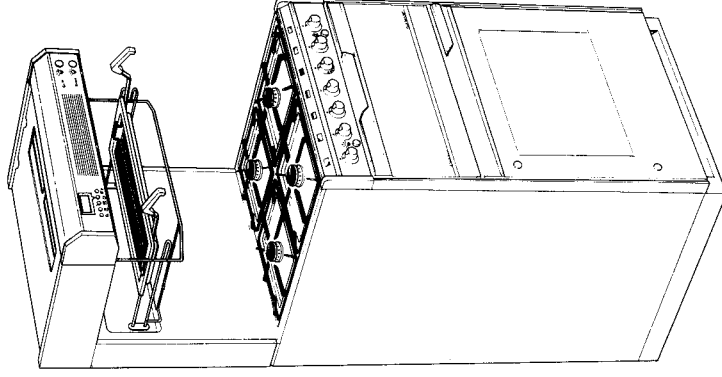


Our policy is one of continual improvement in design and development, therefore strict accuracy of illustrations and descriptions cannot be guaranteed.

Cannon

DORCHESTER



Cannon

THE FIRST NAME IN GAS

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

User's Book

Data Badge is located below oven base at front of electrics tray.
(Remove oven base for access)

Serial No. is located on the RH side of Main Oven viewed when door is open.

G.C. Appliance Nos. 11 132 31 White
11 132 32 Brown

Leave these instructions with the user.

CANNON DORCHESTER

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CARE AND CLEANING

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 OVER TIGHTEN**

Line up the trim holes with those in the oven and replace the three screws. Re-fit bulb and 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 cantilever oven shelves must **NOT** be used without Heatclean linings.

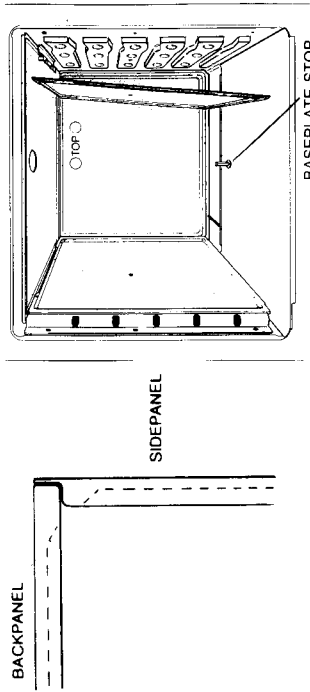


Fig. 12

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 showroom.

1. Disconnect the cooker from the electricity supply.
2. Uncclip lens by pulling and tilting slightly, unscrew bulb anti-clockwise. If the bulb is tight it is advisable to protect yourself by holding the bulb with a thick cloth in case of breakage.
3. Replace the bulb and then the 'snap' light lens into place.

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, hotplate and upper oven burners can be lit with a match.

Hotplate burner only failing to ignite

Ensure the burner cap is seated correctly and that the gasway and the airhole in the burner is not blocked. (Fig. 11)

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

CARE AND CLEANING

HEAT CLEAN LININGS

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

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

CUSTOMER REPLACEABLE PARTS

Replacing the linings.

In the event of these panels becoming badly stained and their cleaning effect lessened side and roof linings can be replaced, and an extra lining can be fitted over the oven 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 holding the left hand bright metal trim to the front of the oven, and remove the trim.
Remove the fixing screw from the centre of the left hand side lining; lift out the lining.
The right hand lining is removed in the same way.

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. 12) and the front rim is held by the bright metal trim.
Fit the left hand side lining in the same way.

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 / ₀ "")	600mm (23 ³ / ₅ "") Excluding Handles
Hotplate Height 901mm (35 ¹ / ₂ "")		

YOUR CANNON COOKER SHOULD BE:

1. Installed according to **Gas Safety (Installation & Use) Regulations 1984** and serviced when necessary by a competent person. CORGI installers work to safe standards.
2. Placed so that adjacent walls or cabinets do not overheat in accordance with dimensions given in your Installation and Maintenance instructions, Section Space for Fitting, page 5.
3. Connected with an approved appliance flexible connection and fitted with a stability bracket to stop the cooker tilting forwards if wrongly used.
4. Levelled on installation using the adjustments provided so that the oven shelves are level.
5. Installed in a room of suitable size. The kitchen should be permanently ventilated if smaller than 11m³. If less than 6m³ the kitchen is not suitable. This cooker should not be installed in a bed-sitting room of less than 21m³.
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 (BS1363) plug is used or, if any other type of plug is used, by a 5A fuse either in the plug adaptor or at the distribution board.

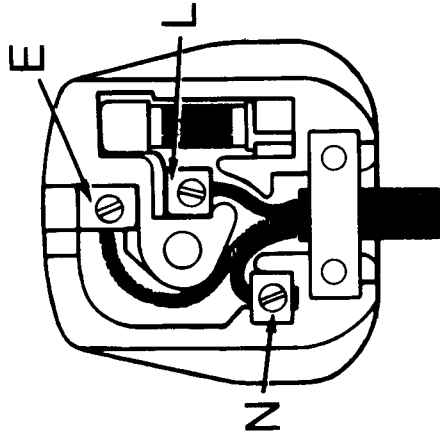
INSTALLATION

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.

CARE AND CLEANING

* **When refitting a hotplate burner cap, (which are all interchangeable) position it onto the burner body and turn it until it drops into place. Replace the burner cap disc, enamelled side up. (Fig. 11)

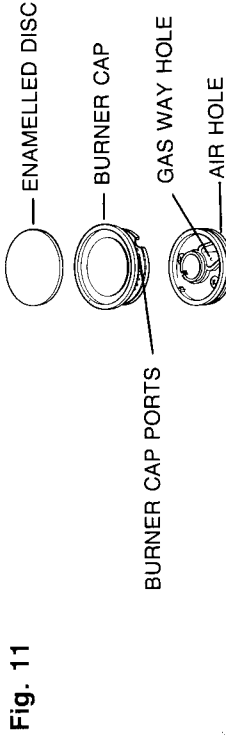


Fig. 11

COOKER PART AND FINISH

Glass

- Oven door panels
- Grill fascia
- Illuminated fascia panel

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

Stainless Steel

- Grill plate

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 as long as they are applied along the 'grain' of the metal.

CLEANING METHOD

Chromium plated

- Oven shelves
- Upper door hinges
- Grill pan grid
- Grill pan carrier
- Grill pan handles
- Lower door hinge bracket (black chrome)
- Upper oven shelf shield

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 Handles

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

Sheet steel

- Oven burner
- Grill burner

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

CARE AND CLEANING

COOKER PART AND FINISH

CLEANING METHOD

Vitreous Enamel

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

Paint

- Grill cover side panels
- Grill fascia, top and underside
- Splash back side trims
- Outer side panels (oven)
- Lower oven door trim
- Upper oven door trim
- Cooker front trims

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

DO NOT USE ABRASIVES

Aluminium

- ** Burner caps
- Burner bodies

As for enamel cleaning above.

