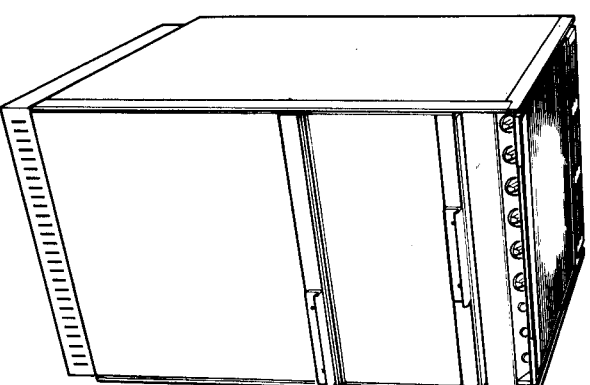


# Cannon

## Canterbury



### **User's Booklet**

Data Badge is located on the back of the cooker.

G.C. Appliance Nos. 11 132 02 & 11 132 03  
A Natural Gas Appliance

Stores Ref. 21067 Issue 2/88

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## CANNON CANTERBURY

G.C Appliance Nos. 11 132 02 & 11 132 03.

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

The appliance complies with British Standards Specification B.S. 5386: Part 3: 1980 and has also been approved by British Gas to satisfy additional requirements.

### DIMENSIONS OF APPLIANCE

Height	Width	Depth
900mm (35.43")	535mm (21.06")	600mm (23.62")

### YOUR CANNON COOKER SHOULD BE:

1. Installed by a competent person according to "Gas Safety (Installation and use Regulations 1984") in the U.K. Corgi installers work to safe Standards.
2. Placed so that adjacent walls or cabinets do not overheat.  
This appliance may be close fitted below hotplate level, i.e., 540mm (21.26") gap between cabinets. But allow a minimum gap of 65mm (2½") above hotplate level.  
Allow a minimum distance of 1820mm (71.6") from the floor to the underside of any overhead surface, such as overhanging cabinets. This gives 920mm (36.22") from the top of the lid when folded down to the underside of the overhead surface.
3. Connected with an approved appliance flexible connection and fitted with a stability bracket to stop the cooker tilting forwards if wrongly used.
4. Levelled on installation using the adjustments provided so that the oven shelves are level.
5. Installed in a room of suitable size. The kitchen should be permanently ventilated if smaller than 11m<sup>3</sup> (400 cu.ft.) If less than 6m<sup>3</sup> (200 cu.ft.) the kitchen is not suitable. This cooker should not be installed in a bed-sitting room of less than 21m<sup>3</sup>.
6. Connected to the electricity supply using a properly earthed three pin socket outlet. This appliance must be protected by a 3A fuse, if a 13A (BS 1363) plug is used or, if any other type of plug is used, by a 5A fuse either in the plug or adaptor or at the distribution board.

Do **NOT** leave any combustible materials (tea towels etc.) near to burners or over flue outlets.

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

**IMPORTANT**

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

Green and Yellow	—	Earth
Blue	—	Neutral
Brown	—	Live

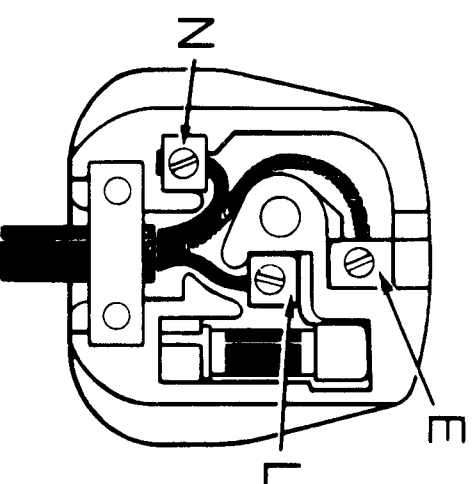
As the colours of the wires in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, connect plug as follows.

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  or which is coloured green or green and yellow.

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

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

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



Ensure electric mains lead is kept clear of any hot surfaces.

# 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. For ease of cleaning, the pan supports can be removed individually and taken to the sink. If a pan boils over you may transfer it to another burner to avoid burn-tion spillage. The pan supports can be fitted to any of the burners.

