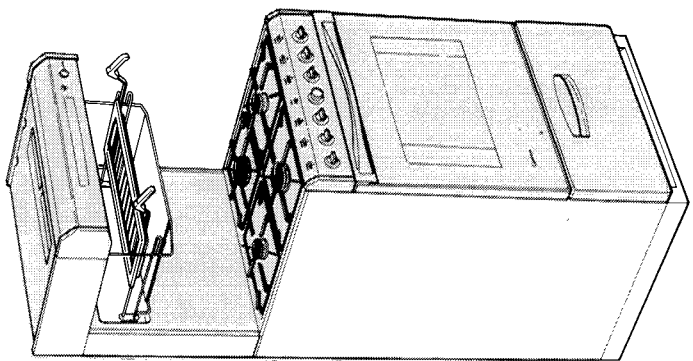


Our policy is one of continual improvement in design and development, therefore strict accuracy of illustrations and descriptions cannot be guaranteed.

# Cannon

## WINCHESTER DELUXE

**ECONOMY MENUS  
&  
COOKING CHARTS  
INCLUDED**



# Cannon

THE FIRST NAME IN GAS

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

### User's Book

Leave these instructions with the user.  
The Data Badge is located on the top L.H. side of the Base Electric Tray.  
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 69 (White)  
11 132 68 (Brown)

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## CONTENTS

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# CHECK POINTS

## Ignition Failure

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

## Hotplate burner only failing to ignite

Check that: – the burner cap and air ring are seated correctly.

– the flame ports and gas ways are not blocked.

– the igniter and burner parts are dry.

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

# 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 Winchester

G.C. NUMBER - White Model 11 132 69  
Brown Model 11 132 68

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

The Serial 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 serious damage to the cooker, and may result in personal injury. Maintenance must be carried out by a competent person.

## CARE AND CLEANING

### COOKER PART AND FINISH

### CLEANING METHOD

#### Chromium plated

Oven shelves  
Grill shelf  
Grill pan handles  
Grill pan grid  
Plate rack (optional extra)

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 fascia side cheeks  
Hotplate fascia side cheeks  
Grill pan handles  
Control knobs and buttons  
Oven Door Handle  
Storage drawer handle

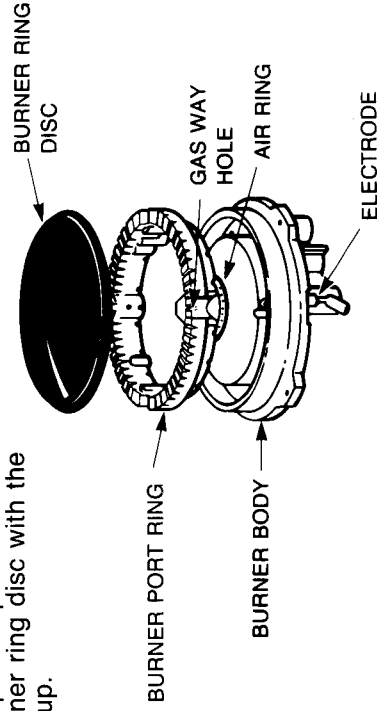
Wipe with a cloth **dampened** with hot soapy water.  
Stubborn stains may be removed with a cream cleaner, carefully applied

#### Sheet steel

Oven burner

**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 gas hob burner port ring, position it onto the burner body and turn it until it drops into place.  
Replace the burner ring disc with the enamelled side up.



## INSTALLATION

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

### DIMENSIONS OF APPLIANCE:

Height	Width	Depth
1460mm (57 1/2") inc. High level grill	535mm (21 1/10")	600mm (23 3/8") Excluding Handles

**Hotplate Height**  
901mm (35 1/2")

### YOUR CANNON COOKER SHOULD BE:

1. Installed by a CORGI registered installer in accordance with the British standards and regulations which are detailed in the separate Installation and Maintenance Instructions book.
2. Placed so that adjacent walls or cabinets do not overheat in accordance with dimensions given in your Installation and Maintenance instructions, Section Space for Fitting, page 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 must be permanently ventilated if smaller than 11m<sup>3</sup>. Refer to Installation and Maintenance Instructions for vent sizes.  
This cooker must not be installed in a bed-sitting room of less than 20m<sup>3</sup>, or in a bathroom or shower room.
6. Connected to the electricity supply using a properly earthed three pin socket outlet and plug. This appliance must be protected by a 3A fuse in a 13A (BS1363) plug.

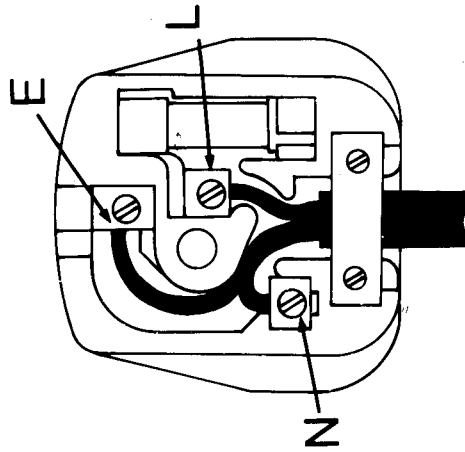
# INSTALLATION

**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  $\perp$  or which is coloured green or green and yellow.

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

The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured Red.

