

Creda
Concept Solarspeed
Cooker Instruction Book



Creda Concept Features

Model No. 48306 Brown
48307 White

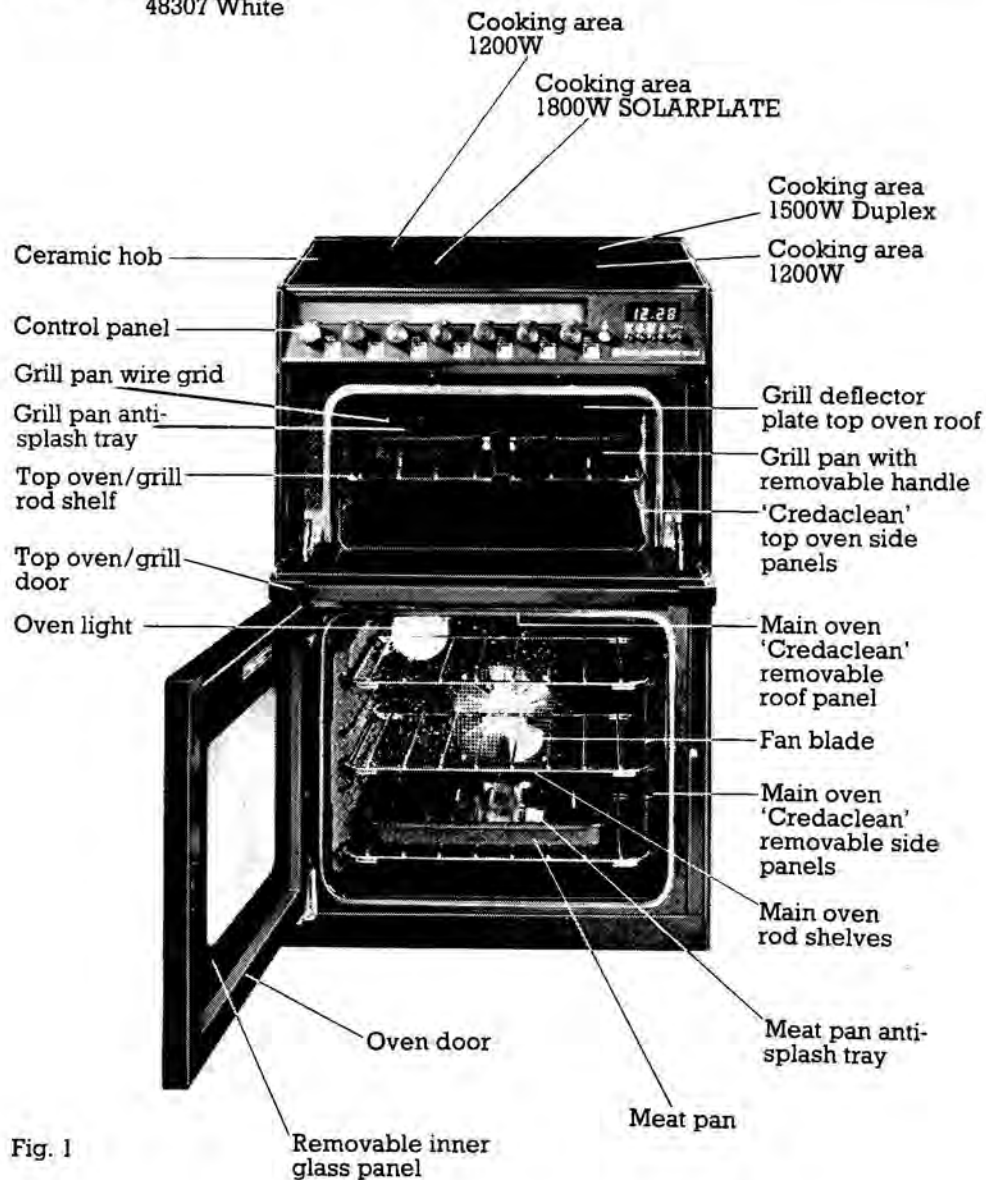


Fig. 1

Care and Cleaning

Main Oven Door Inner Glass Panel

Should it be necessary this can be removed.

Open the door fully, place the palm of the hand on the glass panel and lift upwards sufficiently to enable the panel to be lifted out. Take care to avoid striking the glass panel against the top door handle. The panel may be washed at the sink. Stubborn stains can be removed by using a fine steel wool soap-pad. Do not use scouring pads or abrasive powder which will scratch the glass. After cleaning, rinse and dry with a soft cloth. For slight soiling the inner glass panel may be cleaned while still warm without removing it from the door.

Note: Make sure that the inner glass panel is replaced the right way round. A legend on the glass tells you which face should be outermost.

Main Oven

Remove the oven roof.

Remove the rod shelves and meat pan.

