

This appliance conforms to the following EEC Directives:

Low Voltage Equipment

73/23/EEC

93/68/EEC

Electromagnetic Compatibility

89/336/EEC

92/31/EEC

93/68/EEC

CE

Creda

Starlight

User Instructions and Recipe Book

Models 49221/3/5

Creda

Creda

**You must read these instructions prior to using the
appliance and retain them for future reference.**

Contents

Introduction	3
Important Do's and Don'ts – Do	4
Important Do's and Don'ts – Do Not	5
Installation	6
Product Specification	7
Know Your Cooker	8-9
Hotplates	10-11
Grill	12
Oven	12
Temperature Conversion Scale	13
Oven Temperature Chart – Meat	14
Oven Cookery Notes	15
Oven Temperature Chart – Baking	16
Cooking Results Not Satisfactory?	17
Recipes	18-20
Care and Cleaning	21-22
Service	23

For details of spares, service and guarantee, see separate service leaflet.

Service

Before requesting a service call please read through the following check list to see if a call is really necessary.

1. Slight odour or small amount of smoke when using the cooker for the first time.
This is normal and should cease after a short period.
2. Oven temperature seems too high or too low.
Check that the temperature has been set in accordance with the charts on pages 14 and 16. It may be necessary to increase or decrease the recommended temperature by up to 10°C to suit your taste.
3. Oven does not cook evenly.
Check that the temperature and shelf position are as recommended on pages 14 and 16.
Check that the containers being used in the oven allow sufficient air flow around them.
Check that the cooker is level.
4. Hotplates are slow to boil or will not simmer.
Check that your pans conform with the recommendations on pages 10 and 11.
5. Grilling is uneven.
Check that the grill pan has been correctly positioned.

If there is still a problem with your cooker then contact your nearest Service Centre; please see separate Service Leaflet for details.

Please have the following information available:

1. Your name, address and postcode.
2. Your telephone number.
3. The model number of your cooker.
4. Clear and concise details of the fault.
5. Where purchased and date of purchase.
6. Details of any Creda Service Schemes.

If you have any queries regarding Service or Spares, our Spares and Service division will be pleased to advise.

You should write to:

Creda Ltd.
Spares and Service Division
CredaCare Building, Creda Works
Blythe Bridge, Stoke-on-Trent ST11 9LN
or telephone 01782 388300.

Note: Our Engineer will use every effort to avoid damage to floor coverings and adjacent units when carrying out repairs/service work but in locations where the Engineer advises you that it will be impossible to move the appliance without risk of damage, he will only proceed with your approval that no liability is accepted.

Care and Cleaning

Oven Door

Wipe over the door outer panel with a cloth wrung out in hot soapy water, then after wiping with a cloth wrung out in clear water, dry with a soft clean cloth.

Do not use scouring pads or abrasive powder which may scratch the surface.

Take care during cleaning not to damage or distort the door seal. Do not lift the door seal from the oven front frame, if necessary remove the seal by carefully unhooking the corner clips. Be sure to replace the oven door seal before using the appliance.

Door Removal

The door is removable to facilitate occasional cleaning of heavy soiling from the oven floor and from the door itself. Please note the door is heavy and care should be taken during its removal.

To remove, open the door fully and, using a coin or screwdriver, turn the two discs clockwise to the position shown below (Fig.3). Close the door to approx. 45°, unhook the lower hinge fingers, then pull the door away from the oven front frame.

To replace, insert the lower fingers and the hooked ends of the door stays, be sure that the slots in the lower fingers engage with the front frame (Fig.4). Fully open the door and turn the discs counter clockwise to their normal working positions (Fig.5).

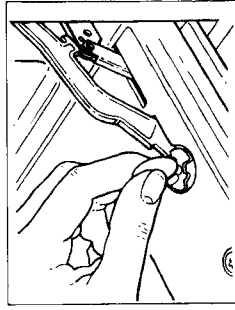


Fig. 3

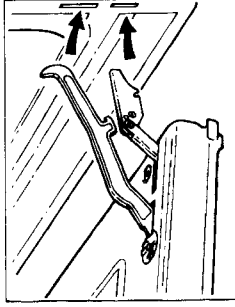


Fig. 4

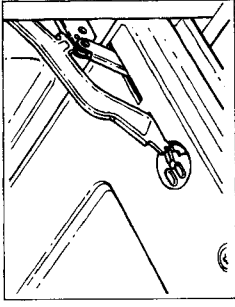


Fig. 5

Introduction

Please read this booklet carefully.

Your new cooker is guaranteed and will give lasting service. **The guarantee is only applicable if the appliance has been installed in accordance with the installation instructions detailed in this booklet.**

The cooker is designed specifically for domestic use and responsibility will not be accepted for use in any other installation.

When the cooker is first used an odour may be emitted by the oven lagging insulation – this should cease after a short period of use.

Please read through before operating your appliance.

Do have your appliance installed by a electrical contractor, registered with the National Inspection Council for Electrical Installation Contracting (NICEIC).

Do remove all packaging from inside the oven, grill and hob compartments before switching on for the first time.