NOTE. Care must be taken to prevent cleaning materials, water or dirt, from entering and blocking the burner cap ports or the burner body, especially the gas way and air hole. Remove any blockage with a fine needle or nylon brush.

When cleaning near any burner avoid pressing the ignition button on the control panel.

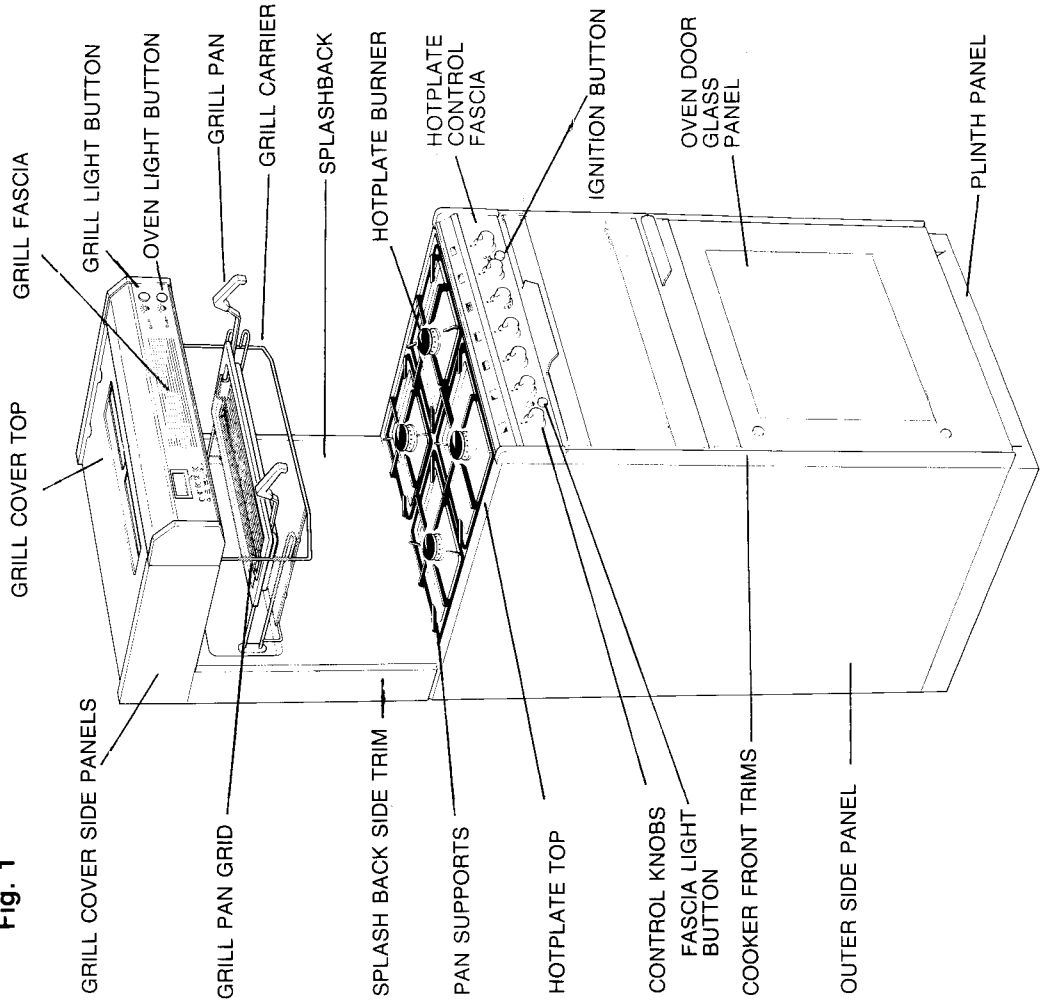
Should this happen, no harm will result but, if the electricity supply has been left on, a sharp momentary shock may be felt.

GETTING TO KNOW THE CANNON DORCHESTER

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

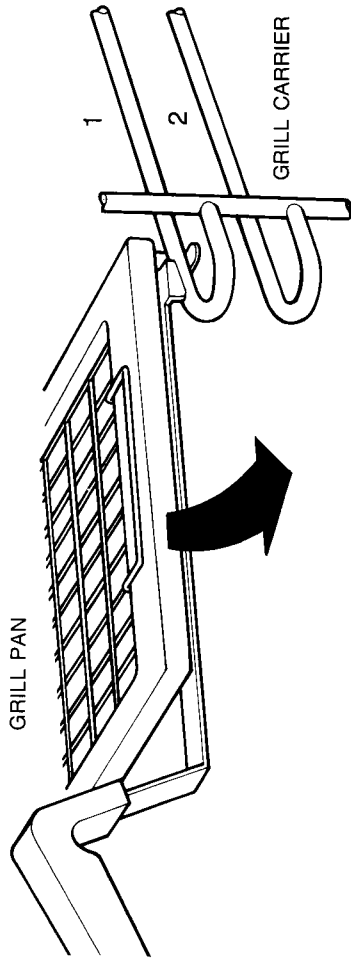
TO USE THE GRILL



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.

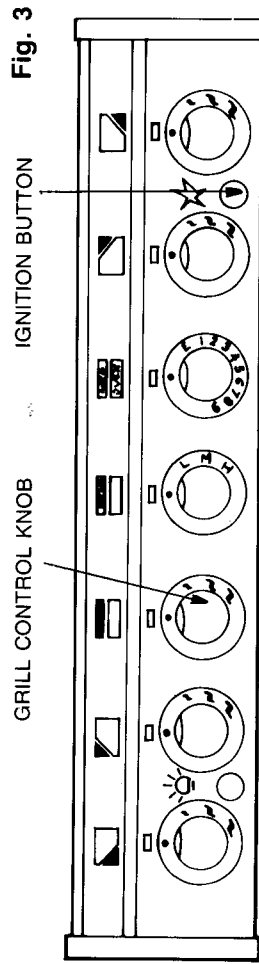


Fig. 3

CARE AND CLEANING

GENERAL

Regular cleaning will help to keep the cooker looking at its best and in correct working order. It is better to clean the cooker when it is cool. Try to wipe any spills as they occur to prevent them from becoming burnt on.

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

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

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 top 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 is not stressed and is hanging freely when the cooker is pushed back in place.

CAUTION

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

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

THE GRILL

DO NOT

- use any part of the grill to dry tea towels etc.

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. It is recommended therefore that they are periodically checked and re-tightened 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 fillets, fish fingers, 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.

'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 Swiss roll tin 8" x 12" (205mm x 305mm) Swiss roll tin 8" x 12" (205mm x 305mm)	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 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.

4

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

Method

Sauté the onion and garlic in the oil until clear. Add the mince and cook until brown. Add the chopped mushrooms, tomatoes (strained), parsley and seasoning. Stir in the tomato purée and stock and put aside.
Slice the aubergines (thinly) and fry on both sides in hot oil and drain on kitchen roll. Line a dish with the aubergines, cover with a layer of meat mixture, sprinkle with Parmesan cheese. Continue alternating layers finishing with a layer of aubergines. Whisk together the sauce ingredients and pour over the top. Sprinkle with grated Parmesan cheese.