Remove the side panel.

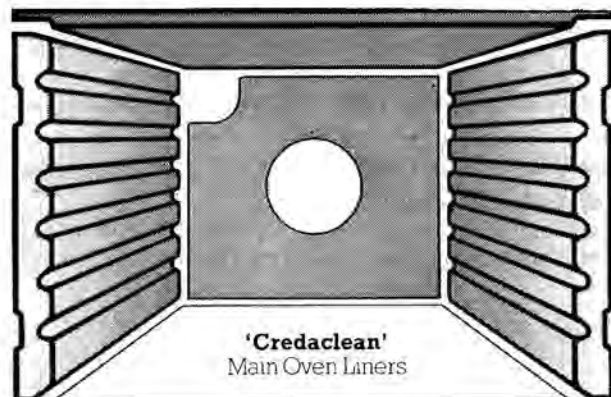
Use a fine steel wool soap pad to remove stubborn stains from the rod shelves, meat pan and the floor of the oven. Refer to the instructions on page 27 for cleaning the 'Credaclean' panels.

Do not use aerosol cleaners on this oven as they could adversely affect the fan motor unit, and cannot be wiped off the fan blade.

Decorative Trims

It is advisable to clean the decorative trims regularly to prevent any build up of soiling which may detract from the appearance of the Cooker. The recommended method of cleaning is to wipe over the trims with a soft cloth wrung out in hot water or mild non-abrasive cleaner. (If in doubt try the cleaner on a small area of trim which is not noticeable in normal use). Then, after wiping with a cloth wrung out in clear water, dry with a soft clean cloth.

Do not use scouring pads or abrasive cleaners/powders which may scratch the surface.



Care and Cleaning

'CREDACLEAN' OVEN LINERS

Refer to the instructions below for cleaning the following 'Credaclean' panels.

Top Oven/Grill — side panels (not removable)

Main Oven — side, rear and roof panels
— (rear panel not removable)

How Credaclean Works

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 meat pan, at a higher setting of 230°C (446°F) main oven or 220°C (428°F) top oven 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.

It should not normally be necessary to clean the Credaclean panels in water. If the user feels it is desirable to do so, take out the liners and wash them in warm, soapy water, followed by rinsing in clear water. Do not use enzyme washing powder, harsh abrasives or oven chemical cleaners of any kind.

Control Panel

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 glass, plastic knobs or plastic end caps as damage may occur.

Grill/Top Oven

Remove the wire grid food support and grill pan, it is best to wash these items immediately after use to prevent stains from being burnt on when used again. Wipe out the Grill/Top Oven compartment, use a fine steel wool soap pad to remove stubborn stains from the grill deflector plate, the rod shelf, the floor and rear wall of the compartment. 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.

Top Oven Door and Main Oven Door, Outer Glass Panel, and Top Oven Door Inner Panel

Wipe over the glass and plastic handle with a cloth wrung out in hot soapy water. Dry with a soft clean cloth. Do not use oven cleaners, aerosols, scouring pads or abrasive powders.

Care and Cleaning

TURN OFF THE MAIN SWITCH BEFORE CLEANING

The Ceramic Hob

To reduce the amount of cleaning always ensure that the hob and cooking utensils are clean and dry before use. Regular use of Cleaner Conditioner is recommended for proper care and protection of the hob surface. Apply Conditioner before using the hob for the first time. It contains a mild cleaning agent, so that subsequent applications may clean off soil and apply a protective film at the same time. For stubborn stains or heavy soiling use any of the following materials, and finish off with Conditioner.

1. Jif, non-scratch scouring cream.
2. Liquid Gumption Kitchen Cleanser.
3. Safety razor blade, to slice off thick deposits (burnt milk).
4. Special Powder Cleanser.

Notes:

1. **POWDER CLEANSER** — Mineral deposits that are present in hard water, and some foods, may cause 'discolourations' that appear in the form of grey or brown stains. The stains sometimes appear to be in or under the glass surface. If there are some persistent stains after using any of the other recommended cleaning materials, Powder Cleanser may be applied, following the manufacturers instructions. **Do not** use abrasive cleaners or the Powder Cleanser on the Brown metal framework.
2. **CLEANER CONDITIONER** — Regular use of the Conditioner will make the surface easier to clean thus ensuring that years of heavy abrasive cleaning do not progressively dull the surface.

Cleaning Materials to Avoid

1. Plastic or nylon pads e.g. Scotchbrite and Vileda scourers, these may scratch the surface.
2. Household abrasive powders, e.g. Vim.
3. Oven chemical cleaners, aerosols and oven pads.
Caustic cleaners such as these will etch the surface and attack the metal frame.
4. Bath and sink cleaners may mark the surface.