Do make sure you understand the controls prior to using.

Do keep children away from the cooker at all times when in use as surfaces will get extremely hot.

Do remember that the oven and utensils will be very hot when in use.

Do take care when opening the door. Let steam and hot air escape before removing the food.

Do use quality dry oven gloves for removing hot food utensils from the oven/grill.

Do select the correct shelf position before turning the oven or grill on.

Do always turn off the electricity supply at the wall switch and allow the appliance to cool before cleaning.

Do ensure meat and poultry is thoroughly defrosted before cooking.

Do check all controls on the appliance are switched off when the appliance is not in use and before retiring to bed.

Do take care when removing utensils from the grill as these may be hot if main oven is in use.

Do keep ventilation slots clear of obstructions.

Do allow the appliance to cool before cleaning.

Do in the event of a chip pan or other pan fire, turn the cooker off at the mains and cover the pan with a fire blanket or damp cloth. This will smother the flames and extinguish the fire. Leave the pan to cool for at least thirty minutes before moving it.

Do place pans centrally over the hotplate and position them so the handles cannot accidentally be caught or knocked and do not become heated by adjacent hotplate.

Do note that recipe times and temperatures in this book are for guidance only.

Do always refer servicing to a qualified appliance service engineer.

Do ensure the grill pan handle is fully located centrally on the grill pan.

Turn OFF the main control unit and allow the cooker to cool before cleaning.

Before switching on again, ensure that all controls are in the **OFF** position.

Refer to the instructions below for cleaning the 'Credaclean' removable side oven panels.

'CREDACLEAN' OVEN LINERS

The surfaces of the 'Credaclean' oven liners are treated on the mottled face with a special vitreous enamel which absorbs cooking soils. At temperatures of 220°C (425°F) or above, the special surface enables these soils to be slowly destroyed. The higher the temperature, the more effective it is. In most cases normal cooking operations at this temperature will permit this cleaning operation to proceed during cooking. However, if higher cooking temperatures are not used regularly, it may be necessary, in order to prevent heavy soiling, to run the oven without a meat pan, at a higher temperature setting of 230°C (450°F) for a couple of hours. This may be necessary once a month or every two or three months depending on the type and amount of oven cooking.

Oven sides – It should not normally be necessary to clean the 'Credaclean' panels in water. If the user feels it is desirable to do so, remove the rod shelves and side panels and wash them in warm, soapy water, followed by rinsing in clear water. **Do not use enzyme/biological washing powder, harsh abrasives or oven chemical cleaners of any kind.**

Grill – Remove the grill pan and grid. It is best to wash these items immediately after use to prevent stains from being burnt on when used again.

Lift out the hotplate bezels and wash in hot soapy or detergent water. Wipe the hob with a damp cloth wrung out in hot soapy water or detergent water. To clean the spillage compartment, raise the hob and wipe with a damp cloth wrung out in a hot soapy or detergent water using a fine soap impregnated steel wool pad if necessary.

Wipe over the control panel with a damp cloth and polish with a dry cloth. **Do not use** oven cleaners or aerosols, scouring pads or abrasive powder for cleaning the plastic knobs or plastic end caps as damage will occur.

Refer to the instructions above for cleaning the 'Credaclean' panels.

Remove the rod shelves for washing at the sink. Use a fine steel wool soap pad for removing stubborn stains from the rod shelves and floor of the oven. Take care during cleaning not to damage, bend or dislodge from the supporting clips the thermostat phial which is across the back of the oven just below the roof.

Hob and Spillage Compartment

Control Panel

Oven – Interior

CHRISTMAS CAKE

225g (8oz) butter or block margarine
225g (8oz) brown sugar
4 eggs
225g (8oz) plain flour
5ml (1 tsp) mixed spice
2.5ml (½ tsp) baking powder
200g (7oz) raisins
200g (7oz) sultanas
200g (7oz) currants
50g (2oz) chopped almonds
75g (3oz) glace cherries (cut in pieces)
60ml (4 tbsp) brandy (optional)

1. Cream fat and sugar until light and fluffy.
2. Add eggs one at a time, beating well.
3. Sieve dry ingredients. Add gradually with mixed fruit, cherries and nuts.
4. Bake in lined 20cm (8in) cake tin: preheat; shelf 3; 150°C; 3-3½ hours. It may be necessary to cover top of cake with brown paper for final hour to prevent overbrowning.
5. Leave in tin to cool a little, before turning out.
6. When cold, prick bottom of cake and sprinkle brandy over. Leave for about a week before icing.

SMALL CAKES

225g (8oz) block margarine
225g (8oz) caster sugar
4 eggs
300g (11oz) self raising flour
Variations:
100g (4oz) sultanas
100g (4oz) chocolate chips
100g (4oz) chopped glace cherries
30ml (2 tbsp) cocoa powder mixed to paste with water
Add any of the above with flour

1. Cream margarine and sugar until light, fluffy and pale in colour.
2. Add each egg, beating well after each addition.
3. Fold in sifted flour, mixing well.
4. Place paper cases on baking trays and two-thirds fill them with mixture.
5. Bake until golden brown and springy to touch: preheat; shelves 1 and 4; 190-200°C; 15-20 mins.