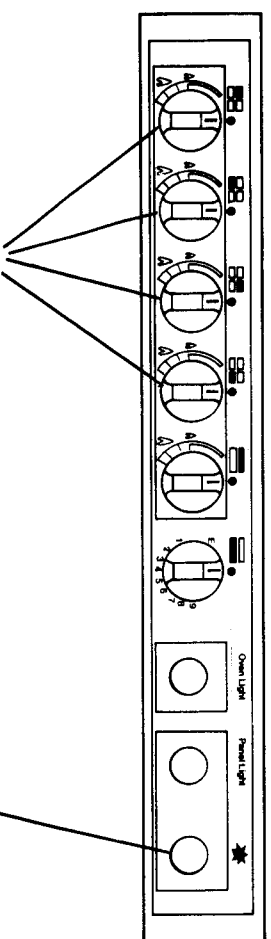
Pans of size 100mm (4") to 230mm (9") may be used. All pans should be positioned centrally over the burners. Badly designed or mis-shapen pans, which may be unstable, should not be used. Do not fill chip pans more than one third full.

## TOLIGHT

Lift up the hotplate lid and switch on the fascia panel light. Choose the burner to be used and push in and turn the control knob fully anti-clockwise to turn on the gas. Press in the igniter button until the electric spark lights the burner, then turn the control knob to the appropriate mark. The illuminated area next to the control knob is to assist in finding the desired flame size.

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

A simmer stop can be felt at the smallest flame marked on the fascia panel, however all 4 burners can be turned down to an even lower rate if required.



HOTPLATE CONTROL KNOBS

IGNITION SWITCH

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

To operate the fascia panel light, push in the right hand light switch.

The fold down glass lid is not designed as a work surface and therefore should not be used as such.

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

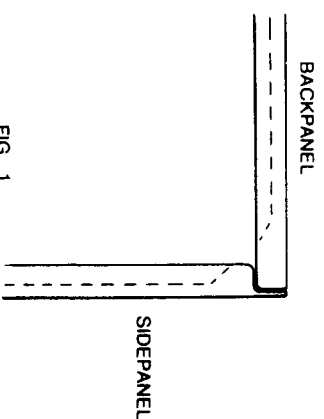
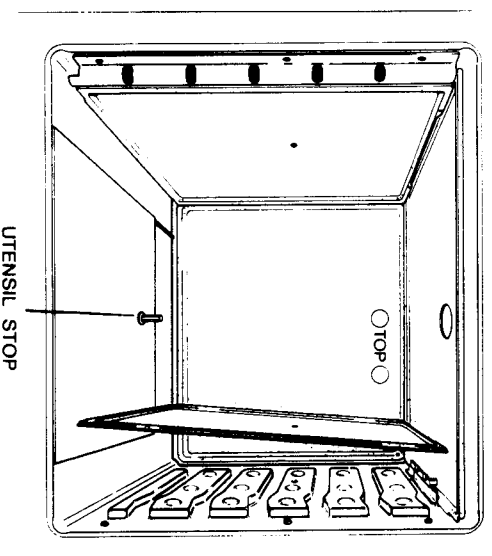


FIG. 1



## OVEN BURNER

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

## TO REPLACE OVEN LAMP

Disconnect the cooker from the electricity supply.

Unscrew lamp lens.

Slide the HeatClean roof lining out of the oven (it may be necessary to slacken L/H and R/H side panel fixing screws).

Remove lamp. A new lamp can be obtained from your local Gas showroom.

## 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.

**Hotplate burner only failing to ignite:** Ensure that the gasway and the airhole in the burner is not blocked, (page 21).

**Oven burner failing to ignite:** Check that the electricity supply to the oven is switched on.

During a period of ignition failure, the burners should be lit with matches.

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

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

If your cooking follows the normal pattern of roasting interspersed with baking and casseroling then the panels will need no attention other than the wiping off of any blobs of grease which may be present after roasting a particularly 'fatty' joint if, however, they seem excessively stained, an occasional run for 2 hours at Mark 8 with the oven empty will assist the cleaning operation. But if your cooking pattern is mainly roasting then you will need to carry out the cleaning operation (i.e. 2 hours at Mark 8) more frequently.

### EXCHANGE OF HEATCLEAN LININGS

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

### TO REMOVE PANELS

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

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

Remove the roof panel from the oven.