Important Notes

1. If the hob is scratched through accident or misuse, soil that collects will appear as fine brown lines; these are not fully removable but can be made less obvious by the daily use of Cleaner Conditioner. Cooking performance is in no way affected by scratches on the surface.
2. Pans with aluminium bases should be lifted rather than dragged across to hob surface. This will avoid metal rubbing off the pan onto the glass. Such marks are easily removed by the Powder Cleanser, provided they are not subsequently baked on for long periods at high temperatures.

In the unlikely event of the hob surface cracking, isolate the hob by switching it off at the main switch, and contact the nearest service depot from the list at the rear of this booklet. **Do not** continue to use the hob until it is repaired.

Control Panel

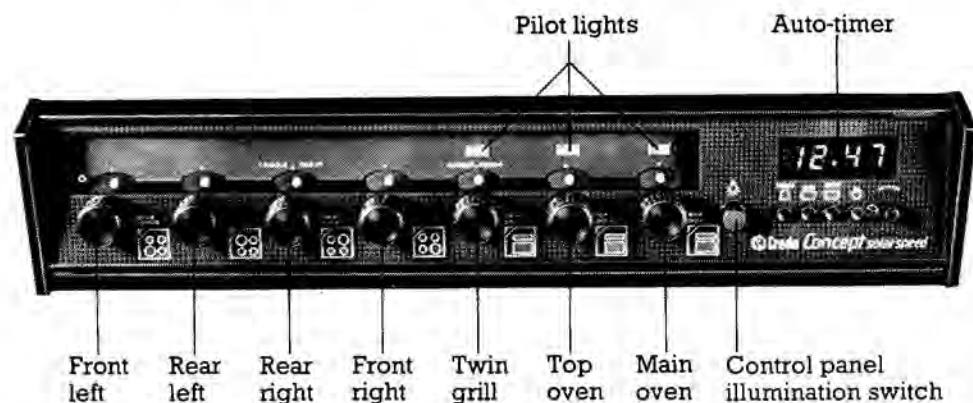


Fig. 2

Control Knobs

As a safety precaution, the 7 control knobs are designed to turn freely until they are depressed, thus engaging the drive to the control. This is to prevent inadvertent operation of any part of the cooker.

The knobs for the hob can be rotated in either direction to provide fully variable heat control, the knobs for the top oven and main oven can only be rotated clockwise from the **Off** position.

Top Oven Temperature Chart

NOTE: Baking trays or tins used to bake bread, cakes, pastry, scones, etc. Always remember to place the dish, tin or tray centrally on the oven shelf, this will ensure an even cooking result. Covered foods such as meat, casseroles, vegetables etc., can be placed anywhere on the rod shelf. When cooking different foods at the same time select those which require approximately the same temperatures. 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.

Baking

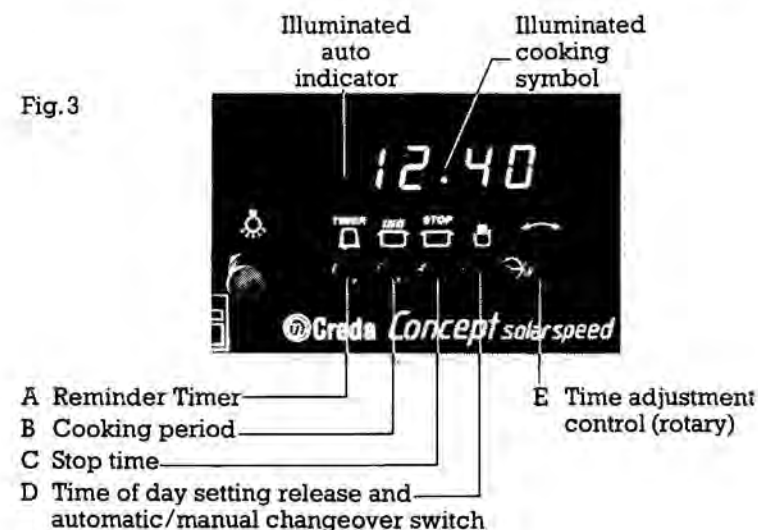
Food	Temperature and Time	Position in Oven
Scones	200°C approx. 9-12 mins.	Runner 1 from bottom of oven.
Small Cakes	180°C approx. 15-20 mins.	
Victoria Sandwich	170°C 6½" tins approx. 20 mins.	Shelf placed directly on floor of oven.*
Sponge Sandwich (fatless)	180/190°C approx. 15 mins.	Runner 1 from bottom of oven
Swiss Roll	200/220°C 9-12 mins.	Runner 1 from bottom of oven.
Semi-rich Cake (large)	160°C 6½"-7" tins, 1 to 1¼ hrs.	Shelf placed directly on floor of oven.*
Shortcrust Pastry (Plate Tarts)	190/200°C 40-45 mins.	Shelf placed directly on floor of oven.*
Puff Pastry	200/220°C Time depending on use.	Runner 1 from bottom of oven or shelf placed directly on floor of oven.
Yorkshire Pudding	180°C approx. 40-45 mins.	Runner 1 from bottom of oven.
Individual Yorkshire Puddings	200°C approx. 25 mins.	Runner 1 from bottom of oven.
Milk Puddings	150°C 2-2½ hrs.	Shelf placed directly on floor of oven.*
Baked Custard	150°C 40-45 mins.	Runner 1 from base of oven.
Bread	210°C for 10 mins. 200/210°C for approx. a further 30 mins.	Shelf placed directly on floor of oven.*
Meringues	100°C large 3½-4 hrs. small 2½-3 hrs.	Runner 1 from bottom of oven.