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

Ensure electric mains lead is kept clear of any hot surfaces, or anywhere that it is likely to be trapped, abraded or pulled taut.

# CARE AND CLEANING

**COOKER PART AND FINISH**

**CLEANING METHOD**

- Vitreous Enamel**
- Grill cover top
- Splash back
- Hotplate control fascia
- Hotplate top
- Pan supports
- Burner ring discs
- Roasting tin
- Baking tray
- Grill pan
- Oven baseplate
- Inside of the oven door

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. If aluminium based pans are used a silvery deposit may appear on the top edge of the pan supports.

**Paint**

- Grill cover side panels
- Grill fascia
- Oven door sides
- Splash back side trims
- Outer side panels (oven)
- Storage drawer

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

**DO NOT USE ABRASIVES**

**Aluminium**

- \*\* Burner port rings
- 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 ring ports and the gas way 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.

**Glass**

- Oven door panel
- Grill fascia

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

## 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 lining (Fig. 10) and the front rim is held by the 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 back lining should now line up with those in the oven back.

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

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

Screw in the bulb and refit light lens.

Re-connect the electricity supply.

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

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

### OVEN LIGHT

**Please note:** Light bulbs are not included in the manufacturers guarantee.

A new 40W (300°C rated) bulb can be obtained from your local gas show room.

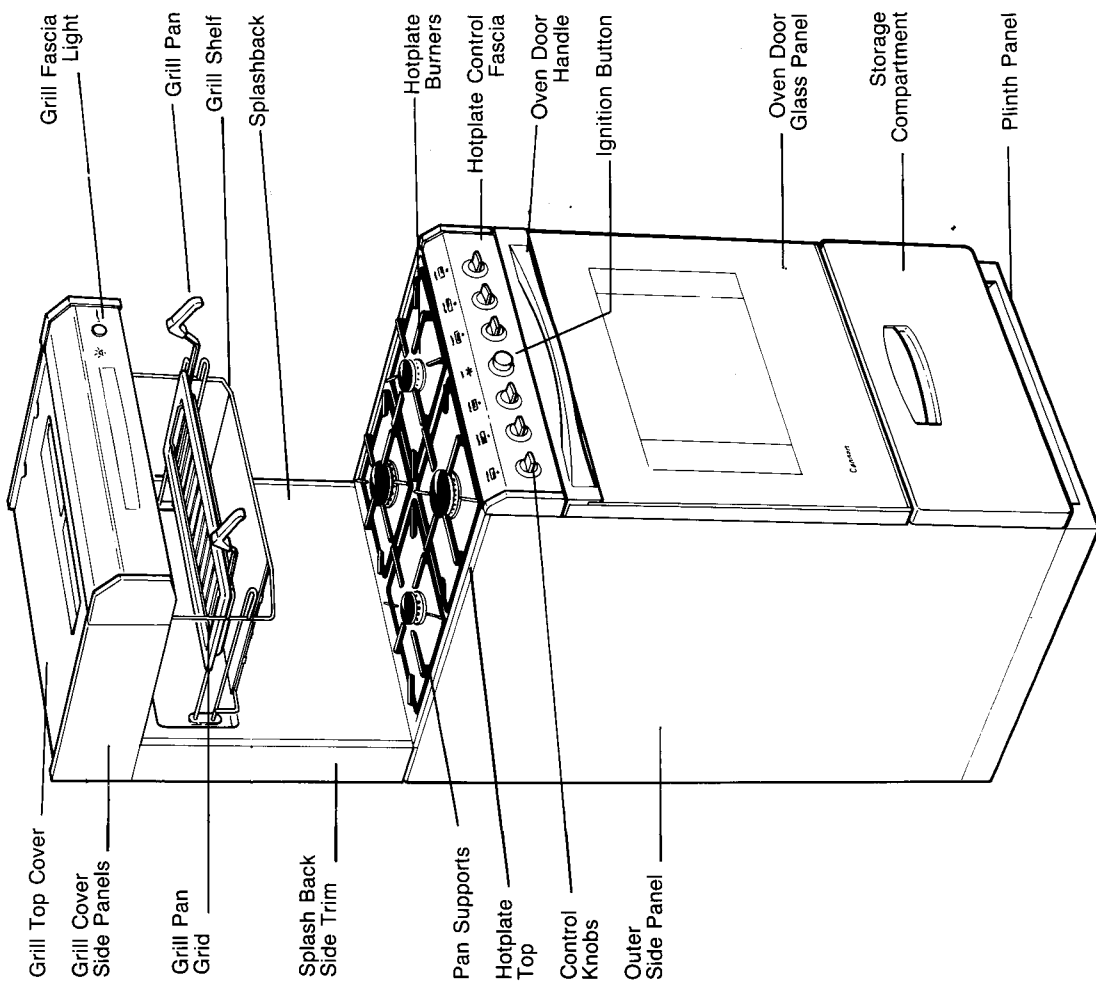
1. Disconnect the electricity supply to the cooker.
2. Unclip the lens by easing off with a suitable tool.
3. Unscrew the bulb.
4. Replace the new bulb and clip on the lens.

