins.
Ham	3	4	40 mins. per lb + 40 mins.
Lamb	3	4	50 mins. per lb + 50 mins.
Pork	3	4	50 - 60 mins. per lb + 50 - 60 mins.
Chicken	3	4	30 - 40 mins. per lb + 30 - 40 mins.
Duckling & gosling	4	4	35 mins. per lb + 35 mins.
Turkey	3	4 or 5	30 mins. per lb + 30 mins.
Game	6	4	30 mins. per lb + 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 bain-marie
Baked sponges	4	3	40 - 50 mins.
Baked apples	3	4	30 - 45 mins. depending on the size and type of apples
Meringue puddings	1	4 or 5	15 mins. or until 'tinged' with brown
Apple pie 1x9" (230mm)	6	3	45 - 55 mins. on a baking tray
Fruit crumbles	5 or 6	3	35 - 45 mins.

'E' SETTING MENUS

'E' Setting 6 hours only
 Baked Shoulder of Lamb
 Spiced Red Cabbage 3pt (1.6L) Oval casserole with lid
 Garlic Potatoes
 Pears in Cider
 1½pt (900ml) Casserole with lid

Recipe
Method
Shelf Position

BAKED SHOULDER OF LAMB
 Shoulder of lamb approx. 3lb (1.4kg) in weight
 2
 Wrap the lamb in foil and place on the grid over the roasting tin.

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
 4
 Melt the butter and fry the onions and apples. Add the remaining ingredients, stir well and transfer to a casserole. Cover tightly.

GARLIC POTATOES

4 large potatoes
 2 oz (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 in foil squares, pour over the butter in between each slice - season and cover tightly with foil.

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 MENUS

Method

Recipe

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

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. 1.3oz (375g) pineapple chunks
2 egg yolks

4

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 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.

MERINGUE

2 egg whites
4 oz (100g) caster sugar

OVEN COOKING CHART

Food	Gas Mark	Shelf Position	Approx. Cooking Time and Comments
CAKES, PASTRIES & BISCUITS			
Small cakes - 2 trays	5	1 & 3 or 2 & 4	17 - 25 mins.
- 1 tray	5	2 only	"
Victoria sandwich 2x8" (205mm)	4	2 & 4	25 - 35 mins.
Fatless sponge 2x7" (180mm) - 3 egg mix	5	2	20 - 25 mins. 2 tins side by side
Christmas cake	2	3	4 - 6½ hrs. depending on recipe
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		2 only	" " "
Choux pastry - éclairs 1 tray	6	2	35 - 40 mins.
Hot water crust pastry	4	3	1½ - 1¾ hrs.
Scones - 2 trays	7	1 & 3	10 - 15 mins.
- 1 tray		2 only	"
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		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.
Soufflés	4	3	30 mins.
Meringues	'E'	4 & baseplate	2 - 5 hrs. starting on shelf 4 until 'set' and then on the baseplate until dried out - turn when necessary.
Baked Potatoes	4 or 5	3	1½ - 3 hrs. until soft, depending on size

*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.

THE 'E' SETTING

THE 'E' SETTING

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

Some advantages of slow cooking are:

The oven stays cleaner because there is less splashing.

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

Inexpensive cuts of meat are tenderised.

Fully loading the oven can be very economical.

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

The kitchen stays cooler.

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

USING THE 'E' SETTING FOR SLOW COOKING

Points to bear in mind when preparing food:

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

'E' SETTING MENUS

'E' Setting 6 - 7 hours	Chicken in Wine Lyonnaise Potatoes Leeks in White sauce Pineapple Pudding	3pt (1.6L) Casserole with lid 2pt (1.1L) Rectangular Pyrex dish 2pt (1.1L) Casserole with lid 8" (205mm) Soufflé dish	Shelf Position
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Recipe	Method	Shelf Position
CHICKEN IN WINE 3½lb (1.6kg) boiling or roasting chicken 1½ oz (35g) butter 1 tbs (1.5ml) oil 4 oz (100g) streaky bacon, cubed 8 oz (225g) onions, chopped 2 sticks celery, finely chopped 6 oz (175g) mushrooms 1 clove garlic, crushed 1 oz (25g) flour ¾ pt (400ml) cheap red wine ¼ pt (150ml) water Bay leaf ½ tsp dried thyme Salt and pepper Chicken giblets, washed	Cut the chicken into 4 - 6 joints, remove the skin. Melt 1oz (25g) butter with the oil and fry the bacon cubes until golden. Remove and drain. Fry the chicken joints on both sides then put them with the bacon into a 3pt (1½L) casserole. Melt the remaining butter and cook the mushrooms, onions and celery for about 2 minutes, add to the casserole. Blend garlic and flour with the fat remaining in the pan. Cook until brown then blend in the wine and the water, bayleaf, thyme, salt and pepper. Bring to the boil and simmer until thick. Pour over the chicken, and the giblets. Cover tightly. (Remove chicken giblets before serving).	2

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.

'E' SETTING MENUS

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

PORK PAPRIKA

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

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.

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
1 ½tbsp (15ml) 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
1 ½lb (700g) apples (peeled, cored & sliced)
Juice of 1 lemon
2oz (50g) demerara sugar
4oz (100g) sultanas

4

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

THE 'E' SETTING

- This method is unsuitable for stuffed meat and poultry.
- Always bring soups, casseroles and liquids to the boil before putting in the oven.
- When casseroles are used, cover the food first with foil and then the lid to prevent loss of moisture.
- Always thaw frozen food completely before cooking.
- Root vegetables will cook better if cut into small pieces.
- Adjust seasonings and thickenings at the end of the cooking time.
- 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.
- 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.
- Dried red kidney beans must be boiled for a minimum of ten minutes, after soaking, before inclusion in any dish.

STORAGE AND RE-HEATING OF FOOD

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

'COOK CHILL' DISHES

These should always be placed in a pre-heated oven, ideally on the 2nd or 1st shelf position. Follow the packet instructions for cooking time.

'E' Setting
6 - 7 hours

Tomato Soup
Chilli-Con-Carne
Long Grain Rice
Mushrooms
Apricot and Raisin
Cheesecake

Recipe
MUSHROOMS
¾lb (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.

Shelf Position
4

Recipe
TOMATO SOUP

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

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

Shelf Position
2

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

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).

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

Shelf Position
4

CHILLI-CON-CARNE

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

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

Shelf Position
2

LONG GRAIN RICE

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

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

Shelf Position
4