SCONES

450g (1lb) plain flour
10ml (2 tsp) cream of tartar
5ml (1 tsp) bicarbonate of soda
100g (4 oz) block margarine
225ml (8 fl oz) milk
Variations:
Sultana scones – add 100g (4 oz) sultanas and 50g (2oz) caster sugar
Wholemeal scones – use half quantity of wholemeal flour
Cheese scones – add 100g (4oz) grated cheddar cheese and 5ml (1 tsp) dry mustard

1. Sift together flour, cream of tartar and bicarbonate of soda.
2. Rub in margarine until mixture resembles fine breadcrumbs.
3. Make a well in centre. Stir in enough milk to give fairly soft dough.
4. Turn onto lightly floured surface. Knead lightly to remove any cracks. Roll out to about 15mm (¾in). Cut out 5cm (2in) rounds. Place on baking sheet.
5. Knead remaining dough and re-roll.
6. Bake until well risen and golden brown; preheat; shelves 1 and 4; 230°C; 10-13 mins.

Important Do's and Don'ts – Do Not

DO NOT

Please read through before operating your appliance.

- Do not** leave children unsupervised where the cooker is installed and in use as all surfaces will get hot.
- Do not** use large preserving pans or fish kettles across two hotplates as this will damage the hob.
- Do not** attempt to grill with the grill door closed.
- Do not** allow anyone to sit or stand on any part of the appliance.
- Do not** store items above a cooker that children may attempt to reach.
- Do not** remove the oven shelves when the oven is hot.
- Do not** use water to extinguish oil or fat fires.
- Do not** use the cooker as a room heater or to dry towels etc.
- Do not** use the grill to warm plates.
- Do not** cover oven shelves with aluminium foil as the oven air flow will be disrupted.
- Do not** line the grill pan with aluminium foil.
- Do not** heat up unopened food containers as pressure can build up causing the container to burst.
- Do not** place flammable or plastic items on or near the hob, and never leave anything on the hob when the cooker is not in use.
- Do not** use caustic solutions on decorative trims, this will cause damage to trims. Refer to Care and Cleaning.
- Do not** use biological washing powder or harsh abrasives or chemical cleaners for cleaning the oven inner panels. Refer to Care and Cleaning.
- Do not** use scouring pads or abrasive powders for cleaning decorative trims. Refer to Care and Cleaning.
- Do not** leave a hotplate on for long periods when not covered by a pan. Spillage should be dealt with as soon as it occurs, taking due care as the hob surface may be hot. Any spillage left on the surface after cooking should be cleaned off before the hob is switched on again to prevent baking on.
- Do not** store flammable materials, aerosols etc. in adjacent cabinets.
- Do not** dry any items on the oven doors or handles.

WARNING – THIS APPLIANCE MUST BE EARTHED.

Your appliance should have been checked to ensure that the voltage corresponds with your supply voltage, this is stated on the rating plate, which is situated on the oven front frame. The cooker must be connected to a suitable double-pole control unit with a minimum rating of 30A and a minimum contact clearance of 3mm, which should be fitted adjacent to (but not above) the cooker.

For your own safety, we recommend that your appliance is installed by a competent person – such as one who is registered with NICEIC (National Inspection Council for Electrical Installation Contracting). The cooker should be installed in accordance with the 16th Edition of the IEE Regulations.

The power supply cable should conform to B.S.6004 with a conductor size of 6mm².

The control unit should be easily accessible in the event of an emergency.

This appliance conforms to EN55014 regarding suppression of radio and television interference.

Access to the mains terminals is gained by removing the rear access cover.

The mains cable must pass through the cable clamp adjacent to the terminal block. Sufficient cable should be used to allow the cooker to be pulled out for servicing.

Ensure that the mains cable is routed away from any brackets affixed to the rear panel (especially the vent outlet covers) and is not trapped to the rear wall when pushing the cooker into position in or between cabinets.

Sitting/ Moving the cooker

The cooker is designed to fit between kitchen cabinets spaced 500mm apart. The space either side need only be sufficient to allow withdrawal of the cooker for servicing. It can be used with cabinets one side or both as well as in a corner setting. It can also be used free-standing.

Adjacent side walls which project above hob level, should be protected by heat resistant material, but in any case should not be nearer to the cooker than 150mm. Any overhanging surface or cooker hood should not be nearer than 650mm.

Before moving your cooker, switch off at the cooker control unit above hob, ensure that it is cool.

Movement of your cooker is most easily achieved by lifting the front as follows: Open the top oven door sufficiently to allow a comfortable grip on the underside front edge of the oven roof, avoiding any grill elements or oven interior furniture.

Note: Take care in moving the cooker as it is heavy. Take care to ensure that any floor covering is not damaged.