## GETTING TO KNOW THE CANNON WINCHESTER

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

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

Fig. 1



## THE GRILL

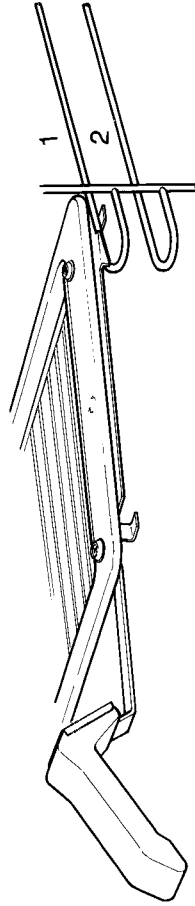
The high level grill is fitted with a grill pan carrier that provides two grilling levels, and a large grill pan containing a wire grid.

A grill light is also provided and is operated by the light button which is located on the grill fascia panel.

### TO USE THE GRILL

- \* Check that the electricity supply is switched on.
- \* Insert the grill pan in the required position (1 or 2) on the carrier as shown in Fig. 2.
- \* Ensure that the grill pan is square to the grill pan carrier to allow a smooth operation.

Fig. 2





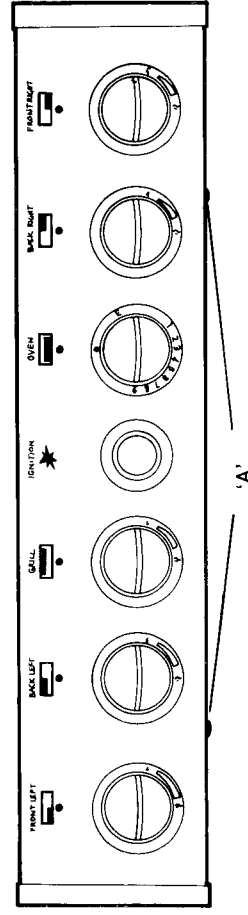
- \* The pan should be pushed right to the back. The grill pan can be pulled out to safety stops for viewing and for turning the food.
- \* To remove the pan: pull it forward to the stop, lift it upwards and remove outwards.
- \* Push in and turn the control knob fully anti-clockwise to the large flame symbol , (Fig. 3).
- \* Press in the ignition button until the electric spark lights the burner and adjust the control knob to the correct setting (see grilling chart).
- \* To turn off the gas; turn the control fully clockwise to the symbol . When the oven and hotplate are in use the grill pan carrier, without the grill pan in place, may be used for warming plates.

Fig. 3



## CARE AND CLEANING

### HEAT CLEAN LININGS

The oven roof, back, side trims 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 a low temperature roasting method. Should staining persist, running the oven empty at Mk. 8 for 2 hours 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.**

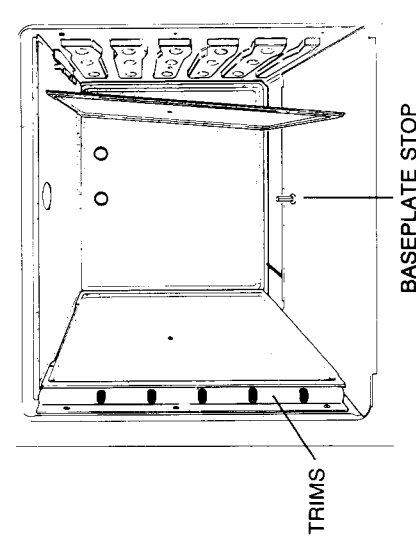
### REPLACING THE LININGS

In the unlikely event of these linings becoming badly 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:

- Disconnect the electricity supply to the cooker.
- Remove the light lens by pulling and tilting slightly, unscrew bulb
- Slide out the oven roof lining.
- Remove the three screws and cup washers holding the left hand 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 panel is removed in the same way.
- (DO NOT REMOVE THE BASEPLATE STOP).**