2

Shelf
Position

Method

Recipe

CASSEROLE OF BEEF IN RED WINE

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

2

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

FLAP JACKS

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

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

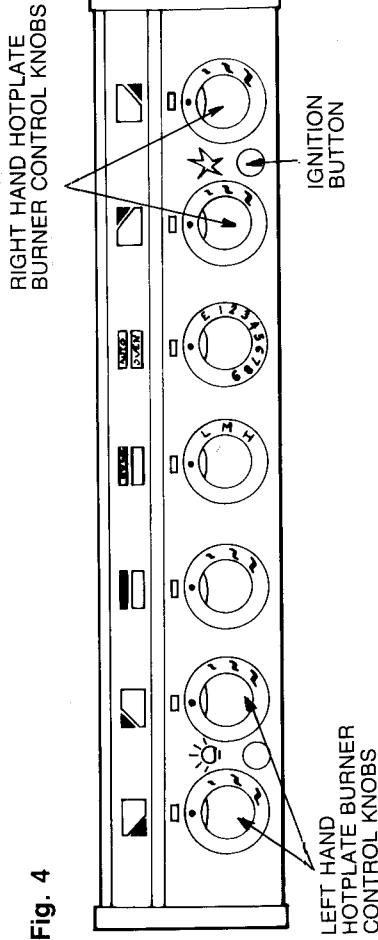
2

* * *

THE HOTPLATE

The hotplate has four high speed burners which will accommodate pans of between 100mm (4") and 230mm (9") in diameter and can be adjusted to any cooking rate from a very fast boil down to a simmer without the aid of heat resisting mats or steel plates to spread the heat. Such simmering aids can cause damage to the pan supports and should not be used. The pan supports can be fitted over any of the burners and for ease of cleaning, can be removed individually. If a pan boils over, it can be moved to another burner to avoid burnt on spillage.

Fig. 4



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. 4) fully anti-clockwise to the large flame symbol ☐. Press the ignition button until the spark lights the burner, then turn the control knob to the desired setting. A simmer stop can be felt at the small flame symbol ◻ marked on the control knob and a further smaller symbol ◻ indicates an even lower setting. To turn off, turn the control knob fully clockwise to the symbol ●. The rear burners are the most suitable for very low simmering. Under certain circumstances a slight 'popping' noise can be heard from the hotplate burners. This is perfectly normal and will not affect the performance of the appliance.

THE HOTPLATE

DO NOT

- press the ignition button when any of the burner caps are removed, as this may reduce the life of the spark generator.
- leave items which could catch fire (tea towels etc.) near to burners or over the flue outlet.
- use badly designed or misshapen pans which may be unstable.
- allow pan handles to stick out beyond the hotplate (where they can be knocked) or over another burner.
- fill chip pans more than one third full with oil or fat.
- wear garments with long flowing sleeves whilst cooking or garments which might catch fire easily
- use round based Woks directly on the pan supports.
- 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

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

'E' Setting
6 - 7 hours

Cannon Liver Pâté	2pt (1.1L) Rectangular casserole
Cream of Celery Soup	2½pt (1.4L) Oval casserole with lid
Casserole of Beef in Red Wine	3pt (1.6L) Oval casserole with lid
Rice Pudding	2pt (1.1L) Oval dish
Flapjacks	Swiss roll tin 8" x 12" (205mm x 305mm)

Recipe

CANNON LIVER PATE

- 1 1lb (450g) bacon slices
- ½lb (225g) chicken liver
- 4 oz (100g) lambs kidney
- 1 onion
- 1lb (450g) pork sausage meat
- 1 beaten egg
- 1 clove garlic, crushed
- 2 tbs (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.

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 tbs (30ml) double cream

Finely chop the celery and the onion and fry in the butter until soft. Stir in the flour, stock, milk and seasoning. Bring to the boil, stirring occasionally.

Adjust the seasoning according to taste and place into a soup tureen or casserole and cover tightly. (Stir in cream before serving)

Base of
Oven

'E' SETTING MENUS

'E' Setting 6 hours only	Baked Shoulder of Lamb	Meat tin and grid
	Spiced Red Cabbage Garlic Potatoes	3pt (1.6L) Oval casserole with lid Wrapped in foil and placed directly on oven shelf
	Pears in Cider	1½pt (900ml) Casserole with lid

Recipe

BAKED SHOULDER OF LAMB

Shoulder of lamb approx. 3lb
(1.4kg) in weight

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

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

2

SPICED RED CABBAGE

2 oz (50g) butter
2 onions, sliced
1lb (450g) cooking apples,
sliced
2lb (900g) red cabbage, finely
chopped
3tbsp (45ml) cider & honey
vinegar
1dsp (10ml) soy sauce
1tbsp (15ml) soft brown sugar
1dsp (10ml) honey
2tbsp (30ml) flour
Salt and pepper
Juice of ½ an orange

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

4

GARLIC POTATOES

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

Peel the potatoes and slice
almost through widthwise. Melt
the butter with the crushed garlic
and add the chopped parsley.
Place the potatoes in foil
squares, pour over the butter in
between each slice - season
and cover tightly with foil.

4

PEARS IN CIDER

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

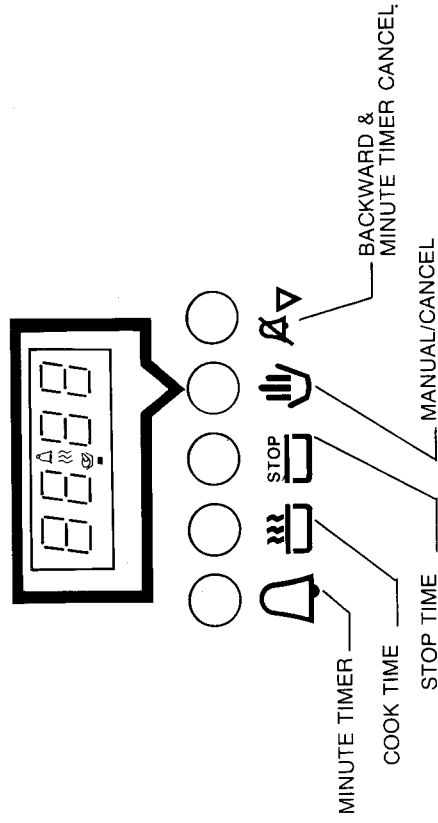
Prepare the pears and cut into
quarters. Place with sugar and
cider in a covered casserole.

Base of
Oven

THE TIME OF DAY CLOCK

The electrically powered oven timer includes a 24 hr time of day clock, a minute timer, and an automatic cooking control. The timer has push button controls for ease of use.

For Automatic timer and Minute timer instructions see page 22.



When the cooker is fitted, switch on the electricity supply and the clock will show --:--. The **upper oven** is now ready for use.

To use the **lower oven**, set the clock to show the time of day. It is a 24 hr clock, i.e. after 12 noon, 1.00p.m. will read 13.00 hrs and so on.

TO SET THE TIME OF DAY: -

1. Press and hold the manual/cancel button.
2. Press the stop button, until the correct time is shown. The time will increase, first in minutes and then in hours.