Recipes

BATTERS

Basic Recipe:

100g (4oz) plain flour

Pinch of salt

1 large egg

250ml (1/2 pint) milk and water mixed in equal quantities

1. Sieve flour and salt into basin.
2. Make a well in centre and add egg plus one-third of liquid.
3. Beat well until mixture is smooth.
4. Add another third of liquid and again beat well until smooth.
5. Lightly stir in remaining liquid.
6. If possible, allow batter to stand in cool place for at least half an hour.

YORKSHIRE PUDDING

1. Place 25g (1oz) dripping into shallow ovenproof dish or 22.5cm (9in) square Yorkshire pudding tin and place in top of oven to heat for 10 minutes.
2. Pour batter into hot fat.
3. Bake: preheat; shelf 5; 210°C; 40-45 mins.

ALL-IN-ONE VICTORIA SANDWICH

100g (4oz) soft tub margarine

100g (4oz) caster sugar

2 eggs

100g (4oz) self raising flour

5ml (1 tsp) baking powder

1. Place all ingredients into a bowl.
2. Beat with a wooden spoon for 2-3 minutes or beat in electric mixer for 1 minute.
3. Grease and line two 18cm (7in) sandwich tins.
4. Place mixture into prepared tins.
5. Bake: preheat; shelves 1 and 4; 170-180°C; 20-30 mins.

VICTORIA SANDWICH

100g (4oz) block margarine

100g (4oz) caster sugar

2 eggs

100g (4oz) self raising flour

1. Cream margarine and sugar until light, fluffy and pale in colour.
2. Beat in eggs.
3. Sift flour and fold into mixture.
4. Grease and line two 18cm (7in) sandwich tins.
5. Divide mixture equally into tins. Level tops.
6. Bake: preheat; shelves 1 and 4; 180-190°C; 20-30 mins.
7. Bake until well risen, golden brown and firm to touch.

Recipes

BEEF STEW AND DUMPLINGS

675g (1 1/4lb) stewing steak, cut into 2.5cm (1 in. cubes)
2 medium sized onions, peeled and quartered
225g (8oz) carrots, peeled and sliced
225g (8oz) swede, peeled and cubed
4 sticks of celery, cut into 2.5cm (1 in.) lengths
500ml (1 pint) beef stock, boiling
30ml (2 tbsp) tomato puree
5ml (1 tsp) mixed dried herbs
Salt and pepper
Dumplings:
100g (4oz) self raising flour
Pinch of salt

50g (2oz) shredded suet
15ml (1 tbsp) chopped parsley
Cold water to mix
1. Place meat, vegetables, stock, puree, herbs and seasoning in large casserole dish.
2. Cover dish.
3. Bake: preheat; shelf 3; 165°C; 1 1/2-2 hours.
4. Cook until meat is tender.
5. Make dumplings: mix flour, salt, suet and parsley together in bowl.
6. Add enough water to make soft dough.
7. Divide into 4 pieces, from each into ball and place on top of stew.
8. Cover and continue to cook for further 20-30 minutes or until cooked through.

FRUIT PLATE TARTS

Pastry:
800g (1 3/4lb) plain flour
200g (7oz) block margarine
200g (7oz) cooking fat
250ml (10fl oz) cold water
Filling:
675g (1 1/2lb) prepared fruit
50g (2oz) sugar

1. Make pastry. Sift flour into bowl, rub in fats until mixture resembles fine breadcrumbs.
2. Gradually add cold water to bind pastry together to form stiff dough.

3. Turn onto lightly floured surface. Knead lightly then divide pastry into four equal pieces.
4. Roll out two pieces to line base of two 25cm (10in) plates. Roll out remaining two pieces and leave to one side.
5. Prepare fruit for filling. Divide equally between the two pastry lined plates, adding the sugar.
6. Dampen edges of pastry with water. Cover fruit with rolled out pastry.
7. Trim and seal edges. Make a slit in the top of the pastry.
8. Bake: preheat; shelves 1 and 4 (interchange after half cooking); 200°C; 45-55 mins.

RICE PUDDING

40g (1 1/2 oz) pudding rice
25g (1 oz) sugar
500ml (1 pint) milk
Grated nutmeg
50g (2oz) sultanas or raisins (optional)

1. Grease pie dish and put in rice and dried fruit (if used).
2. Add sugar and milk, stir well, sprinkle grated nutmeg on top.
3. Bake: preheat; shelf 3; 160°C; 2-2 1/2 hours.

Product Specification

Starlight 49221 230/240V - White
49223 340/230V - White
49225 230/240V - Brown Vignette

Supply Voltage	230/240V AC only
Supply Frequency	50 Hz
Total Wattage	9.82kW/10.7kW
Grill Wattage	2.3kW/2.5kW
Oven Wattage	2.2kW/2.4kW
Left Front Hotplate Wattage	1.65kW/1.8kW
Left Rear Hotplate Wattage	1.0kW/1.1kW
Right Rear Hotplate Wattage	1.65kW/1.8kW
Right Front Hotplate Wattage	1.0kW/1.1kW
Grilling Area	900sq cm
Oven Capacity	50.6 ltr
External Dimensions excluding handles	H 900mm W 500mm D 600mm