Fig. 10



# CARE AND CLEANING

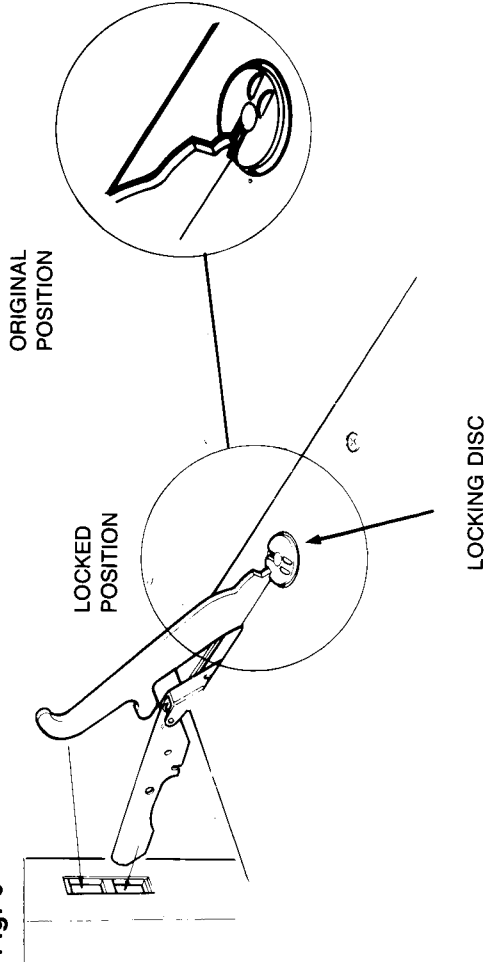
## CUSTOMER REPLACEABLE PARTS

### OVEN DOOR

The oven door can be removed for cleaning.

1. Open the door.
  2. Using a two pence coin, turn the locking discs one at each side of the door.  
Turn the LH locking disc a quarter turn (ANTI-CLOCKWISE) and the RH locking disc a quarter turn CLOCKWISE. (Fig. 9)
  3. Tilt the door upwards and lift it off at the hinges.
- To Replace the Door:
1. With the door slightly tilted, support the lower arm of the hinge and place both hinge arms into the opening. Lower the door into the open position.
  2. Turn the discs back to their original position. (Fig. 9)

Fig. 9



# THE GRILL

## THE GRILL CARRIER

After a long period of use it may be more convenient to remove the carrier for cleaning. Please follow these instructions:

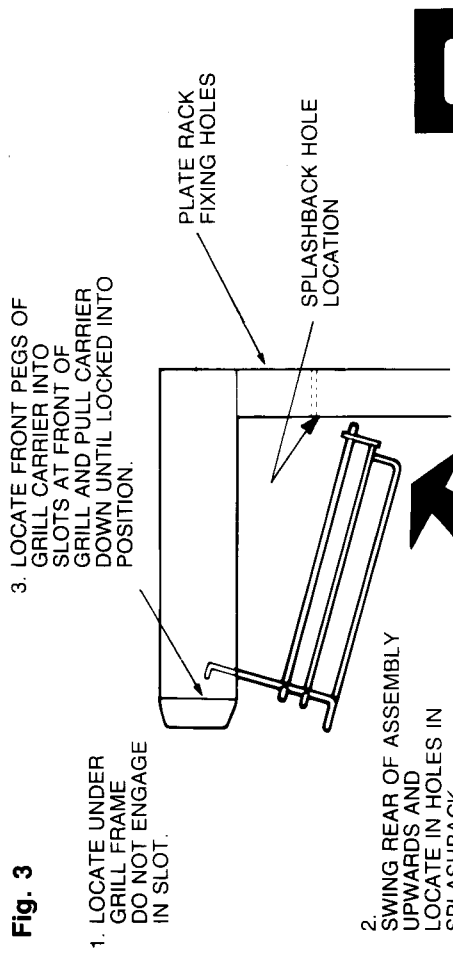
### REMOVAL

1. Support the carrier and slightly squeeze both front arms together.
2. Lift the carrier at the front and release it from the front location slots.
3. Release the carrier from the rear peg location holes in the splashback by pulling it forwards a short way.

### REPLACING

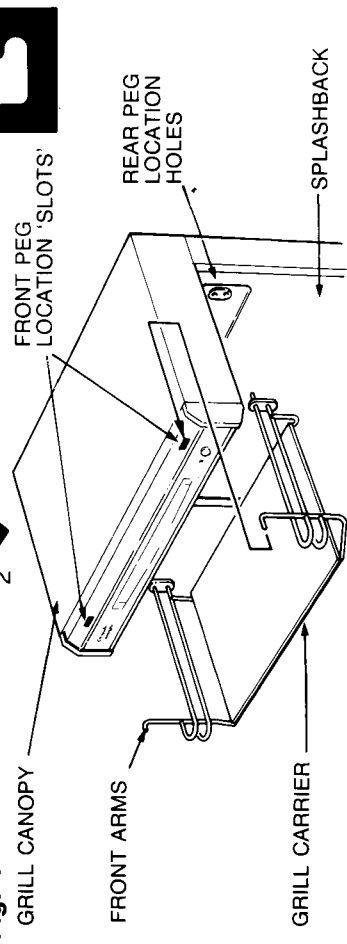
1. Carefully locate the grill carrier under the grill canopy at the front. DO NOT ENGAGE IT IN THE SLOT.
2. Support the carrier, swing it upwards at the rear and locate it in the holes in the splashback.
3. Locate the front pegs of the grill carrier into the slots at the front of the grill. Carefully pull the carrier downwards until it locks into position.