IF THE TIME OF DAY IS OVER-RUN: -

1. Press and hold the manual/cancel button.
2. Press the backward button. The time will decrease, first in minutes and then in hours.

The lower oven is now ready for use.

NOTE: When altering/setting the time of day clock it is necessary to press the stop button to advance the time by at least 1 minute before the backward button can be used.

THE OVENS

THE UPPER OVEN

The Cannon Dorchester has a large capacity lower oven and a smaller upper oven. Both ovens can be used manually and the lower oven can also be used automatically.

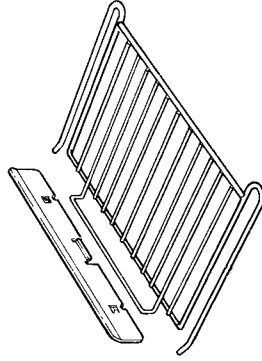
THE UPPER OVEN

The advantage in using the upper oven is that smaller amounts of food can be cooked leaving the lower oven free for bulk baking, entertaining, weekend cooking etc.

It is slightly different from the lower oven because it does not have a thermostat. The oven control has three fixed settings: **LOW MEDIUM** and **HIGH**. It is just as simple to use, and produces excellent results. One shelf with a chromium plated shield is provided in the oven and can be used in three shelf positions, numbered from the top.

The shield is easily removed for cleaning but **MUST** be replaced on the shelf before cooking. (Fig. 5)

Fig. 5



To remove the shelf, draw it out to the stop, lift the front edge and pull out. When replacing the shelf, lift the front edge to pass the shelf stops.

The base of the oven can be used for cooking, but care must be taken not to place dishes beyond the 'stop'.

The meat tin and cake tray provided with the lower oven can be used in the upper oven.

TO USE THE UPPER OVEN

Check that the electricity supply is switched on.

Place the shelf in the required position. Turn the oven control knob (Fig. 9) anti-clockwise, push in and turn to **HIGH**. A ticking sound should then be heard. The oven burner is lit when the ticking sound stops.

There is a delay of about one minute whilst the safety device operates before the burner comes on full. If there is no ticking sound and the burner does not light, check that the electricity supply is on.

'E' SETTING MENUS

Shelf
Position

Method

Recipe

LYONNAISE POTATOES

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

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

2

LEEKES IN WHITE SAUCE

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

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

4

PINEAPPLE PUDDING

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

Make a thick white sauce with the cornflour and milk. Strain the pineapple chunks, retaining the juice in a measure, make this up to ¼pt (150ml) with water and add to the sauce with the sugar, and liquidize. Add the pineapple chunks. Beat in the egg yolks, and pour into an oval or round Pyrex dish. Whisk the egg whites until stiff and then whisk in the sugar. Pile or pipe the meringue mixture on the top of the pineapple sauce. Place in oven on shelf indicated.

4

MERINGUE

2 egg whites
4 oz (100g) caster sugar

* * *

'E' SETTING MENUS

Recipe BAKED POTATOES

4 large potatoes

Shelf
Position

4

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

VICHY CARROTS

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

2

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.

APPLE CRUNCH CAKE

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

4

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.

'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

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
Chicken giblets, washed

2

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).

THE UPPER OVEN

ALWAYS ENSURE THAT THE UPPER OVEN DOOR IS FULLY CLOSED AND LATCHED, OR HEAT FROM THE OVEN MAY DAMAGE THE CONTROLS.

If the oven door is accidentally slammed or closed sharply, the ticking sound will be heard again. This is the ignition system working to ensure that the burner is alight.

To turn off the oven, push in and turn the control knob fully clockwise to the ● symbol.

Always use **oven gloves** to handle hot shelves and dishes.

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

Points to bear in mind when using the upper oven:

1. **Best results are obtained by pre-heating the oven on the HIGH setting for 15 - 20 mins. unless otherwise stated on the cooking chart.**

2. The tray, dish or tin should always be pushed to the back of the shelf.

3. Food which is higher than or will rise above 115mm (4½") cannot be cooked in the upper oven.

4. If both ovens are being used at the same time it may be necessary to lower the shelf position in the upper oven.

Chart showing the equivalent thermostat settings and oven heat description

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

Using this guide and the cooking chart as references, your favourite recipes can be successfully translated for cooking in the upper oven. Because individual tastes vary considerably the cooking chart is only a guide. The three oven settings and the 3 shelf positions can be varied to allow the maximum in flexibility and controllability to suit your own requirements. When the lower oven is in use, the upper oven can be used as a plate warming compartment.

THE UPPER OVEN

DO NOT

- place dishes beyond the 'stop' on the baseplate.
- block the oven outlet vents at the top, rear, or burner opening in the oven with foil used to cover food.
- leave cooked food in the upper oven (when the oven is off) to become warm by heat from the lower oven.
- place bone china to warm in the upper oven when the oven is on.

'E' SETTING MENUS

Recipe
Shelf
Position

Method

Recipe MUSHROOMS

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

Base

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

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.

* * *

'E' Setting
6 - 7 hours

Pork Paprika
Baked potatoes

2½pt (1.4L) Oval casserole
Wrapped in foil and placed directly onto oven shelf.

Carrots
Apple Crunch Cake 8" (205mm) Pyrex Soufflé dish.

Shelf
Position

Recipe

PORK PAPIRIKA

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 tsp (90ml) sherry
1 tbsp (15ml) tomato purée
6oz (175g) mushrooms
Salt and pepper
1½ tbsp (25ml) cornflour

Fry the onion with the paprika in the butter until soft. Transfer to a casserole dish. Cut up the pork into 1" (25mm) chunks and add to the casserole with the flour. Stir well. Mix in the stock and sherry, tomato purée, mushrooms and seasoning. Blend the cornflour with a little water and stir into the casserole. Cover tightly.

2

'E' SETTING MENUS

'E' Setting
6 - 7 hours

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

2 1/2 pt (1.4L) Oval casserole with lid
2 1/2 pt (1.4L) Oval casserole with lid
2 pt (1.1L) Rectangular Pyrex dish
2 pt (1.1L) Rectangular Pyrex dish
8" (205mm) Soufflé dish

Recipe
TOMATO SOUP

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

Method

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

Shelf Position

2

2

2

2

2

2

2

2

2

UPPER OVEN COOKING CHART

This information has been compiled by using familiar basic recipes during test work. Times can only be approximate and used as a guide because of differences in ingredients, recipes, bakeware and personal taste. For best results always pre-heat the oven for 15 to 20 mins on the HIGH setting unless otherwise stated on the cooking chart.