Know Your Cooker

Cat. No. 49221/3/5

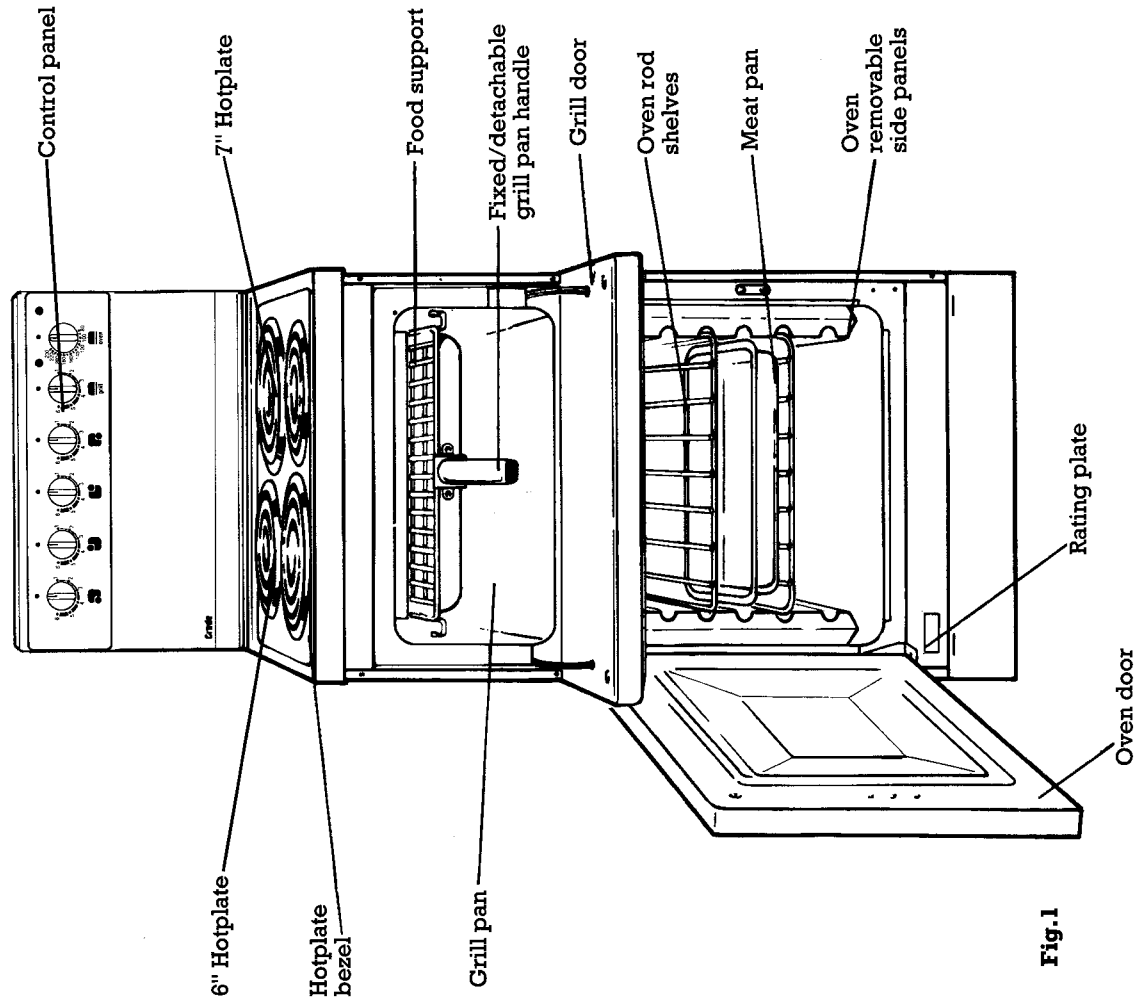


Fig.1

* Model Nos. 49221/3 have flush handles.
Model No. 49225 has towel rail handles.

Cooking Results Not Satisfactory?

Problem	Check
Grilling Uneven cooking front to back	Ensure that the grill pan is correctly positioned beneath the grill element.
Fat splattering	Ensure that the grill is not set to too high a setting.
Baking Uneven rising of cakes	Ensure that the oven shelves are level by using a spirit level on the rod shelf and adjusting, using suitable packing, e.g. wood, under the feet of the appliance. This should be checked both left to right and front to back.
Sinking of cakes	The following may cause cakes to sink: 1. Cooking at too high a temperature. 2. Using normal creaming method with soft margarine.
Over/Undercooking Fast/Slow cooking	Refer to the cooking times and temperatures given in the oven temperature charts, however, it may be necessary to increase or decrease temperatures by 10°C to suit personal taste. Do not use utensils greater than 2 1/4" in height, for roasting.