Fig. 3



2. SWING REAR OF ASSEMBLY UPWARDS AND LOCATE IN HOLES IN SPLASHBACK

Fig. 4



# THE GRILL

## THE PLATE RACK—OPTIONAL EXTRA

The plate rack is an optional extra and your cooker has been especially designed to use this rack. Fig. 4a.

To fit, please follow the separate instructions supplied with the plate rack.

To order, see page 33 this booklet and the short spares pages of the Installation and Maintenance Instructions. (page 33 to 35).

Fig. 4a

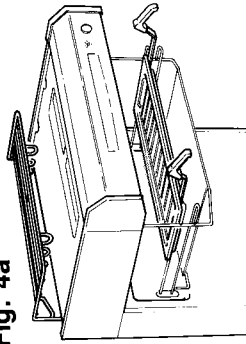


Plate shapes vary considerably, therefore please make sure that plates are held securely.  
**DO NOT** place plastic plates/dishes in the rack to warm.  
**DO NOT** leave bone china plates in the rack for long periods of time.  
**DO NOT** drape teatowels etc... over the rack.  
**THIS IS A FIRE HAZARD**

### PLEASE NOTE

Strong detergents used in dishwashers may cause damage to the grill pan grid finish.

Please clean by hand in soapy water as described in CARE & CLEANING Section Chromium plating.

Due to normal usage it is possible that grill pan handles may become/work loose. Check periodically and retighten if necessary using a standard screwdriver.

### GRILLING CHART

The following chart is given as a guide, but can be altered to suit personal taste and to allow for differences in thickness and size of food. It is not essential to pre-heat the grill, but 2 mins. pre-heating at full on will be beneficial. Most grilling is done with the heat full on but it may be desirable to reduce it for thicker pieces of meat, fish and chicken portions, or for keeping food warm. Brushing food with oil will help to prevent it from sticking to the grid.

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

For au gratin dishes e.g. Macaroni Cheese etc. and meringue toppings e.g. Baked Alaska, stand the dish either on the grill pan, or directly on the shelf. The base of the grill pan can be used for warming fruit garnishes at the turn down setting.

# 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. Caustic cleaning solutions should not be used.

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

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

## COOKER MOBILITY

The cooker may be pulled out for cleaning.

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

## WARNING

Make sure that the flexible tubing and electric cable are not stressed and are 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.



## '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  
1/2tsp (2.5ml) vanilla essence  
1/2tsp (2.5ml) vinegar  
1 tsp (5ml) cornflour

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

Base of Oven

### DATE SHORTBREAD

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

#### Filling

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

2

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

### NOTE

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

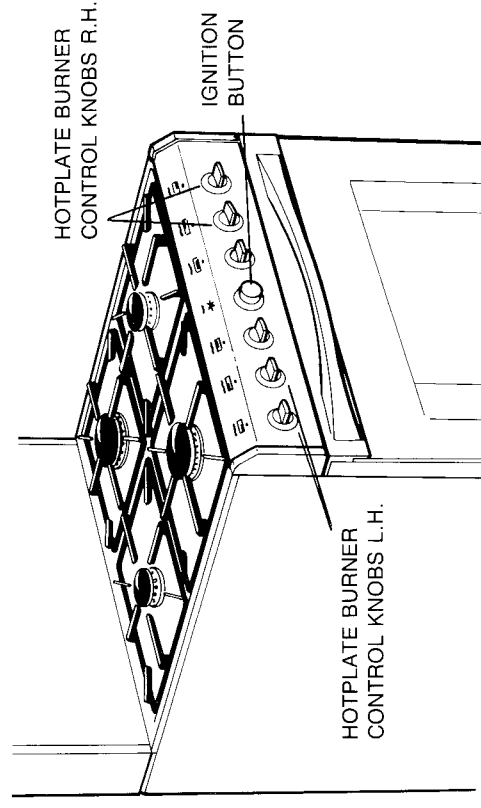
## THE HOTPLATE

The hotplate has two high speed burners and two simmering burners which will accommodate pans between 100mm (4") and 230mm (9") in diameter.




Simmering aids such as heat resisting mats or steel plates that spread the heat should not be used. Such simmering aids can cause damage to the pan supports.

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

Fig. 5



### TO USE THE HOTPLATE

- \* Check that the electricity supply is switched on.
- \* Choose the burner to be used.
- \* Push in and turn the control knob (Fig. 5) fully anti-clockwise to the large flame symbol .
- \* Press in the ignition button until the spark lights the burner, then turn the control knob to the desired setting.
- \* A simmer stop can be felt at the flame symbol  marked on the control knob.
- \* To turn off, turn the control knob fully clockwise to the symbol .