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

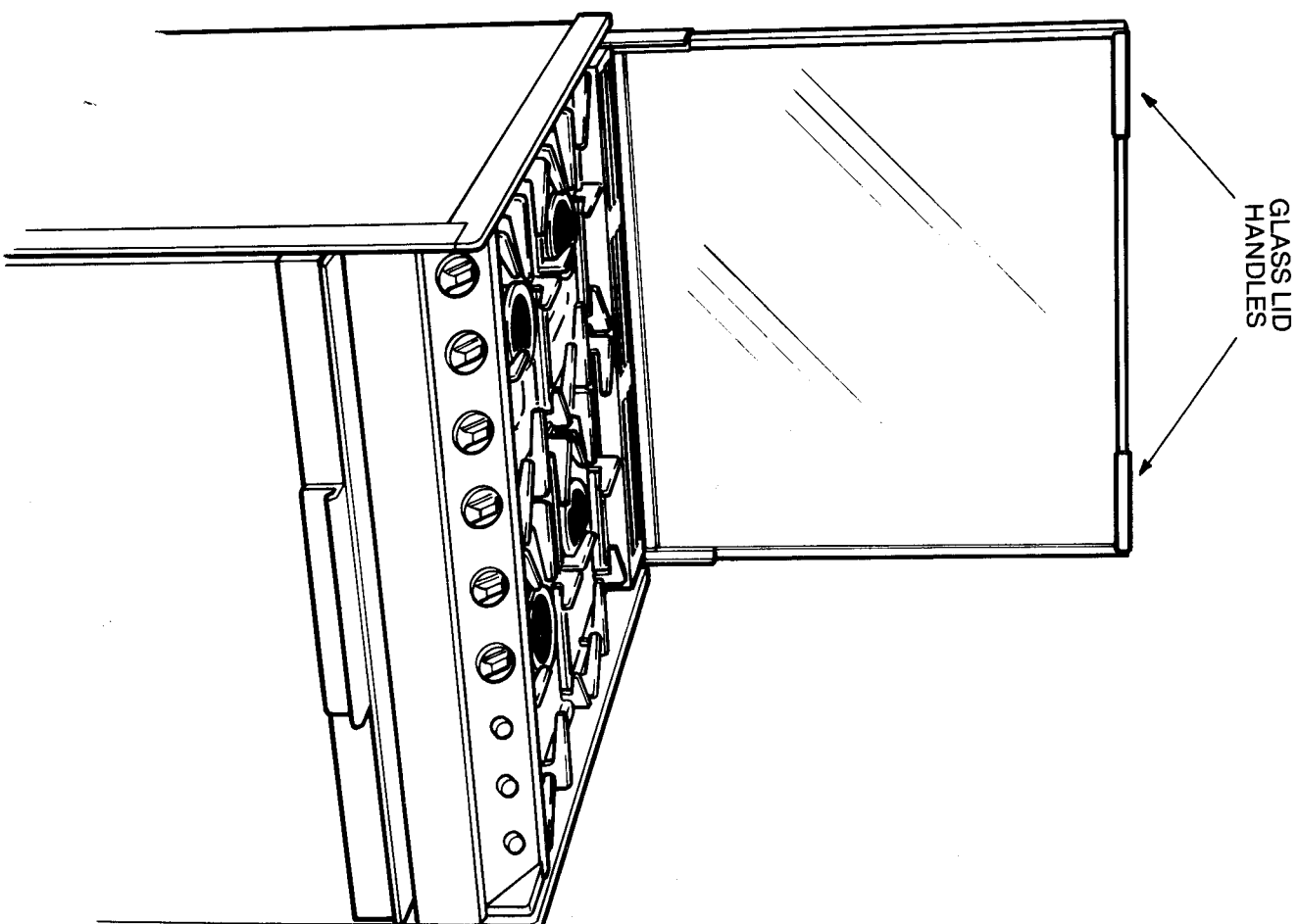
Remove the back panel by swinging the bottom of the panel forward.

### TO FIT NEW PANELS

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

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

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



When closing the glass lid **ALWAYS** use the handles provided.

# THE GRILL

Tastes vary considerably, but with the grill, it is easy to obtain just the result you desire.

Grilling can be started from cold but for the best results and especially for meat, pre-heating for approximately 2 minutes on high will be beneficial.

## TO LIGHT

Lift up the hotplate lid. Pull open the grill door and remove the grill pan. With the door still open push in and turn the control knob fully anti-clockwise to turn on the gas. Press in the igniter button and see that the electric spark lights the grill burner. The grill burner can be adjusted to any desired cooking rate. The large and small flame symbols marked on the fascia panel indicate the 'HIGH' and 'LOW' settings for use with the Grill Chart (page 5).