FOOD	Oven Control Setting	Shelf Position	Approx. Cooking time and Comments
Starters and Savouries			
Paté	LOW	2	2hrs. standing in a bain-marie
Cheese Soufflé	MED	Baseplate	30 mins.
Cheese straws	HIGH	2	10 mins.
Sausage rolls	HIGH	1	25 mins. cooked from frozen
Fish			
Baked fish	MED/HIGH	2	20 - 30 mins.
Crispy cod steaks	HIGH	3	20 - 25 mins. cooked from frozen
Russian fish pie	MED	2	20 mins.
Meat			
Meat can be roasted on the HIGH setting if preferred, but the time per lb should be reduced by 5 - 10 mins.			
Beef	MED	3	25 - 30 mins. per lb (450g) + 25 - 30 mins. over
Ham	MED	3	25 - 30 mins. per lb (450g) + 25 - 30 mins. over
Lamb	MED	3	30 - 35 mins. per lb (450g) + 30 - 35 mins. over
Pork	MED	3	35 - 45 mins. per lb (450g) + 35 - 45 mins. over
Pork Chops	HIGH	3	30 - 45 mins.
Chicken	MED	3	25 - 30 mins. per lb (450g) + 25 - 30 mins. over
Turkey	MED	3	15 - 20 mins. per lb (450g) + 15 - 20 mins. over
Main Course dishes			
Casseroles 1 1/2 lb - (700g) meat	MED	3	1 - 3 hrs. depending on cut and quantity of meat.
Cornish Pasties (pre-cooked filling)	MED	2	30 - 35 mins.
Shepherds Pie	MED	2	30 mins. with a pre-cooked filling
Pizza (home-made scone-type base)	HIGH	2	25 mins.
Toad in the hole	MED	1	45 - 50 mins. Place the sausages in tin for last 10 mins. of pre-heat period.

UPPER OVEN COOKING CHART

FOOD	Oven Control Setting	Shelf Position	Approx. Cooking time and Comments
Quiche – 8" (205mm) metal tin, ½pt (300ml) filling	MED	2	50 mins. Bake the pastry case 'blind' for 15 – 20 mins. before adding the filling.
Individual frozen pies (raw pastry)	HIGH	3	30 mins. Cooked from frozen.
Vegetables			
Baked jacket potatoes	MED	2	1½ hrs. Place directly on to shelf.
Baked onions – whole	MED	2	1 hr.
Battered onion rings	HIGH	1	20 mins. Cooked from frozen.
Oven chips	HIGH	2	20 mins. Cooked from frozen.
Scalloped potatoes (dish covered with foil)	HIGH	2	1 hr. Remove foil for last 10 – 15 mins.
Puddings			
Apple Amber	LOW	3	30 mins.
Apple Crumble – raw apples	MED	2	45 mins.
Apple tart (or pie) – 9" (230mm) plate	MED	2	55 – 65 mins.
Baked apples – 4 med.	MED	2	40 – 60 mins.
Bread & Butter Pudding	MED	3 or baseplate	55 mins or unit 'set'
Egg custard – 1pt (550ml) milk warmed	MED	2	25 – 35 mins. until set. Allow 45 – 50 if a bain marie is used.
Egg custard tart – ¾pt (400ml) milk warmed	MED	2	25 mins. Bake the pastry case 'blind' for 15 – 20 mins. before adding the filling.
Rice pudding – 1pt (550ml) milk warmed	LOW	2 or 3	2½ – 3 hrs
Sponge flan case – fatless – 2 egg mix	MED	1 or 2	12 mins. Pre-heat for 20 mins on MEDIUM
Stewed fruit – 1lb (450g)	LOW	2	1 hr.
Cakes			
Choux pastry – éclairs	MED	2	35 – 45 mins.
Christmas cake – 8½" (215mm)	LOW	3	4 – 6 hrs. depending on recipe & size.
Fruit cakes 7" (180mm)	LOW	2	2½ hrs.
Madeira cake 7" (180mm)	LOW	2	1½ hrs. Place the citron peel on top after approx. 1 hr.
Gingerbread	LOW	2	1¾ – 2 hrs. depending on size & recipe

THE 'E' SETTING

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

STORAGE AND RE-HEATING OF FOOD

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

THE 'E' SETTING

THE 'E' SETTING

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

Some advantages of slow cooking are:

The oven stays cleaner because there is less splashing.

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

Inexpensive cuts of meat are tenderised.

Fully loading the oven can be very economical.

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

The kitchen stays cooler.

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

USING THE 'E' SETTING FOR SLOW COOKING

Points to bear in mind when preparing food:

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

UPPER OVEN COOKING CHART

FOOD	Oven Control Setting	Shelf Position	Approx. Cooking time and Comments
Mince pies – 1 dozen	MED	2	20 mins.
Queen cakes – 20	MED	2	18 – 22 mins.
Raspberry buns	MED	2	15 – 20 mins.
Scones – 20	HIGH	1	10 – 15 mins.
Sponge sandwich – fatless 2 x 7" (180mm) 2 egg mix	MED	2	20-25 mins. Tins placed side by side.
Swiss roll 9 x 13" (230mm x 310mm) 3 egg mix	HIGH	2	8 – 10 mins – 3 egg mix
Victoria sandwich 2 x 7" (180mm)	MED	2	16 – 18 mins. Tins placed side by side
Biscuits			
Piped biscuits (Viennese)	MED	2	12 – 15 mins.
Shortbread	LOW	1	45 mins. – 1 hr
Miscellaneous			
Bread rolls	HIGH	2	15 mins.
Vol-au-vents	HIGH	1	10 – 15 mins.
Yorkshire pudding (individuals)	MED	1	25 mins. Fat heated on HIGH for 10 mins. approx. of pre-heat period.

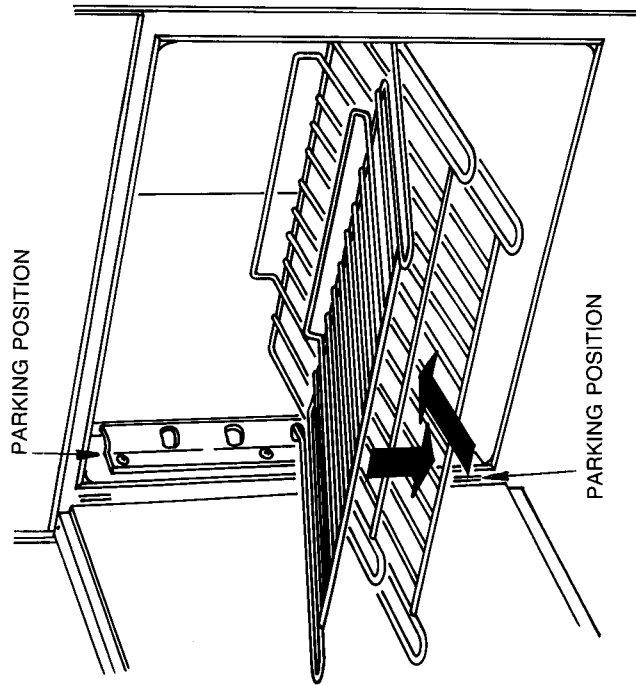
THE OVENS

THE LOWER OVEN

THE LOWER OVEN

The oven has two straight shelves and one cranked shelf, providing ten possible cooking levels (Fig. 8 & 10). 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. At the top and bottom of the oven linings are two parking positions (Fig. 6) for shelves which are not in use. The top parking position will only take the cranked shelf, whilst the bottom will take cranked or straight shelves, provided the cranked shelf is turned upside down. Do NOT attempt to place a straight oven shelf in the top parking position as this may damage the oven light.