## THE HOTPLATE

- DO NOT press the ignition button when any of the burner discs and rings are removed, as this may reduce the life of the spark generator.
- DO NOT leave items which could catch fire (tea towels etc.) near to burners or over the flue outlet.
- DO NOT use badly designed or misshapen 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 a pan is in position.

### 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.

## 'E' SETTING MENUS

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

2½pt (1.4L) Oval casserole with lid
2½pt (1.4L) Oval casserole
2pt (1.1L) Oval dish
Baking tray
Swiss roll tin 11¼" x 7½" (285mm x 190mm)

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

#### Method

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

##### MOUSSAKA

- 1 onion, chopped
- 2 cloves garlic, crushed
- 4tbsp (60ml) oil
- 1lb (450g) minced beef
- 8oz (225g) mushrooms, chopped
- 1 x 15oz (425g) tin tomatoes
- 2tbsp (30ml) parsley
- Salt and pepper
- 2tbsp (30ml) tomato purée
- ¼pt (150ml) beef stock
- 2 aubergines
- Oil
- 6tbsp (90ml) grated Parmesan cheese
- Sauce**
- 3 eggs
- 3 tbsps (45ml) flour
- 1 x 5 fl. oz. (150ml) carton of natural 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. Leave uncovered.

**Shelf Position**

**Recipe** **Method** **Shelf Position**  
**CASSEROLE OF BEEF IN RED WINE** 2

1½lb (700g) shin beef  
 4oz (100g) streaky bacon  
 ½pt (300ml) red wine  
 8oz (225g) carrots  
 8oz (225g) onions  
 4oz (100g) mushrooms  
 2oz (50g) butter  
 1 clove garlic, crushed  
 3 tbsps (45ml) tomato puree  
 ½pt (300ml) beef stock  
 1½oz (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 heated milk and pour over the rice. Sprinkle the top with the grated nutmeg. Leave uncovered.

**FLAP JACKS**

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

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

\* \* \*

The oven has two straight shelves and one cranked shelf providing ten possible cooking levels, numbered from the top, see Fig. 6.

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.

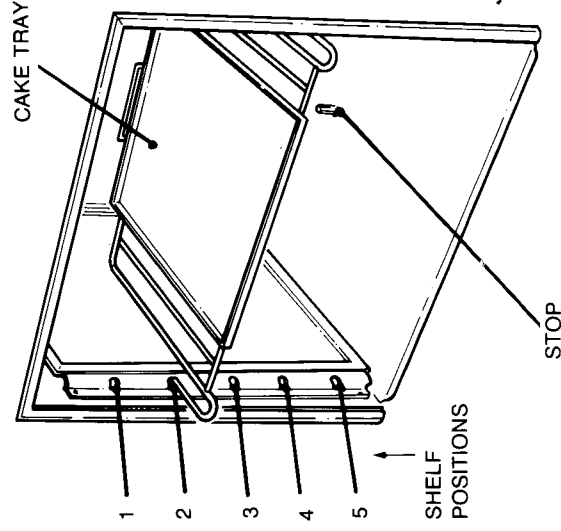
To remove a shelf, draw it out to the stop, lift the front edge and pull out.

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. 6).

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. 6**



## THE OVEN

### TO USE THE OVEN

- \* Check that the electricity supply is switched on.
- The oven control is marked from 1 to 9 with the addition of an 'E' setting for slow cooking (see notes and recipes on pages 16 & 17).

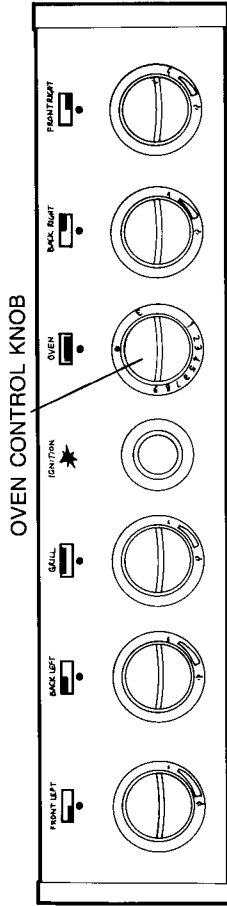


Fig. 7

There is a delay of about one minute whilst the safety device operates before the burner comes on full. The flame stays high during the heating up time and is then reduced automatically to keep the oven at the required gas Mark.

- \* Refer to the cooking charts (page 13 & 14) and place the oven shelf (or shelves) in the required position(s).
- \* Push in and turn the oven control (Fig. 7) fully anti-clockwise to Mark 9 and then down to the required setting. The oven burner is lit when the ticking sound stops.
- \* If there is no ticking sound and the burner does not light, check that the electricity supply is on.
- \* To turn off the oven, push in and turn the thermostat control knob fully clockwise to the symbol ●.