Should you require any advice concerning cooking with your new cooker, our Home Economics Department is always available to advise if you write to:-

The Home Economist
Creda Ltd., PO Box 5
Creda Works, Blythe Bridge
Stoke-on-Trent ST11 9LJ

Oven Temperature Chart – Baking

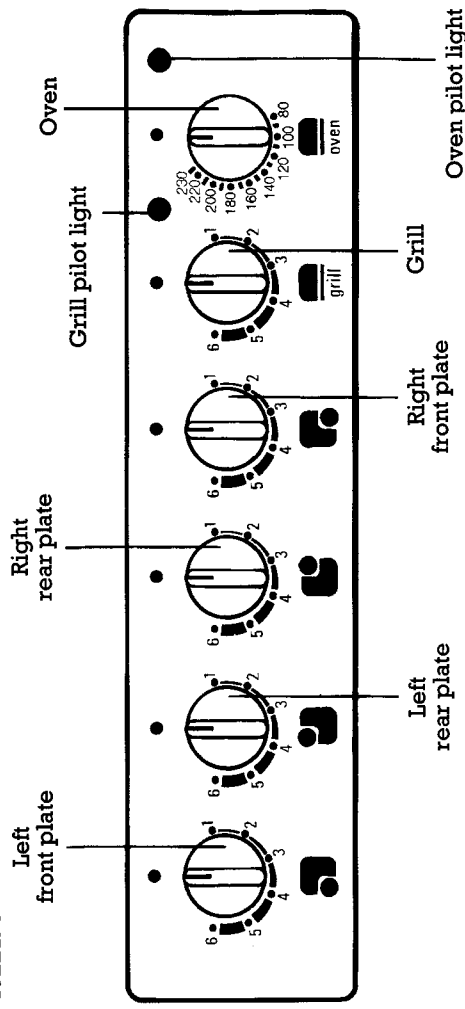
Food	Temperature and Time	Position in Oven
Scones Small Cakes	220/230°C 10-15 mins 190/200°C approx. 20-25 mins	Runners 1 and 4 from bottom of oven
Victoria Sandwich	170/190°C 6½"-7" tins approx. 20 mins 8"-8½" tins approx. 30 mins	Runners 1 and 4 from bottom of oven
Sponge Sandwich (fatless)	180/200°C 7" tins 15-20 mins	Runners 1 and 4 from bottom of oven
Swiss Roll	190/210°C 10-15 mins	Runner 4 from bottom of oven
Semi-rich Cakes (large)	160/180°C 6½"-7" tins 1½-1½ hrs 8"-9" tins 2-2½ hrs	Runner 2 from bottom of oven
Christmas Cake	140/150°C according to size and richness of mixture	Runner 3 from bottom of oven
Shortcrust Pastry (Plate Tarts) Puff Pastry	190/210°C 45-50 mins approx. 220°C	Runners 1 and 4 from bottom of oven
Yorkshire Pudding Individual Yorkshire Puddings	210/220°C 40-45 mins 210/220°C approx. 20 mins	Runner 5 from bottom of oven
Milk Puddings Baked Egg Custard	140/160°C 2-2½ hrs 140/160°C 40-50 mins	Runner 3 from bottom of oven
Bread (full oven) Bread (single loaf)	230°C 50-60 mins 230°C 45-50 mins Reducing to 210/220°C after first 10 mins	Runners 1 and 4 from bottom of oven
Meringues	100/110°C Large 3½-4½ hrs Small 2½-3 hrs	Runner 1 from bottom of oven

Note: When using two shelf positions at the same time (e.g. to bake two plate tarts, full oven of bread etc.) tins should be interchanged half way through the cooking period. When baking two trays of scones, small cakes, at the same time, the lower tray may require to be baked for a few minutes longer than the top tray.

If soft tub margarine is used for cake making, temperatures recommended by the manufacturers should be followed. Temperatures recommended in this chart refer to cakes made with block margarine or butter only.

Know Your Cooker

49221/3



49225

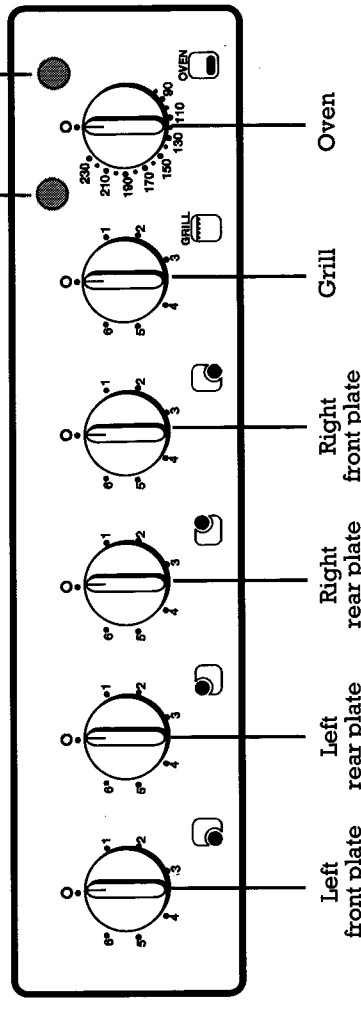


Fig.2

Before retiring for the evening, ensure that all controls are in the OFF position and nothing has been left on the hob.