Fig. 6



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 in the oven may be 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. 8) The oven light button is on the grill fascia panel. (Fig. 7).

TRIPLE 'S' OVEN SHELF SYSTEM

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

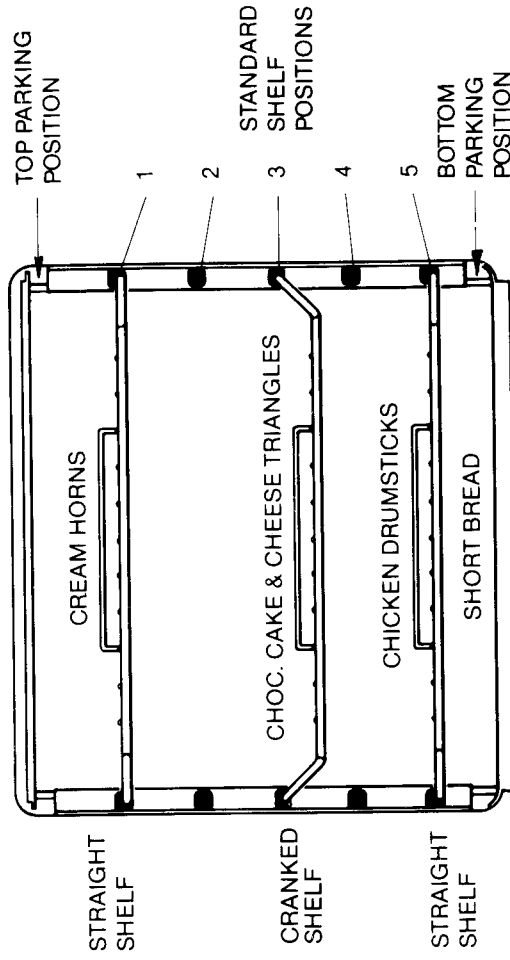


Fig. 10

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

TRIPLE 'S' OVEN SHELF SYSTEM

Your oven has heat zones. The numbers on the thermostat control knob refer to the temperature at the centre oven position, corresponding to the third straight shelf position. The temperature is hotter above this position and cooler below.

By using the cranked shelf, 5 extra shelf positions in the oven are available, enabling full use of all the levels of heat throughout the oven (see Fig. 10).

This system can be used for:

- a) Bulk baking, using three levels for variations on a recipe, e.g. three types of biscuits, three types of scones etc.
- b) Cooking full meals, sometimes with all the dishes going in and coming out at more or less the same time, others having a staggered cooking time.

Points to remember when planning a bake load:

1. It is useful to refer to the chart on page 30 which gives approximate equivalent thermostat mark numbers for each shelf. Temperatures for individual shelf positions using the cranked shelf can then be estimated.
2. Times for individual recipes will alter slightly when included with other dishes.
3. Try to choose rectangular or oval dishes where possible, as they fit side by side on the shelf more conveniently.
4. Do not let trays, dishes or aluminium foil overhang the burner at the back of the oven.

COLD START COOKING

Casseroles and rich 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 32 lb (14.5kg) provided it is of suitable shape.

THE LOWER OVEN

THE LOWER OVEN

Fig. 7

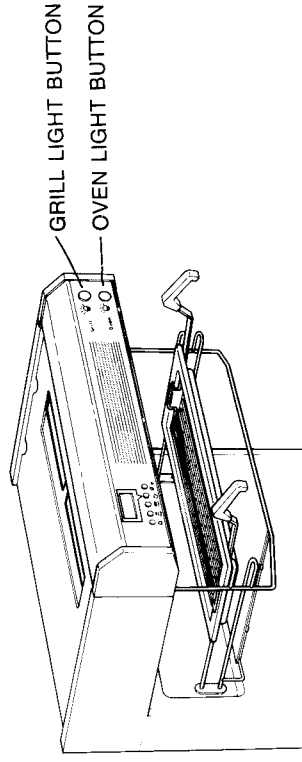


Fig. 8

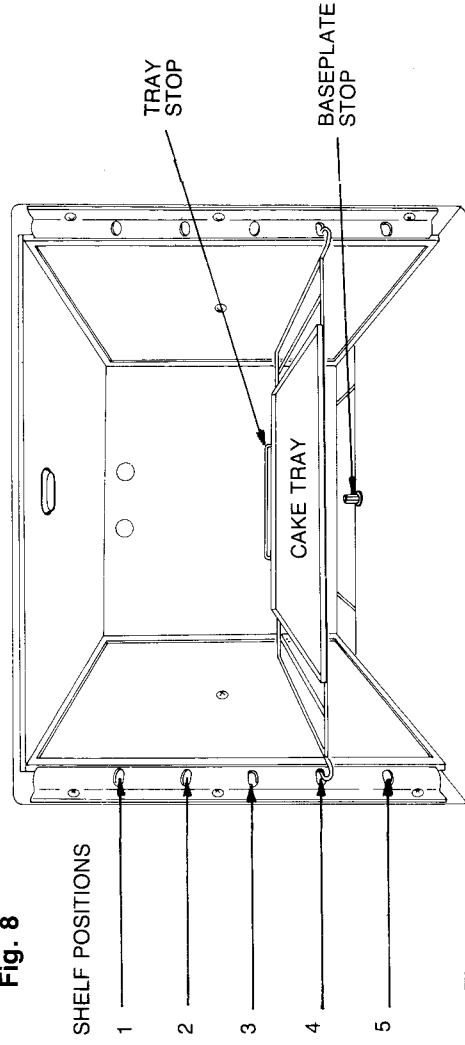
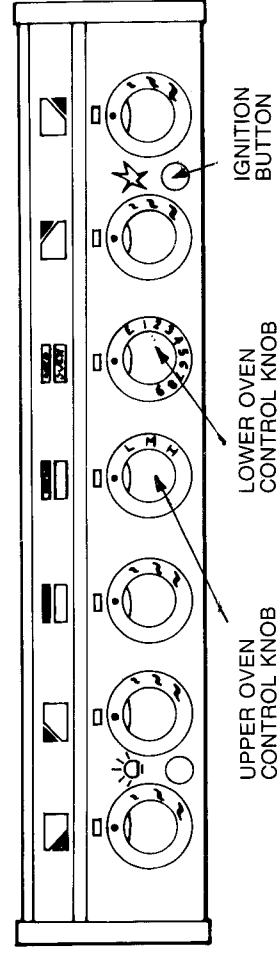


Fig. 9



MEALS FOR THE LOWER OVEN (AUTOMATIC TIMER)

Meal 2

Mark 6
1 1/4 hours

Cumbræe Liver

2 1/2 - 3pt (1.4 - 1.6L) Casserole with Lid.