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

### SOFT MARGARINE

If soft margarine is used, the oven settings recommended by the margarine manufacturers should be used and **NOT** those indicated on the cooking chart (pages 13 & 14).

## 'E' SETTING MENUS

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

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

**Method**

**Recipe**  
**CANNON LIVER PÂTÉ**  
1 1lb (450g) bacon slices  
½lb (225g) chicken liver  
4 oz (100g) lambs kidney  
1 onion  
1lb (450g) pork sausage meat  
1 beaten egg  
2 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, egg, garlic, parsley, celery salt, nutmeg, salt pepper and brandy. Pour into the lined dish and cover with bacon slices. Leave uncovered.

**Shelf Position**

4

### 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

**Method**  
Finely chop the celery and the onion and fry in the butter until soft. Stir in the flour, stock, milk and seasoning. Bring to the boil, stirring occasionally.  
Adjust the seasoning according to taste and place into a soup tureen or casserole and cover tightly. Purée and re-heat before serving.

**Shelf Position**  
Base of  
Oven

## 'E' SETTING MENUS

### Menu 4

'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 on a shallow tin 7½" x 11½"  
(190mm x 290mm)  
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 a roasting tin.

#### SPICED RED CABBAGE

2 oz (50g) butter  
2 onions, sliced  
1lb (450g) cooking apples, sliced  
1 - 1½lb (450g - 700g) red cabbage, finely chopped  
3tbsp (45ml) cider & honey vinegar **4**

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

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

#### GARLIC POTATOES

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

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

## THE NEW TRIPLE 'S' OVEN SYSTEM

Your oven has heat zones. This simply means that the numbers on the lower oven 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:

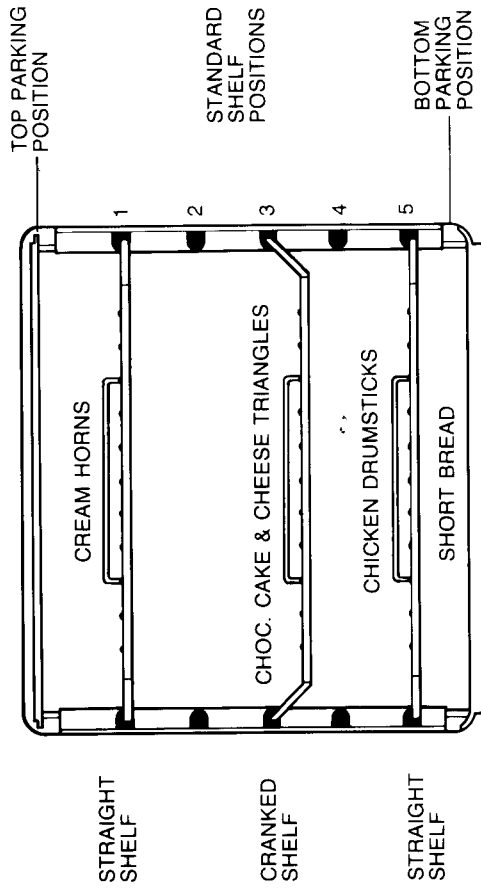
- It is useful to refer to the chart below which gives approximate equivalent thermostat mark numbers for each shelf. Temperatures for in-between shelf positions can be estimated from this.
- Times for individual recipes will alter slightly when included with other dishes.
- Try to choose rectangular 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	Floor			
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			

# THE NEW 'TRIPLE S' OVEN SYSTEM

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

Fig. 8



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.

# 'E' SETTING MENUS

Recipe	Method	Shelf Position
--------	--------	----------------

## LEEKS IN WHITE SAUCE

- 1 lb (450g) leeks
- Sufficient water for blanching
- 3 fl.oz (75ml) milk
- 1/2 oz (12g) butter
- 1/2 oz (12g) flour
- Salt and pepper

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

4

## PINEAPPLE PUDDING

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

Strain pineapple, retaining the juice. Make up to 1/2pt (300ml) with water. Place cornflour, juice and water, sugar and egg yolks in blender and blend for about 30 secs. Pour into saucepan, bring to boil and cook until thick. Add butter. Stir in pineapple chunks. Transfer to dish.

4

## MERINGUE

- 2 egg whites
- 4 oz (100g) caster sugar

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

## 'E' SETTING MENUS

### Menu 3

'E' Setting  
6-7 hours

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

### Recipe

#### CHICKEN IN WINE

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

### Method

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

### Shelf Position

2

#### LYONNAISE POTATOES

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

2

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.