*With projection faced downwards.

Top Oven Temperature Chart

Meat		
Food	Temperature and Time	Position in Oven
Beef/Lamb (slow roasting)	170/180°C approx. 35 mins. per 450g (1lb) + 35 mins. over.	Shelf placed directly on floor of oven, projections faced downwards.
Beef/Lamb (foil covered)	190/200°C approx. 35-40 mins. per 450g (1lb)	
Pork (slow roasting)	170/180°C approx. 40 mins. per 450g (1lb) + 40 mins. over.	
Pork (foil covered)	190/200°C approx. 40 mins. per 450g (1lb)	
Veal (slow roasting)	170/180°C approx. 40-45 mins. per 450g (1lb) + 40 mins. over.	
Veal (foil covered)	190/200°C approx. 40-45 mins. per 450g (1lb)	
Poultry Game (slow roasting)	170/180°C approx. 25-30 mins. per 450g (1lb) + 25 mins. over.	
Poultry/Game (foil covered)	190/200°C approx. 25-30 mins. per 450g (1lb)	
Casserole Cooking	Approx. 150°C 2-2½ hrs.	
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.		

Auto-Timer and Minute Minder



Automatic Cooking

The top oven and main oven can be controlled by the automatic timer. When the timer control has been set for one oven it is possible to use the other oven only on the same automatic cooking programme.

When one oven is set for automatic cooking the other oven cannot be used manually.

Hints on Automatic Cooking

1. Select foods which will take about the same time to cook, and require approximately the same oven temperature.
2. Foods which discolour should be protected by coating in fat, or tossing in water to which lemon juice has been added.
3. Foods should be well sealed in container, to prevent the loss of liquid during cooking. Aluminium foil makes a good seal.

Setting the Time of Day

Your auto-timer is also an effective kitchen clock. To adjust, insert a pencil or ball-pen point into the small recess in the end of knob D, at the same time rotating knob E to left or right to decrease or increase the display until the correct time is shown. Note that the timer works on the 24-hour system so that, for example, 5.45p.m. would appear as 17.45 (Fig. A).

Auto-Timer and Minute Minder

Setting Time of Day



Fig. A

Insert pen or pencil
in recess of this
knob

Rotate to set
correct time
of day

Using the Timer to Switch OFF the Ovens Automatically

1. Make sure that the time of day is correctly displayed.
2. Turn the **Auto/Manual** switch knob **D** so that the **Auto** signal is displayed. At this stage it will be flashing on and off (Fig. B).



Fig. B

Turn so **Auto** signal
is displayed

3. Press the **cooking period** button **B** and hold whilst rotating the right-hand knob **E** until the required **cooking period** is displayed. This is limited to a maximum of 5 hours 59 minutes. The **Auto** signal will cease to flash, and the cooking symbol will be illuminated (Fig. C).

Top Oven Cookery Notes

The charts on pages 24 and 25 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.

The Top Oven is fitted with fixed 'Credaclean' sides, a removable roof, and one rod shelf. It is heated by two elements — the grill element and an element under the floor of the oven — and has a fully variable temperature control like the Main Oven. To heat the oven, turn the control knob clockwise, selecting the required temperature between 100°C (200°F) and 220°C (428°F) as recommended in the Top Oven temperature chart. The pilot light will immediately come on and remain on until the oven reaches the required temperature. The light will then automatically go off and on during cooking as the oven thermostat maintains the correct temperature. If the oven pilot light does not come on when the control knob is turned, cancel the timer and return the cooker to manual operation, see pages 12 and 13.

Top Oven for Cooking

The Top Oven is used in exactly the same way as the Main Oven to cook all types of food. It can either be used alone, to cook small quantities of food, or in conjunction with the Main Oven to provide additional cooking space, so often necessary when entertaining. There are two cooking positions — the shelf placed directly on the floor of the oven, or runner 1 from the floor of the oven. When cooking in the Top Oven the rod shelf should be reversed so that the projections face downwards. The correct positioning of food is indicated in the temperature charts on pages 24 and 25. This chart is 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. Food must never be placed directly on the floor of the oven without the shelf in position, and there should always be at least 25mm (1") between the top of the food and the grill element. Most foods are cooked at a lower temperature in the smaller Top Oven than in a larger conventional Main Oven.