Carrots

1 1/2pt (900ml) Oval Casserole with lid

Oven potatoes
Baked apples

10 1/4" (260mm) Oval dish
2pt (1.1L) Flat Oval dish

Recipe

CUMBRÆE LIVER

- 1lb (450g) calves liver
- 1 medium onion
- 1 eating apple
- 5 rashers streaky bacon
- 1 stock cube
- 1 tbsp (15ml) tomato purée
- 1/4pt (150ml) water

Method

Chop the liver and bacon into small pieces. Slice the onion and apple. Place a layer of onion in the bottom of the casserole followed by a layer of apple, the liver and bacon. Mix the stock cube and tomato purée into the water. Pour over the other ingredients. Cover.

Shelf
Position

4

CARROTS

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

Peel and slice carrots thinly. Place in casserole. Cover with salted water. Place knob of butter on vegetables.

2

OVEN FRIED POTATOES

- 1lb (450g) prepared potatoes
- 1oz (25g) butter
- Seasoning
- Parsley

Slice potatoes thickly. Place in dish and season. Pour melted butter over them. Sprinkle on the parsley.

2

BAKED APPLES

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

Core the apples. Make a cut in the skin around the middle of each apple. Place apples in oval dish. Fill cavity with sultanas. Syrup and brown sugar. Pour over apples.

Base
plate

THE LOWER 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 page 31).

Refer to the cooking charts (page 20 & 21) and place the oven shelf (or shelves) in the required position(s). Push in and turn the oven control (Fig. 9) fully anti-clockwise to the highest Mark number and then down to the required setting. The oven burner is lit automatically when the ticking sound stops. If there is no ticking sound, check that the electricity supply to the cooker is on. There is a delay of less than a minute, whilst the safety device operates, before the burner comes on full. The flame stays high during the heating up time and is then reduced automatically to keep the oven at the required gas Mark.

To turn off the oven, push in and turn the thermostat control knob fully clockwise to the symbol ●.

The oven light button is on the grill fascia panel. (Fig. 7)

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

DO NOT

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

MEALS FOR THE LOWER OVEN (AUTOMATIC TIMER)

Meal 1

Lamb in red wine
 Baked Jacket Potatoes
 Broad Beans
 Apple Crisp

Mark 4
 2 hours

2½ - 3pt (1.4L - 1.6L) Casserole with Lid

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

Recipe

LAMB IN RED WINE

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

Shelf
 Position

4

Method

Chop bacon and onions. Slice carrots and mushrooms. Cut meat into squares. Melt butter and sauté bacon, onions and carrots. Add meat and sauté quickly until browned. Sprinkle on flour and cook a little. Remove from heat and gradually add wine and stock. Bring to the boil, add mushrooms, tomato purée and seasoning. Transfer to covered casserole.

BAKED JACKET POTATOES

4 large potatoes
 Salt

Wash and prick skins. Rub with salt. Place on shelf runner.

2

BROAD BEANS

1 x 15oz (425g) tin broad beans or French beans

Empty beans into casserole. Add seasoning. Drain off liquid and add a knob of butter before serving.

Base-plate

APPLE CRISP

1lb (450g) Bramley apples
 Sugar to taste

Topping
 1oz (25g) butter
 1tbsp (15ml) golden syrup
 1oz (25g) caster sugar
 3 teacupsful Cornflakes

Place prepared apples in pie dish with sugar, melt syrup, butter and caster sugar together. Mix in cornflakes and pile on top of the fruit.

4

LOWER 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
STARTERS			
Patés and Terrines	3 or 4	4	2 hrs. in a bain-marie
FISH			
Oily fish (whole)	4 or 5	3	25 mins. - 1hr, depending on recipe and size of fish
White fish (fillets)	4 or 5	3	25 - 30 mins.
White fish (steaks)	4 or 5	3	25 - 30 mins.
*MEAT AND POULTRY			
Veal	3	4	35 mins. per lb + 35 mins.
Beef	3	4	40 mins. per lb + 40 mins.
Ham	3	4	40 mins. per lb + 40 mins.
Lamb	3	4	50 mins. per lb 2 50 mins.
Pork	3	4	50 - 60 mins. per lb + 50 - 60 mins.
Chicken	3	4	30 - 40 mins. per lb + 30 - 40 mins.
Duckling & gosling	4	4	35 mins. per lb + 35 mins.
Turkey	3	4 or 5	30 mins. per lb + 30 mins.
Game	6	4	30 mins. per lb + 35 mins.
Rabbit	6	4	15 mins. per lb + 15 mins.
Casseroles	3	3 or 4	4 - 6 hrs. (depending on cut of meat)
PUDDINGS			
Milk pudding	3	3 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 pie 1x9" (230mm)	6	3	45 - 50 mins. on a baking tray
Fruit crumbles	5 or 6	3	35 - 45 mins.

* 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.

LOWER OVEN COOKING CHART

Food	Gas Mark	Shelf Position	Approx. Cooking Time and Comments
CAKES, PASTRIES & BISCUITS			
Small cakes - 2 trays	5	1 cranked & 3 or 2 & 4	17 - 25 mins.
- 1 tray	5	2 only	"
Victoria sandwich 2x8" (205mm)	4	1 cranked & 3	20 - 30 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	3¼ - 3½" hrs.
Shortcrust pastry	6	2 or 3	15 mins. - 1 hr. depending on recipe
Rich shortcrust pastry - 1 tray	5	2	20 - 40 mins. depending on recipe
Flaky & puff pastry - 2 trays	7	1 & 3	10 - 30 mins. depending on recipe
- 1 tray		2 only	"
Choux pastry - éclairs 1 tray	6	2	35 - 40 mins.
Hot water crust pastry	4	3	1½ - 1¾ hrs.
Scones - 2 trays	7	1 cranked & 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	"
YEAST MIXTURES			
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.
MISCELLANEOUS			
Yorkshire pudding - large	7	1 or 2	45 - 50 mins
- individual	7	1 or 2	25 - 30 mins.
Soufflés	4	3	30 mins.
Meringues	'E'	4 & baseplate	2 - 5 hrs. starting on shelf 4 until 'set' and then on the baseplate until dried out - turn when necessary.
Baked Potatoes	4 or 5	3	1½ - 3 hrs. until soft, depending on size

AUTOMATIC COOKING RULES

RULES TO FOLLOW WHEN COOKING AUTOMATICALLY

When planning your meal, remember that the oven control setting refers to the centre of the oven - it is warmer above and cooler below.

Food should be as cold as possible when it goes into the oven, preferably straight from the refrigerator. Frozen meat and poultry should be thawed thoroughly before it is put in the oven.

Stews and joints can be cooked by the long slow method, so that the delay period is kept to a minimum. The cooking chart gives details of alternative low temperature roasting.

Dishes containing left-over cooked meat or poultry, for example Shepherds Pie, should not be cooked automatically if there is to be a delay period.

Warm food should never be placed in the oven if there is to be a delay period. Stews prepared by frying the meat and vegetables should be cooked as soon as possible.

It is advisable to cover most dishes either with a lid or foil to keep the food moist and prevent the transfer of odours. If the food is to be served golden brown, it may be left uncovered or have the lid removed for quick browning before serving.

Wine or beer may ferment and cream may curdle during the delay period, so it is best to add these ingredients just before serving.