## 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. 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
<b>STARTERS</b>			
Patés and Terrines	3 or 4	4	1½ - 2 hrs.
<b>FISH</b>			
Oily fish (whole)	4 or 5	3	25 mins. - 1hr. depending on recipe and size of fish
White fish (fillets and steaks)	4 or 5	3	25 - 30 mins.
<b>MEAT AND POULTRY</b>			
Veal	5	4	25 mins. per lb + 25 mins.
Beef	4 or 5	4	25 - 30 mins. per lb + 25 mins.
Ham	5	4	40 mins. per lb covered in foil + 40 mins. uncovered
Lamb	5	4	30 - 35 mins. per lb + 30 mins.
Pork	5	4	40 mins. per lb + 40 mins.
Chicken	5	4	25 mins. per lb + 25 mins.
Duckling & gosling	5	4	25 mins. per lb + 25 mins.
Turkey	4 or 5	4 or 5	15 - 20 mins. per lb + 20 mins.
Game birds	6	4	50 mins. Remove bacon for last 15 mins. add extra 15 mins if roasting brace.
Casseroles	3	3 or 4	1½ - 6 hrs. (depending on type of meat)
<b>PUDDINGS</b>			
Milk pudding	3	3 or 4	2¼ - 2½ hrs. on a baking tray and started with warm milk
Baked custard	3	3 or 4	45 mins. in 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 tart 1x9" (230mm)	6	3	45 - 55 mins. on a baking tray
Fruit crumbles	5 or 6	3	35 - 45 mins.

# OVEN COOKING CHART

Food	Gas Mark	Shelf Position	Approx. Cooking Time and Comments
<b>CAKES, PASTRIES &amp; BISCUITS</b>			
Small cakes - 2 trays	5	2 & 4	17 - 25 mins.
- 1 tray	5	2 or 3 only	"
Victoria sandwich 2x8" (205mm)	4	2 & 4	23 - 35 mins.
Fatless sponge 2x7" (180mm) - 3 egg mix	5	2	20 - 25 mins. 2 tins side by side
Christmas cake	2	3 or 4	4 - 6½ hrs. depending on recipe
Madeira cake 7" (180mm)	4	3	1¼ - 1½ hrs.
Rich fruit cake 9" (230mm)	2	3	3 - 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 or 3	" " "
Choux pastry - éclairs 1 tray	6	2	35 - 40 mins.
Scones - 2 trays	7	1 cranked & 3	10 - 15 mins.
- 1 tray		2 or 3	"
Shortbread - 7" (180mm) round	2	4	55 mins. - 1 hr depending on thickness
Biscuits - 2 trays	4	1 cranked & 3	15 - 20 mins. depending on recipe
- 1 tray		2 or 3	" " "
<b>YEAST MIXTURES</b>			
Bread	7 or 8	3 or 4	45 - 50 mins.
Rolls	7 or 8	2 or 3	15 - 20 mins.
Chelsea buns	5	2 or 3	30 - 40 mins.
<b>MISCELLANEOUS</b>			
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

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.

# 'E' SETTING MENUS

Menu 2	
'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.

## Recipe

### PORK PAPIKA

1 medium onion, chopped  
1 tbsp (15ml) paprika pepper  
1oz (25g) butter  
2lb (900g) fillet of 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

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

4

### VICHY CARROTS

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

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

4

### APPLE CRUNCH CAKE

2 x 8oz (225g) packets of ginger nuts  
4oz (100g) butter  
1½lb (700g) apples (peeled, cored & 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



**Shelf Position**

<b>Recipe</b>	<b>Method</b>	<b>Shelf Position</b>
<b>MUSHROOMS</b> ¾lb (350g) mushrooms, sliced 1oz (25g) butter Salt and pepper Lemon Juice	Place the mushrooms in a casserole. Season and dot with butter. Cover with foil and then replace the lid.	4

**APRICOT & RAISIN CHEESECAKE**

<b>Base</b> 8 digestive biscuits 2oz (50g) caster sugar 2oz (50g) butter	Crush the digestive biscuits, mix with the sugar and stir in the melted butter. Mix well and press into the base of the dish. (Chill whilst making fillings).	4
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**Filling**

10oz (275g) cottage cheese ¼pt (150ml) double cream 1oz (25g) plain flour 1oz (25g) caster sugar 3 eggs beaten 3oz (75g) dried apricots 1oz (25g) raisins	Sieve the cottage cheese and combine with the cream, flour, sugar, beaten eggs, apricots and raisins. Pour over the chilled biscuit base. Leave uncovered.
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\* \* \*

**THE 'E' SETTING**

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

Some advantages of slow cooking are:

The oven stays cleaner because there is less splashing.

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

Inexpensive cuts of meat are tenderised.

Fully loading the oven can be very economical.

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

The kitchen stays cooler.

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

**USING THE 'E' SETTING FOR SLOW COOKING**

Points to bear in mind when preparing food:

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

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

## STORAGE AND RE-HEATING OF FOOD

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

## Menu 1

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

### TOMATO SOUP

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

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

- 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.

### 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.