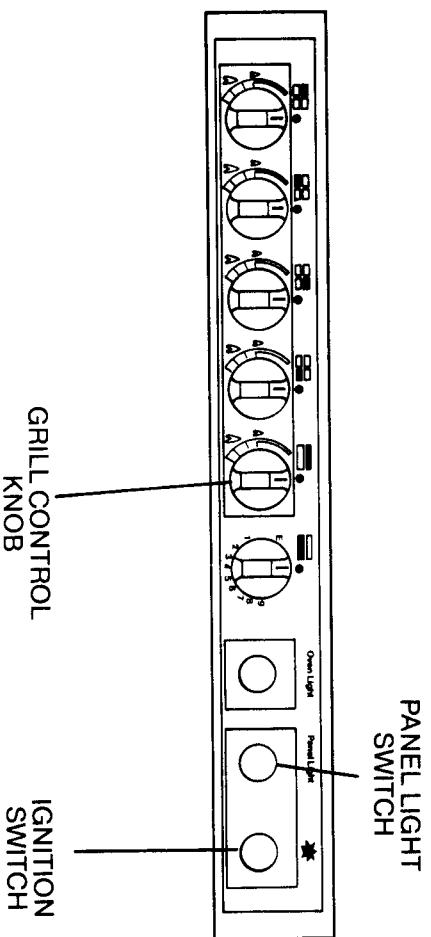
Push the pan fully home to find the correct position under the heat. The door must remain open with the pan in this grilling position. If a different pan or dish is used, e.g. for browning, the grill door must still remain open.

Do not operate the grill without a pan or dish in position as the heat could damage the enamelled floor of the grill compartment. Do not use the grill when the door is shut. Do not store the grill pan when the grill burner is alight or immediately after using the grill.

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

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

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



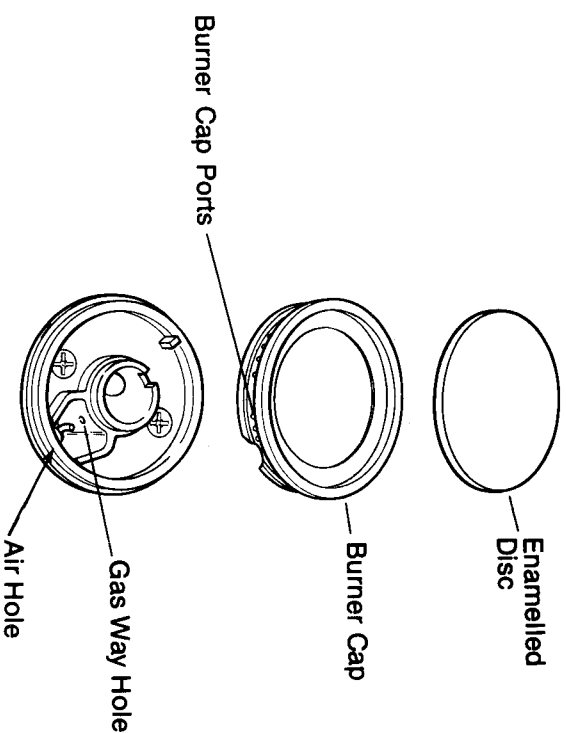
To operate the fascia panel light, push in the centre switch.

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

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

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

The enamelled pan supports may be cleaned in a dish washer.



# THE OVEN

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

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

## HEATCLEAN LININGS

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

## CARE AND CLEANING

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

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

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

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

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

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

## COOKER MOBILITY

**WARNING** When a cooker is withdrawn from its location for cleaning, the flexible tubing should not be stressed and when the cooker is replaced the tubing should hang freely.

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. **CAUTION** Some soft floor coverings may be damaged by wheeling the cooker across their surface. Do not allow any loose floor coverings to block air slots in 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 HOTPLATE

The hotplate burner bodies and caps become very hot during use, allow sufficient time for them to cool before attempting any cleaning.

Care should be taken to prevent cleaning materials, water, or dirt, from entering the burner cap ports, or the burner body when the caps are removed. The vitreous enamelled disc of each burner cap is a loose fit and can be removed for cleaning. It is best cleaned with warm soapy water and occasionally very fine steel wool.

Do not operate the igniter button when any one of the burner caps is removed, as this may reduce the life of the spark generator.

## Grilling

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.

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

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

## THE OVEN

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

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

The 'parking' positions are provided for oven shelves that are not being used. The top parking position is designed to accept the 'cranked' shelf only, whilst the bottom will accept both 'cranked' and 'straight' shelves provided the 'cranked' shelf is turned upside down.

Do **NOT** attempt to place a 'straight' oven shelf in the top parking position.

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

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

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.