Hotplates

Use of Hotplates

The controls for the hotplates can be turned in either direction. Turn the control to 6 for fast cooking. To reduce the heat to cook more slowly or simmer, turn the control to a lower setting according to the size of the saucepan and the amount of liquid. The two small hotplates on the hob are specially for smaller pans, slow cooking and simmering. It is inadvisable at any time to leave a hotplate switched on without a pan as this wastes energy and may shorten the life of the hotplate. See chart below for guide to control settings.

Control Settings Guide

This table is provided only as a guide – settings also depend on the type of pan used and the quantity of food.

Cooking Chart

Knob Position	Type of food
1 1 or 2	To melt butter, chocolate, etc. To heat food gently. To keep small amounts of water simmering. To heat sauces, containing egg yolks and butter, To simmer: stews, meat, fish, vegetables, fruit.
3	To heat solid and liquid foods. Keep water boiling. Thaw frozen foods. Make 2-3 egg omelettes.
4 or 5	To cook foods, just above simmering. To maintain 'rolling' boil for preserve making.
5 or 6	To seal meat and fry fish.
6	Frying potatoes. Bringing water to the boil. Deep fat frying. Dissolve sugar for preserve making.

Choosing your utensils

WE CANNOT LIST RECOMMENDED PANS IN THIS DOCUMENT AS MANUFACTURERS ARE CONSTANTLY UPDATING AND CHANGING THEIR RANGES AND CREDADA DO NOT HAVE CONTROL OVER THIS.

Remember

1. Purchasing a new pan will not necessarily mean it will have a flat base, always check before buying. See diagram on page 11.
2. Using the correct pans and utensils will result in maximum contact with the hob and maximum efficiency as with any type of electric hob.

Oven Cookery Notes

The charts on pages 14 and 16 are a guide only, giving approximate cooking temperatures and times. To suit personal taste and requirements, it may be necessary to increase or decrease temperatures by 10°C.

To prepare meat for roasting in your electric oven

Wipe the joint, dry well with a clean cloth, kitchen tissue, etc., and weigh it. Meat which has been stored in a refrigerator, should be allowed to come to room temperature for approximately 30 minutes before cooking, and similarly meat stored in a freezer must be completely thawed beforehand. Beef, lamb and mutton may be lightly floured, but pork should have the rind scored, brushed over lightly with olive oil, and sprinkled with salt – this gives crisp cracking.

Place joint in meat pan (small joints weighing less than 1.5kg (3lbs) should be roasted in a smaller pan/meat tin, or they may be 'pot roasted' – a small joint in a large meat pan causes unnecessary oven splashing). Additional fat should not be used, except for veal very lean meat, poultry, which can either be 'larded' with fat bacon, or brushed over **very sparingly** with melted fat/cooking oil. When potatoes are to be roasted round the joint, they only require to be coated in melted fat/cooking oil. It is not necessary to baste, when roasting in an electric oven, and liquid/stock should not be added to the meat pan.

For optimum cooking performances, there must be clearance between meat pan and oven sides.

Times and temperatures for roasting

The secret of succulent, tender meat, is not to roast it too quickly at too high a temperature. Best results are obtained when roasting is carried out at a low temperature. When a lower temperature is used, joint loses less weight, is more tender (too high a temperature causes meat to be tough and dry), and the splashing of fat onto oven interior is reduced to a minimum. When a complete meal is being cooked in the oven, cooking time may need to be increased, and temperature may need to be raised for approximately the last 30 minutes of the cooking period (for instance when cooking Yorkshire pudding to serve with roast beef).

The suggested times and temperatures given on page 14 should be used as a guide but may vary according to:-

1. Whether you prefer meat rare, medium or well done.
2. The size and shape of your joint.
 - a) A short thick joint requires a longer cooking period than a long thin joint.
 - b) A small joint under 1.5kg (3lbs) takes longer per 450g (1lb) than a large one, whereas a large joint over 3kg (6lbs) will cook in the time given for 'minutes' per 450g (1lb) without the 'minutes' over added.
 - c) Boned/rolled and stuffed joints take longer to cook through than those with a bone. The weight of stuffing should be added to the oven ready weight of meat/poultry to calculate roasting times.

Oven Temperature Chart – Meat

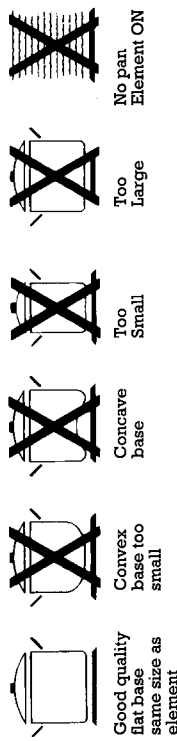
Food	Temperature and Time	Position in Oven
Beef	190/200°C approx. 25-30 mins. per 450g (1 lb) + 25 mins over	Runner 2 from bottom of oven
Lamb/Mutton	190/200°C approx. 25-30 mins. per 450g (1 lb) + 25 mins over	
Pork	190/200°C approx. 30-35 mins. per 450g (1 lb) + 30 mins over	
Veal	190/200°C approx. 25-35 mins. per 450g (1 lb) + 30 mins over	
Poultry/Game	190/200°C approx. 20-25 mins. per 450g (1 lb) + 20 mins over	
Turkey	up to 5.5kg (12lb) allow 22 mins per 450g (1 lb) at 190°C e.g. 5kg (11lb) = 242 mins over 5.5kg (12lb) allow 16 mins. per 450g (1lb) at 180°C e.g. 10kg (22lb) = 352 mins	
Casserole Cooking	140/160°C according to quantity	Shelf 3
If using aluminium foil, never: 1. Allow foil to touch sides of oven; 2. Cover oven interior with foil; 3. Cover oven shelves with foil.		