Cooking Meat/Poultry in the Top Oven

The Top Oven is most useful for the longer slower cooking required for cheaper cuts of meat — casserole cooking, pot roasting, braising etc.

Small joints of meat, or chickens, up to 1.5kg (3lbs) in weight can be roasted in the grill pan (less the handle) by placing the meat/poultry on the anti splash tray, and preferably slow roasted or covered with a lid of aluminium foil (one or two incisions in the top of the foil will allow the meat or chicken to brown). Always ensure that there is at least 25mm (1") between the top of the foil and the grill element. Larger joints of meat, and poultry weighing more than 1.5kg (3lbs), should be roasted in the Main Oven.

Do not use the large Main Oven meat pan in the Top Oven.

Top Oven as a Hotcupboard

Plates and dishes placed on the floor of the Top Oven will be heated when the Main Oven is in use. When the Main Oven is not in use (for instance when a meal is being cooked on the hob) place the plates and serving dishes on the rod shelf using the bottom runner, and turn the Top Oven control to approximately 100°C (200°F). A maximum time of 10-12 minutes is all that is required to heat the plates and dishes.

Do Not operate the grill control when using the Top Oven for cooking or as a hotcupboard.

Main Oven Temperature Chart

Baking

Food	Temperature and Time
Scones Small Cakes Victoria Sandwich	*200/220°C 9-12 mins. 160/170°C 15-20 mins. Approx. 160°C 16cm-18cm (6"-7") tins approx. 20 mins. 20cm (8") tins approx. 20-25 mins.
Sponge Sandwich (fatless) Swiss Roll	*160/170°C 18cm (7") tins 15-20 mins. 170/180°C 12-15 mins.
Semi-Rich Cakes Rich Fruit Cakes	140/150°C 1¼-1½ hrs. Approx. 120/130°C. Time dependent on size
Shortcrust Pastry (Plate Tarts) Puff Pastry	180/190°C 45-50 mins. 190/200°C Time depending on use
Yorkshire Pudding Individual Yorkshire Puddings	*170/180°C 40-45 mins. *180/190°C Approx. 20 mins.
Milk Pudding Baked Custard	140/150°C 1½-2 hrs. 140°C 35-45 mins.
Bread	*200°C Approx. 30 mins.
Meringues	70/80°C 3-4 hrs.

*Preheat Oven

Note: If soft 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 margarines or butter only.

Auto-Timer and Minute Minder

Setting Cooking Period to 2 hours



Fig.C

Press and hold while setting Rotate to required cooking period

4. Turn one or both oven thermostats to the desired cooking temperatures.
5. Place food in the selected oven.
6. The oven is now cooking, and will switch off automatically at the end of the selected cooking period. An audible warning will then sound for three minutes, but may be cancelled by pressing any button. The **Auto** signal will flash on and off after the cooking period has elapsed until the timer is returned to **Manual** by turning knob **D**.
7. Remember to turn the thermostat off when the timer is returned to **Manual**.

Using the Timer for a Delayed Cooking Operation

Follow steps 1 to 3 above, then:

4. Press the stop-time button **C** and hold whilst rotating the right hand knob **E**, until the desired stop-time is displayed (Fig. D).

Setting Stop Time to 17.00



Fig.D

Press and hold while setting Rotate to required stop time

Auto-Timer and Minute Minder

- Set one or both oven thermostats to the desired cooking temperatures. Note that the control panel illumination is not activated by the thermostat in this sequence.
- Place food in the selected oven.
- The oven will switch on automatically after the correct delay period, cook for the required time and switch off automatically at the selected stop-time. An audible warning will then sound for 3 minutes unless cancelled by pressing any button, and the **Auto** signal will flash until the knob **D** is turned to **Manual**.
- Remember to turn the thermostat off when the timer is returned to **Manual**.

Checking Settings

Any setting can be checked by pressing the appropriate button.

Changing the Programme

Any setting can be changed by pressing the appropriate button and turning right hand knob **E** until the new time is displayed.

The programme can be cancelled by pressing the cooking period button **B** and turning the rotary knob **E** until the dial shows 0:00.

Minute Minder

The minute minder may be set by pressing knob **A** and holding it whilst rotating knob **E** until the required time is displayed. A maximum time of 5 hrs. 59 mins. is available (Fig. E).

Setting Minute Minder to 25 minutes



Fig. E

Press and hold while setting Rotate to set minute minder

The minute minder will count down in minutes until the set period has elapsed, after which the audible signal will sound for three minutes unless cancelled by pressing any button.