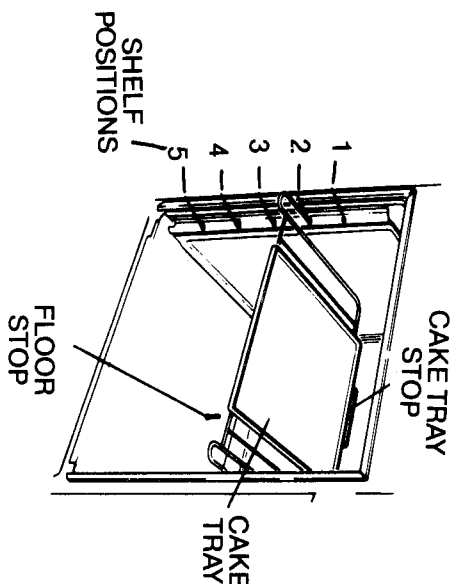
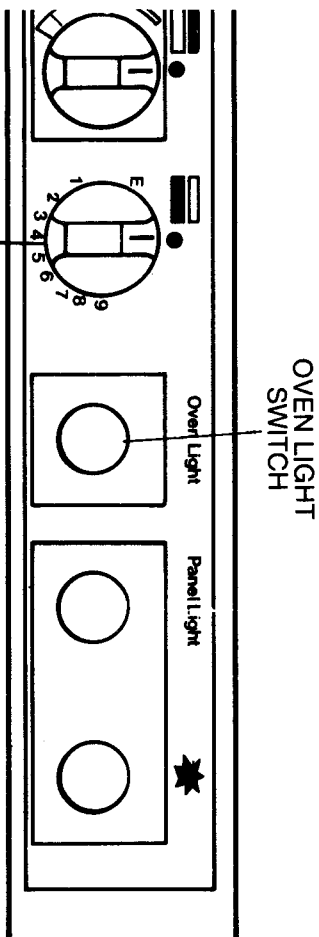
## TO LIGHT

Refer to the Cooking Chart, page 18 and place the oven shelf (or shelves) at the required runner position. Push in and turn the oven control fully anti-clockwise to the highest Mark and then down to the required setting. The oven burner is lit automatically when the ticking sound stops. There is a delay of about half a minute whilst the safety device operates before the burner comes on full. The flame remains high during the heating up time and is then reduced automatically to keep the oven at the required Gas Mark. If there is no ticking sound, check that the electrical supply to the oven is ON.

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

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

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



To view food when the oven is on, operate the oven lamp via the switch, on the fascia panel. Open the outer oven door and the food can be viewed through the inner door.

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 only	
Victoria Sandwich 2 x 8" (205mm)	4	2 & 4	25—35 mins.
Fatless Sponge 2 x 7" (180mm)— 3 egg mix	5	2	20—25 mins. 2 tins side by side
Christmas Cake	2	3 or 4	4—6½ hrs.
Madeira Cake 7" (180mm)	4	3	1¼—1½ hrs.
Rich Fruit Cake 9" (230mm)	2	3	3¼—3½ hrs.
Shortcrust Pastry	6	2 or 3	15 mins—1 hr. depending on recipe
Rich Shortcrust Pastry—1 tray	5	2	20—40 mins. depending on recipe
Flaky & Puff Pastry—2 trays	7	1 & 3	10—30 mins. depending on recipe
—1 tray		2 only	
Choux Pastry—Eclairs. 1 tray	6	2	35—40 mins.
Hot Water Crust Pastry	4	3	1½—1¾ hrs.
Scones—2 trays	7	1 & 3 or 2 & 4	10—15 mins.
—1 tray		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	
<b>YEAST MIXTURES</b>			
Bread	7 or 8	2 or 3	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

\* 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.



# 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
Patés	3 or 4	4	2 hrs. in a bain-marie
Terrines	4	4	2 hrs. in a bain-marie
<b>FISH</b>			
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.
<b>MEAT AND POULTRY</b>			
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	15 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)
<b>PUDDINGS</b>			
Milk Pudding	3	3	2¼—2½ hrs. on a baking tray and started with warm milk
Baked custard	3	3	45 mins. in a bain-marie
Baked Sponges	4	3	40—50 mins.
Baked Apples	3	4	30—45 mins. depending on the size and type of apples
Meringue Puddings	1	4 or 5	15 mins. or until 'tinged' with brown
Apple Pie 1 x 9" (230mm)	6	3	45—50 mins. on a baking tray
Fruit Crumbles	5 or 6	3	35—45 mins.

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.