Hotplates

For best results we recommend the use of good quality saucepans with smooth flat bases. Aluminium pans with coloured vitreous enamelled bases absorb heat and are therefore more efficient in use. Almost equally as good are saucepans with a thick machined aluminium base. If using enamelled steel or cast iron pans, ensure that they have good smooth flat bases as otherwise the heat will not be distributed evenly and damaging heat spots may be created.

Never use recessed or ridged base utensils. Ideally the base of the saucepan should be approximately the same size as the heating area, up to a maximum of 254mm (10in).

Use pans which have sufficient capacity for the amount of food being cooked and therefore reduce soiling caused by excessive spillage. Do use utensils with good fitting lids, and for best results use a low dome pressure cooker.



- Do not use utensils with rough bases.
- Do not use lightweight utensils with thin, distorted or uneven bases.
- Do not use utensils with recessed, scrolled (like a gramophone record) or ridged bases.
- Do not use a utensil which has a convex base. Always ensure that the base of the utensil is dry before placing on the hob.

Important: As there could be some fire risk attached to the heating of oil, particularly for deep fat frying, **do not** leave cooking utensils containing oil **unattended** (e.g. to answer the telephone).

In the unfortunate event of a chip pan fire:

- Switch **Off** the electricity supply.
 - Smother flames with a fire blanket or damp cloth.
- Burns and injuries are caused almost invariably by picking up the burning pan and rushing outside with it.
- Use a deep pan, large enough to completely cover the appropriate cooking area.
 - Never fill the pan more than one-third full with oil or fat.
 - Do not overload the pan by trying to fry too much food at once – the pan (with food and fat or oil) should never be more than two-thirds full.
 - Always dry food thoroughly before frying, and lower it **Slowly** into the fat or oil.
 - Never heat fat, or fry, with a lid on the pan.
 - Keep the **Outside** of the pan clean and free from streaks of fat or oil.

Safety requirements for deep fat frying

GRILLING SHOULD NOT BE UNDERTAKEN WITH THE GRILL DOOR CLOSED.

Do not line the grill pan with aluminium foil.

Open the grill compartment door.

When the grill control is turned On, the grill pilot light will illuminate.

Preheat the grill at setting number 6 for approximately 5 minutes.

When toasting/grilling, push the pan back to correctly position it under the grill element.

Leave the control at setting number 6 for toast, for sealing and fast cooking of foods. For thicker foods requiring longer cooking, turn the control to a lower setting after the initial sealing on both sides at setting number 6. The thicker the food, the lower the control should be set.

Food which requires browning only should be placed under the hot grill, either in the grill pan or on the floor of the grill compartment, according to the depth of the dish. (The grill pan wire grid can be removed.)

Grill Pan Handle

The grill pan handle is detachable from the pan to facilitate cleaning and storage. The handle can be either detachable from or fixed to the pan. For a fixed handle remove the screw and washers from the grill pan bracket, tilt the handle over the recess adjacent to the bracket, slide it towards the centre of the pan and let the handle locate over the bracket. Replace screw and washers and ensure that they are fully tightened up. For a detachable handle remove screw and washers from the grill pan and discard.

Grill Compartment as a Hotcupboard

Plates and dishes placed on the floor of the compartment will be heated from the oven when in use. Do not operate the grill control when using the compartment as a hotcupboard.

Oven

The oven is fitted with 'Credaclean' liners and two rod shelves. The oven is heated by two tubular sheathed elements located behind the removable sides. The heating of the oven is achieved by turning the control knob clockwise to the required temperature 80°C-230°C (176°F-445°F) as recommended in the temperature chart. The pilot light will immediately come on and will automatically go off and on during cooking as the oven thermostat maintains the correct temperature.

It should be noted that at the end of a cooking period there may be a momentary puff of steam when the oven door is opened. This will disperse in a few seconds and is a perfectly normal characteristic of an oven with a good door seal.

The correct positioning of food is indicated on the temperature charts (pages 14 and 16).

Temperature Conversion Scale

Comparative scale of oven settings (degrees Celsius to degrees Fahrenheit) as recommended by the Association of Manufacturers of Domestic Electrical Appliances.

The temperature control knobs on this electric cooker are marked in degrees Celsius. This chart will help when the recipes show alternative scales.

Gas Mark	Conventional Oven		Fan Oven (It is not always necessary to preheat oven)
	°F	°C	
1/2	250	120	100
1	275	140	120
2	300	150	130
3	325	160	140
4	350	180	160
5	375	190	170
6	400	200	180
7	425	220	200
8	450	230	210
9	475	240	220