During the timing period, the time remaining may be checked by pressing button **A**.

Main Oven Temperature Chart

Meat

Food	Temperature and Time
Beef	160/180°C approx. 20 to 25 mins. per 450g (1 lb) + 20 mins. over
Lamb/Mutton	160/180°C approx. 25 mins. per 450g (1 lb) + 25 mins. over
Pork	160/180°C approx. 25 mins. per 450g (1 lb) + 25 mins. over
Veal	160/170°C approx. 25-30 mins. per 450g (1 lb) + 25 mins. over
Chicken/Turkey up to 4kg (8lbs)	160/180°C approx. 18-20 mins. per 450g (1 lb) + 18 mins. over
Turkey	150/160°C — up to 5.5kg (12lbs), allow approx. 12-14 mins. per 450g (1 lb) + 12 mins. over N.B. For every 450g (1 lb) over 5.5kg (12lbs) allow approx. 10 minutes only and roast at 150°C
Casseroles/Stews	140/150°C approx. 1½-2 hrs.

The most accurate method of testing the readiness of joints of meat or whole poultry is to insert a meat thermometer into the centre of a joint, or the thickest part of poultry thighs, during the cooking period. The meat thermometer will indicate when the required internal temperature has been reached.

Beef — Rare — 60°C	Lamb — 80°C	
Medium — 70°C	Pork — 90°C	Poultry — 90°C
Well Done — 75°C	Veal — 75°C	

Main Oven Cookery Notes

To prepare meat and poultry for roasting in your fan oven

- (a) Wipe the meat or poultry, dry well and weigh it. Meat which has been stored in a refrigerator should be allowed to come to room temperature before cooking, and frozen meat or poultry must be completely defrosted before placing in the oven.
- (b) The weight of any stuffing used should be added before calculating the cooking time.
- (c) Place meat/poultry on the anti-splash tray in the main oven meat pan supplied with your cooker. Small joints weighing less than 1.75kg (3½ lbs.) should be roasted in a smaller meat pan/tin — or they may be "pot roasted" — a small joint in a large meat pan causes unnecessary oven splashing and evaporation of meat juices.
- (d) Additional fat should not be added, except for veal, very lean meat or poultry which can either be "larded" with fat bacon or brushed **very sparingly** with cooking oil or melted fat.
- (e) Beef, lamb, mutton and poultry may be dusted lightly with seasoned flour to give a crisp outer surface. The skin of duck and goose should be pricked to release excess fat during cooking, and the rind of pork should be scored, brushed lightly with oil, and rubbed with salt, to give crisp crackling.
- (f) Meat and poultry wrapped in, or covered with a tent of aluminium foil will be juicy and tender. Roasting bags offer the same advantages. Always follow the manufacturers pack instructions, and remember to reduce the temperatures given for conventional ovens by approximately 25°C and the time by approximately 10 minutes per hour.
- (g) Potatoes for roasting only require to be brushed with cooking oil or melted fat.
- (h) It is not necessary to baste when roasting in an electric oven and stock or liquid should not be added to the meat pan since this only causes unnecessary soiling, steam and condensation.

Frozen Meat and Poultry

Joints of meat and whole birds should be defrosted slowly, preferably in a domestic refrigerator (allowing 5-6 hours per 450g, 1 lb), or at room temperature (allowing 2-3 hours per 450g, 1 lb). If, however, it is found necessary to accelerate this process, frozen food can be defrosted in the fan oven at a temperature of 70/80°C (150/175°F). A 1.5kg (3lb) oven ready frozen chicken, placed in the meat pan, will defrost in approximately 1½-1¾ hours. The breast should be covered with foil, held in position by skewers or string, and the giblets removed after defrosting but before cooking. **THIS METHOD OF DEFROSTING IS ONLY RECOMMENDED FOR MEAT/POULTRY UP TO 2kg (4lb) IN WEIGHT, AND IT IS ESSENTIAL TO COOK IT THOROUGHLY, IMMEDIATELY AFTERWARDS.**

Auto-Timer and Minute Minder

Points to Note

The **Auto** signal and the cooking symbol will flash on and off as reminders to you. When the **Auto** signal flashes, it indicates that either

1. The stop-time has not been set, or
2. The programme has been completed, but the timer has not yet been returned to **Manual**. This is important because the oven cannot be energised if the timer is set to **Auto** except during the course of a cooking programme. Note that the **Manual/Auto** knob **D** is horizontal in the **Auto** condition, and vertical (i.e. pointing to the **Hand** symbol) in the **Manual** condition.

When the cooking symbol flashes, it indicates that the cooking period has not been set.

Ceramic Hob

WARNING: DO NOT USE THE HOB IF IT IS CRACKED.

Under no circumstances should the hob be used with aluminium foil in contact with the hob surface.