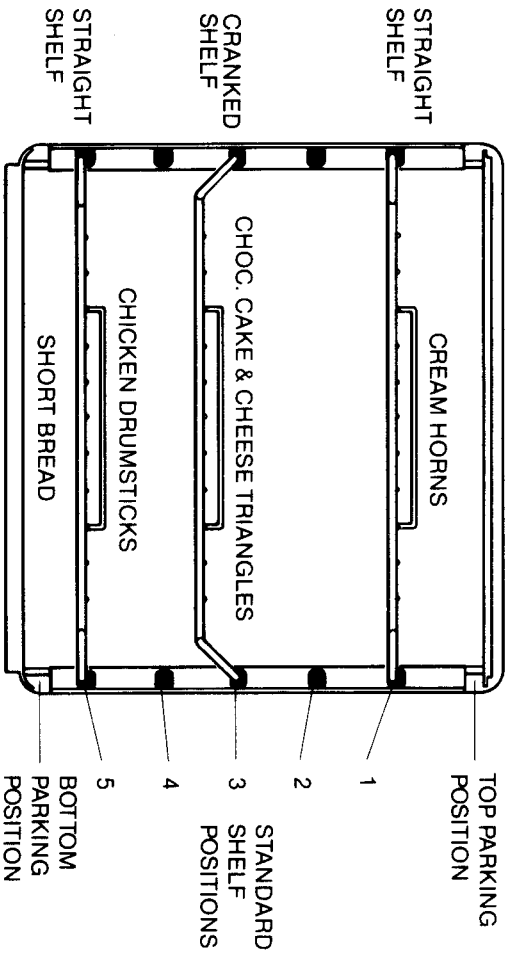
This system can be used for:

- 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
E	1½	1	E	E	E—
1	2	1½	1	E/1	E
2	3	2½	2	1	E
3	4½	4	3	2	E/1
4	5½	5	4	3	1½
5	6½	6	5	4	2
6	8	7	6	5	2½
7	9	8	7	5½	3½
8	9+	9	8	6	4½
9	9+	9+	9	7	5



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

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

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

**COLD START COOKING**

Casseroles and rich fruit cakes and anything requiring long slow cooking may be put into a cold oven, and good results will be obtained. Generally speaking, cold start cooking saves time and gas. Satisfactory results can also be obtained with creamed mixtures, rich pastries or yeast mixtures, but for perfection we recommend pre-heating the oven for 20 minutes.

**PREPARATION AND ROASTING OF LARGE POULTRY**

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

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

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

**Recipe Method Shelf Position**

<p><b>MOUSSAKA</b>          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</p> <p><b>Sauce</b>          3 eggs          3tbsp (45ml) flour          1 x 5oz (150ml) carton of natural yogurt</p>	<p>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 puree 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.</p>	<p>2</p>
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<p><b>PAVLOVA</b>          3 egg whites          6oz (175g) caster sugar          ½tsp (2.5ml) vanilla essence          ¼tsp (2.5ml) vinegar          1tsp (5ml) cornflour</p> <p><b>Topping</b>          10fl. oz. (300ml) double cream          1 tin raspberries          1oz (25g) chopped nuts</p>	<p>Draw a 7" (180mm) circle on greaseproof paper. Beat the egg whites until soft, then beat in the sugar gradually. Beat in the vanilla essence, vinegar and cornflour. Spread the mixture over the circle keeping the sides higher than the centre. Pipe meringue mixture round the edge if desired. (When cooked top with whipped cream, fruit and nuts).</p>	<p>Base of Oven</p>
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<p><b>EGG CUSTARD</b>          1pt (550ml) milk          4 eggs, beaten          2oz (50g) sugar          Ground nutmeg</p>	<p>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.</p>	<p>4</p>
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<p><b>DATE SHORTBREAD</b>          12oz (350g) flour          8oz (225g) butter          4oz (100g) sugar</p> <p><b>Filling</b>          8oz (225g) cooking dates          2oz (50g) sugar          ¼pt (150ml) orange juice</p>	<p>Rub the fat into the flour. Add the sugar and knead well together. Divide into two. Roll into an oblong and line a swiss roll tin. Stew the dates with the sugar and orange juice for 3 minutes. Spread this thickened mixture onto the shortbread base. Roll out the remaining piece of shortbread and cover the dates. When cold, cut into fingers.</p>	<p>2</p>
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**Recipe** **Method** **Shelf Position**

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

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

4

**FLAPJACKS**  
 4oz (100g) butter  
 1oz (25g) sugar  
 2tbsp (30ml) syrup  
 8oz (225g) rolled oats  
 ¼tsp (½ x 2.5ml) salt  
 1oz 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. (When warm cut into fingers—remove from tin when cold).

2

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

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

**CHICKEN RISOTTO**  
 3 uncooked chicken portions  
 2oz (50g) butter  
 1 large onion, chopped  
 1 stick of celery, finely chopped  
 1 clove garlic, crushed  
 1 green pepper, finely chopped  
 2oz (50g) mushrooms  
 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

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

2

**'E' Setting**

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

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

**SLOW COOKING**

The E setting is suitable for slow cooking.

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

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

Dishes included in automatic cooking programmes can often be adapted.

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

Inexpensive cuts of meat are cooked to their most tender.

It is no more expensive than high temperature short period cooking.

A planned oven load can be very economical.

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

The kitchen stays cooler.