Particular care should be taken over the selection of food in hot weather.

Dishes containing liquid should not be filled too full to prevent boiling over.









To prevent discolouration of certain fruit and vegetables such as apples, pears, turnips and parsnips, a little lemon juice should be added to the cooking liquid.

Potatoes should be par-boiled or brushed with fat to prevent discolouration during delay time.

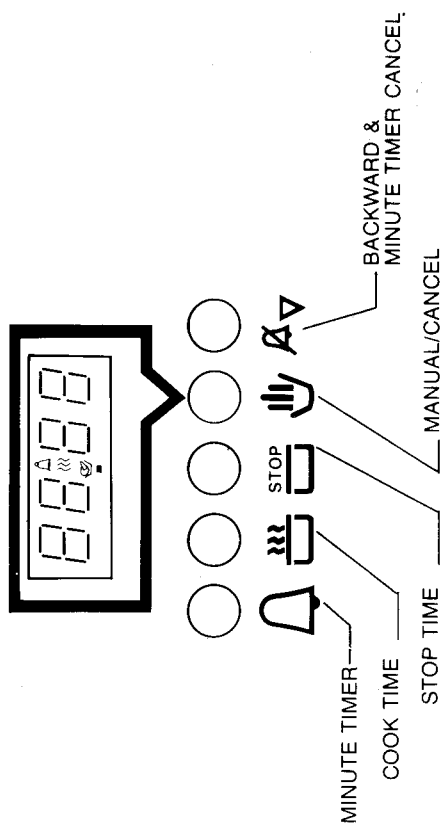
Many foods which are usually cooked on a hotplate can, with a little thought, be cooked in an oven instead.

THE AUTOMATIC TIMER

TO SET AN END TIME ONLY, AUTOMATICALLY:

1. Press and hold the cook time  button until the amount of cooking time appears on the display. If the time is over-run, immediately press the backward  button until the correct time is set. The chicken  and steam  symbols will also appear.
2. To check when the meal will be ready press the stop time button for no longer than 2 seconds. The finished time will have been worked out automatically.
3. Set the oven thermostat control. When cooking has finished, a continuous beep will sound for 1 minute, the steam  symbol will disappear, and the chicken  symbol will flash.
4. Return the oven to manual by turning the oven thermostat control knob fully clockwise to the symbol , and pressing the cancel/manual  button.

THE MINUTE TIMER






MINUTE TIMER



The minute timer works separately from the time of day clock and can be set to time periods up to 8 hrs.

Each setting will remain displayed for 5 seconds before changing back to display the time of day. The setting will be stored and can be checked by pressing the appropriate button for no longer than 2 seconds.



TO SET THE MINUTE TIMER:

1. Press and hold down the minute timer  button. After 2 seconds the minute timer will start to increase, first in minutes then in hours until the desired time is reached. The bell  symbol will appear in the display.
2. If the time is over-run, immediately press the backward  button until the correct time is set.

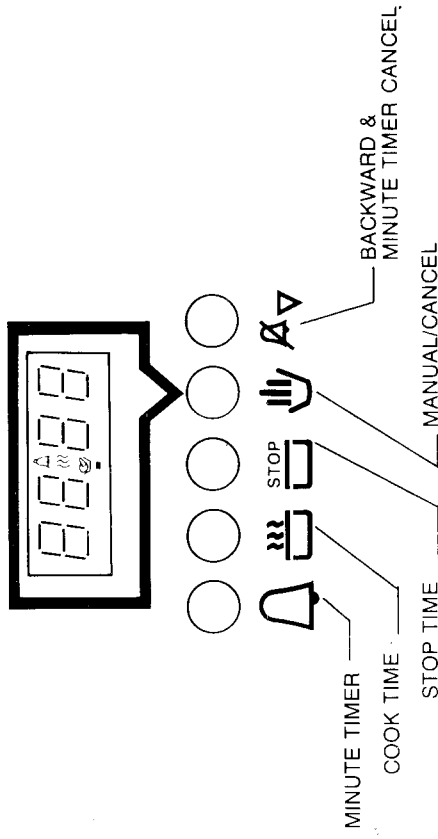
When the setting is complete, the display will go back to showing the time of day.

To view the time left on the minute timer, press the minute timer button for no longer than 2 seconds. At the end of the 'count down' a high pitched beep will sound and the bell  symbol will disappear. To stop this signal, press the backward  minute timer cancel button.

TO CANCEL THE MINUTE TIMER SETTING:

1. Press and release the minute timer button .
2. Immediately press the backward  button until 00.00 appears on the display.

THE AUTOMATIC TIMER



AUTOMATIC COOKING CONTROL

This can be used to set an automatic cooking programme in the lower oven, that is it turns the gas on or off at pre-set times. Before setting the programme check that the clock is telling the correct time of day, and have the following information to hand.

1. The length of time that you want the food to cook.
2. The time that you want the food to stop cooking.
3. The oven control setting required.

TO SET AN AUTOMATIC COOKING PROGRAMME

Either the stop time OR cook time button can be pressed first.

Each setting will remain displayed for 5 seconds before changing back to display the time of day. The setting will be stored and can be checked by pressing the appropriate button for no longer than 2 seconds.

1. Press and hold the cook time button until the amount of cooking time appears on the display. The chicken and steam symbol will also appear.
2. Press the stop time button until the time that the meal is to be ready appears on the display. This will cause the steam symbol to disappear until cooking starts, when it will then re-appear. If the time is over-run whilst entering either of these settings, immediately press the backward button until the correct time is set.

THE AUTOMATIC TIMER

The setting can be cancelled at any stage by pressing the cancel/manual button. The time at which the meal will start cooking can be calculated by subtracting the cooking time from the stop time.

When the meal starts cooking the steam above the chicken symbol will appear. This will remain until the programme is completed.

When cooking has finished, a continuous beep will sound, the steam symbol will disappear and the chicken symbol will flash. The beep will stop after one minute but the chicken symbol will remain flashing until cancelled by pressing the cancel/manual button.

TO RETURN THE OVEN TO MANUAL:

1. Push in and turn the oven thermostat control knob fully clockwise to the symbol .
2. Press the cancel/manual button.
The oven is now ready for manual use.

EXAMPLE OF AUTOMATIC COOKING

The food requires 2 hrs 30 mins cooking at gas Mark 3.

The cooking is to be finished by 18.00 hrs.

1. Arrange the oven shelves in the oven and on them place the prepared dishes.
2. Check that the clock is showing the correct time of day. (see page 10 for setting).
3. Press the cook time button until 2 hrs 30 mins appears on the display.
4. Press the stop time button until 18.00 hrs appears on the display.
5. Check the settings by pressing each of the buttons in turn. If a setting is found to be wrong, it can be changed as previously described or by pressing the cancel/manual button and starting again.
6. Set the oven thermostat control to gas Mark 3.
7. When the cooking is completed turn off the oven thermostat control and return the oven to manual by pressing the cancel/manual button.

NOTE: – When checking any setting it is important that the button is pressed for no longer than 2 seconds, otherwise the setting will be altered.