The following boiling plates are located beneath the decorative circular patterned cooking areas:—

Front Left — SOLARPLATE 1800W 180mm overall diameter

Rear Left — Single circuit 1200W 180mm diameter

Rear Right — Twin circuit 1500W 200mm diameter

Single (Inner) circuit 650W

Front Right — Single circuit 1200W 180mm diameter

The patterned cooking areas change colour when heated (become red) indicating which heating element is energised. The patterned cooking area returns to its original colour when the heating element is switched **Off** and cools.

Rear Right Plate

This is a dual purpose plate with two elements. The numbers in the window above the control will show 1-4 red when the control is turned clockwise to indicate that the whole hotplate is turned on and can be used for larger pans, 4 is the highest setting. With the control knob turned anti-clockwise the numbers in the window will show 1-4 yellow to indicate that only the inner part of the hotplate is switched on. This is an energy saving feature and is useful for cooking with smaller pans or for slow simmering. The control will be **Off** when green **O** shows in the window.

Single Circuit Plates

When the control is turned from the green **O** position, the red numbers in the windows above the knob will show settings of 1-9. 9 is the highest setting, for fast cooking.

Front Left Plate

This is a tungsten-halogen heater, heating the pan partly by direct infra-red transmission through the glass-ceramic hob.

It will be found that the Solarspeed plate has a faster response than the other cooking areas and therefore the initial heating up period will be shorter.

To reduce the heat to cook more slowly or simmer, turn the knob to a lower setting which will vary according to size and type of saucepan, the amount and type of food, and whether or not a lid is fitted. Pans can be placed on the unheated areas of the panel when cooking is finished and before serving food. It is inadvisable at any time to leave a heating element switched on without a pan in position as this wastes energy, and could make soil or rub-off from aluminium pans more difficult to remove. To protect elements against over-heating, safety cut-outs have been incorporated with each element. After several minutes with the control at maximum setting, the safety cut-out switches the element **Off** and **On** continuously, thus preventing any adverse effects that may be caused by an excessive build-up of heat in the cooking area.

Settings 1 to 4 provide very low inputs of 3% to 10% for low simmering on the two 1200W plates.

The control will be off when green **O** shows in the window.

Main Oven Cookery Notes

Since your fan oven heats up more quickly, and generally cooks food at a lower temperature in a shorter time than a conventional oven, preheating the oven is often unnecessary. Food such as bread, scones, soufflés and Yorkshire pudding do, however, prefer to be placed in a pre-heated oven.

The charts on pages 21 and 22 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.

Unless otherwise indicated in the charts, food is placed in a cold oven, i.e. without pre-heating. If food is placed in an already hot oven, the suggested cooking time should be reduced, depending on the type and quantity of food being cooked.

Oven Positions

In a fan oven, most foods cook satisfactorily on any shelf position, but when cooking on more than one level, the shelves should be evenly spaced.

Always leave space between cooking dishes/baking tins as well as a gap of about 2.5cm (1") between them and the oven interior, to allow the hot air to circulate freely throughout the oven.

- When batch baking or cooking on three different levels, select runners 1, 3 and 5 from the base of the oven.
- When only two shelves are required, select either runners 1 and 4 or runners 2 and 5 from the base of the oven.
- When cooking a complete meal — for instance roast beef, roast potatoes, Yorkshire pudding and apple pie — place the meat and potatoes on the anti-splash tray in the meat pan on runner 1 (bottom runner), with the apple pie on runner 3 or 4 from the base of the oven, and the Yorkshire pudding on runner 5 (top runner).
- Food should always be placed on an oven rod shelf. **Do not** cook food on the floor of the oven.
- To avoid unnecessary cleaning, rod shelves which are not in use should be removed from the oven.
- Always remove the meat pan from the oven when it is not being used for meat roasting.

Temperature and Time

In fan ovens, most foods are cooked at a lower temperature and in a shorter time than in conventional main ovens. For this reason it is usually necessary to reduce the temperature recommended for conventional ovens by approximately 25°C, and the time by approximately 10 minutes per hour.

Temperatures and times given in the charts on pages 21 and 22 have been reduced accordingly for your fan oven.

General Information Notes

1. Do not cook directly on the hob surface without a cooking utensil as this may result in damage to the surface and cause a lot of unnecessary cleaning.
2. Do not chop vegetables etc., on the hob as this will damage the smooth surface of the panel; also it is recommended that saucepans are lifted and placed onto the heated area rather than slid into position and thus risk causing scratches.

3. Choice of Saucepans

For best results we recommend the use of good quality saucepans with smooth flat bases. Pans with rough bases should not be used, since these could scratch the glass, and pans with thin distorted or uneven bases will extend cooking times. Aluminium pans with coloured vitreous enamelled bases absorb heat and are therefore more efficient in use. Almost equally good are saucepans with a thick machined aluminium base. Enamelled steel or cast iron frying pans are not recommended since they do not distribute heat evenly, and create hot spots.