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

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

Points to bear in mind when preparing food:

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

9. Always bring soups, casseroles and liquids to the boil before putting in the oven.
10. When casseroles are used, cover the food first with foil and then the lid to prevent loss of moisture.
11. Always thaw frozen food completely before cooking.
12. Root vegetables will cook better if cut into small pieces.
13. Adjust seasonings and thickenings at the end of the cooking time.
14. Remember to use the zones of heat in the oven, e.g. meringues and milk puddings can be cooked lower in the oven whilst other dishes requiring greater heat can be cooked above them.
15. Egg and fish dishes need only 1—5 hours cooking and should be included in day cooking sessions, where they can be observed from time to time.

**STORAGE AND RE-HEATING OF FOOD**

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

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

E Setting	Cannon Liver Paté	2pt (1.1L) Rectangular Casserole
6—7 hours	Cream of Celery Soup	2½pt (1.4L) Oval Casserole with Lid
	Casserole of Beef in Red Wine	3pt (1.8L) Oval Casserole with Lid
	Rice Pudding	2pt (1.1L) Oval Dish
	Flapjacks	Swiss Roll Tin 8" x 12" (205 x 305mm)

Recipe	Method	Shelf Position
<b>CANNON LIVER PATÉ</b>	Line a rectangular loaf dish with the bacon slices, reserving a few for the top. Mince finely the chicken liver, lambs kidney and the onion. Mix these with the sausage meat, the egg, garlic, 1 clove garlic, crushed 2 tsp (30ml) parsley Pinch of celery salt Pinch of nutmeg Salt and pepper ¼pt (150ml) brandy	4

Recipe	Method	Shelf Position
<b>CREAM OF CELERY SOUP</b>	1 head of celery 1 onion 1oz (25g) butter 1oz (25g) flour 1pt (550ml) chicken stock ½pt (300ml) milk Salt and pepper 1 bayleaf Pinch of coriander 2tbsp (30ml) double cream	Base of Oven

Recipe	Method	Shelf Position
<b>CASSEROLE OF BEEF IN RED WINE</b>	Trim the fat off the beef and cut into 1" (25mm) cubes. Find and chop the bacon into a large bowl and marinate in wine for at least 4 hours. Peel and slice the carrots. Finely chop the onions and slice the mushrooms. In 1oz (25g) of the butter fry the beef and the bacon until browned. (Retain the wine used for marinating). Place the meat into a casserole dish. In remaining butter fry the vegetables, garlic and tomato purée—add these to the meat and pour over the wine. Gradually stir the stock into the flour and bring to the boil stirring well. Season and pour over the casserole—mix well and cover.	2

## ECONOMY SETTING MENUS

Recipe	Method	Shelf Position
<b>PINEAPPLE PUDDING</b> 1½ oz (35g) cornflour ¼ pt (300ml) milk ¼ pt (150ml) pineapple juice (made up with water if necessary) 1oz (25g) sugar 1 tin approx. 13oz (375g) pineapple chunks 2 egg yolks	Make a thick white sauce with the cornflour and milk. Strain the pineapple chunks, retaining the juice in a measure, make this up to ¼ pt (150ml) with water and add to the sauce with the sugar and pineapple chunks. Beat in the egg yolks, and pour into an oval or round pyrex dish. Whisk the egg whites until stiff and then whisk in the sugar. Pipe or pipe the meringue mixture on top of the pineapple sauce. Place in oven on shelf indicated.	4
<b>Meringues</b> 2 egg whites 4oz (100g) caster sugar		

Recipe	Method	Shelf Position
<b>BAKED SHOULDER OF LAMB</b> Shoulder of lamb (approx. 2lb (1.4kg) in weight)	Meat Tin and Grid 3pt (1.8L) Oval Casserole with Lid Wrapped in foil and placed directly on oven shelf 1½ pt (900ml) Casserole with Lid	2

Recipe	Method	Shelf Position
<b>SPICED RED CABBAGE</b> 2oz (50g) butter 2 onions, sliced 1lb (450g) cooking apples, sliced 2lb (900g) red cabbage, finely chopped 3tbsp (45ml) cider & honey vinegar 1dsp (10ml) soya sauce 1tbsp (15ml) soft brown sugar 1dsp (10ml) honey 2tbsp (30ml) flour Salt and pepper Juice of ½ an orange	Melt the butter and fry the onions and apples. Add the remaining ingredients, stir well and transfer to a casserole. Cover tightly.	4

Recipe	Method	Shelf Position
<b>GARLIC POTATOES</b> 4 large potatoes 2oz (50g) butter 1—2 cloves garlic, crushed Chopped parsley Salt and pepper	Peel the potatoes and slice almost through widthwise. Melt the butter with the crushed garlic and add the chopped parsley. Place the potatoes on foil squares, pour over the butter in between each slice—season and wrap up tightly in the foil.	4

Recipe	Method	Shelf Position
<b>PEARS IN CIDER</b> 1lb (450g) pears 3—4oz (75—100g) brown or white sugar Cider to cover	Prepare the pears and cut into quarters. Place with sugar and cider in a covered casserole.	Base of Oven

<b>E Setting</b>	Tomato Soup	3pt (1.6L) Oval Casserole with Lid
6—7 hours:	Chilli-Con-Carne	2½ pt (1.4L) Oval Casserole with Lid
	Long Grain Rice	2pt (1.1L) Rectangular Pyrex Dish
	Mushrooms	2pt (1.1L) Rectangular Pyrex Dish
	Apricot and Raisin Cheesecake	8" (205mm) Pyrex Souffle Dish

Recipe	Method	Shelf Position
<b>TOMATO SOUP</b> 1 small turnip 1 large carrot 1 onion 2 sticks celery 1oz (25g) butter 1 rasher bacon, chopped 1oz (25g) flour 1 x 15oz (425g) tin tomatoes 2 tsp (10ml) salt Pinch of black pepper 1 tsp (5ml) sugar 1 tsp (5ml) mixed herbs 1 bayleaf 2pt (1.1L) stock	Prepare the vegetables and cut into small pieces. Melt the butter and gently fry these with the bacon. Add the flour and cook for a few minutes before adding the tomatoes, seasoning, sugar, herbs, and the stock. Bring to the boil, stirring occasionally. Adjust seasoning if necessary. Place in an oval casserole with a tightly fitting lid, when cooked remove the bayleaf, and liquidise the soup.	2

Recipe	Method	Shelf Position
<b>CHILLI-CON-CARNE</b> 1½ lb (700g) minced beef 1tbsp (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 2tbsp (30ml) tomato purée 1 x 15oz (425g) tin red kidney beans	Fry the minced beef in the oil until browned. Add the onion and peppers and fry until soft. Stir in the tomatoes, seasoning, chilli powder and tomato purée. Fry for a further 5 minutes. Stir in the drained kidney beans. Transfer to a casserole and cover tightly.	2

Recipe	Method	Shelf Position
<b>LONG GRAIN RICE</b> 10oz (275g) long grain rice 3tbsp (45ml) oil 1¼ pt (700ml) water Salt	Fry the rice in the oil until lightly browned. Boil the water, add the salt and place with the rice in a covered casserole dish.	4

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

**Recipe** **APRICOT & RAISIN CHEESECAKE**

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

**Method**  
**Base**  
 Crush the digestive biscuits, mix with the sugar and stir in the melted butter. Mix well and press into the base of the dish. (Chill whilst making filling).

**Shell Position** 4

**Filling**  
 10oz (275g) cottage cheese  
 ¼ pt (150ml) double cream  
 1oz (25g) plain flour  
 1oz (25g) caster sugar  
 3 eggs beaten  
 3oz (75g) dried apricots  
 1oz (25g) raisins

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

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

**Recipe** **PORK PAPRIKA**

1 medium onion, chopped  
 1 tbsp (15ml) paprika pepper  
 1oz (25g) butter  
 2lb (900g) fillet or leg of pork  
 1 tbsp (15ml) flour  
 ½ pt (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.

**Shell Position** 2

**Recipe** **BAKED POTATOES**

4 large potatoes

**Method**  
 Scrub the potatoes. Prick well and wrap each in a piece of cooking foil.

**Shell Position** 4

**Recipe** **WICHY CARROTS**

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

**Method**  
 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.

**Shell Position** 2

**Recipe** **APPLE CRUNCH CAKE**

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

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

**Shell Position** 4

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

**Recipe** **CHICKEN IN WINE**

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

**Method**  
 Cut the chicken into 4—6 joints, remove the skin. Melt 1oz (25g) butter with the oil and fry the bacon cubes until golden. Remove and drain. Fry the chicken joints on both sides then put them with the bacon into a 3pt (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).

**Shell Position** 2

**Recipe** **LYONNAISE POTATOES**

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

**Method**  
 Grease a shallow dish with butter. Arrange a layer of potato, then onion, and finally potato in the dish. Pour over the sour cream, sprinkle with grated cheese and parsley. Cover well with foil.

**Shell Position** 2

**Recipe** **LEEKS IN WHITE SAUCE**

1lb (450g) leeks  
 6fl oz (175ml) water  
 3fl oz (75ml) milk  
 ½ oz (12g) butter  
 ½ oz (12g) flour  
 Salt and pepper

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

**Shell Position** 4