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 (10"). Use pans which have sufficient capacity for the amount of food being cooked and therefore reduce soiling caused by excessive spillage. It is important that cooking utensils are not so placed as to overlap the ceramic hob edge at any time.

WHEN COOKING FOOD CONTAINING SUGAR OR SYRUP, E.G. JAM, MARMALADE, FRUIT ETC., DO USE A PAN WHICH IS LARGE ENOUGH TO PREVENT SPILLAGE, OTHERWISE THE GLASS CERAMIC WILL BE DAMAGED.

Never place anything between the saucepan base and the glass ceramic surface (i.e. cooking mats, aluminium foil, etc.).

IMPORTANT — As with any cooking appliance there could be some fire risk attached to the heating of oil, particularly for deep fat frying, it is **strongly recommended that cooking utensils containing oil are not left unattended** (e.g. to answer the telephone) on or in close proximity to the patterned cooking areas.

In the unfortunate event of a fire it will assist in smothering the flames if the pan lid is replaced, and the electricity supply is switched **Off**. Burns and injuries are caused almost invariably by picking up the burning pan and rushing outside with it.

Safety Recommendations for Deep Fat Frying

- (a) Use a deep pan, large enough to completely cover the appropriate cooking area.
- (b) Never fill the pan more than one-third full with oil or fat.
- (c) 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.
- (d) Always dry food thoroughly before frying, and lower it **slowly** into the fat or oil.
- (e) Never heat fat, or fry, with a lid on the pan.
- (f) **Keep the outside** of the pan clean and free from streaks of fat or oil.

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 the alternative scale or use such terms as 'slow oven', 'fairly hot oven' and 'hot oven'.

OVEN TEMPERATURE GUIDE	CELSIUS SCALE (sometimes called CENTIGRADE)	FAHRENHEIT SCALE
COOL	70°C	150°F
	80°C	175°F
	100°C	200°F
	110°C	225°F
SLOW	120°C	250°F
	140°C	275°F
	150°C	300°F
FAIRLY HOT	160°C	325°F
	180°C	350°F
HOT	190°C	375°F
	200°C	400°F
VERY HOT	220°C	425°F
	230°C	450°F

Grill

GRILLING SHOULD NOT BE UNDERTAKEN WITH THE GRILL/TOP OVEN DOOR CLOSED

The grill control is designed to provide fully variable heat control of either the twin grill elements on together or the single left-hand grill element only, depending upon which direction the control knob is rotated. With the control knob rotated clockwise the numbers in the window above the knob will show 1 to 4 red (4 is the highest setting) and the twin elements will come on together. With the control knob rotated anti-clockwise the window will show 1 to 4 yellow and the single left hand element only will come on. The control will be **Off** when green **O** shows in the window. Please note that the grill will not operate unless the top oven control is in the **O (Off)** position. **Do Not** operate the top oven control when grilling.

Open the Grill Chamber/Top Oven Door.

Preheat the grill at 4 setting for approximately 5 minutes.

When toasting/grilling, the Rod Shelf (widest spaced projections to the front of the oven and facing upwards) is placed in the top runner. Push the pan and the shelf back as far as possible to correctly position it under the grill element. Leave the control at 4 for toast, and for sealing and fast cooking of foods. For thicker foods requiring longer cooking, turn the switch to a lower setting after the initial sealing on both sides at 4. The thicker the food, the lower the control should be set.

Food which requires browning only should be placed under the hot grill directly on the shelf in the first or second runner from the bottom of the oven, according to the depth of the dish.

Always toast with the grid in the upper position.

Grill Pan Handle

The grill pan handle is detachable from the pan to facilitate cleaning or storage.

The handle fits on the grill pan edge with the small recess. Tilt the handle over the recess and slide it towards the centre.

Main Oven

The oven is equipped with a double glass door with a removable inner glass panel for cleaning (see page 28). **On no account must the oven be operated without the inner glass panel in position.** The oven is also fitted with 'Credaclean' oven liners, three rod shelves and a large meat pan which contains an anti-splash meat support. Remove the meat pan if it is not being used. The oven is heated by a single tubular sheathed element behind the oven interior rear panel. The shelves should be placed in the correct position before the oven is heated. An oven interior light is operated as soon as the control knob is turned to an **On** position. The oven is heated by turning the control knob clockwise to the required temperature between 70°C (150°F) and 230°C (446°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. The fan will operate continuously whilst the oven is switched on with the oven door closed. When the oven door is opened, there is an automatic cut out which switches off both the element and fan. These are restarted upon door closure. 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. If the oven pilot light does not come on when the control knob is turned, cancel the timer by returning the cooker to manual operation.