

TRICITY

built-in double oven

MODEL No. 2153

OPERATING INSTRUCTIONS

Installation

Your cooker should be installed in accordance with the installation instructions for this appliance. Connection to the electricity supply must be made by a competent electrician, using a suitable double pole switch.

WARNING. THIS APPLIANCE MUST BE EARTHED.

N.B.—The electricity supply must **always** be switched 'OFF' before cleaning.

IMPORTANT NOTE

If either oven indicator light does not glow when the oven control dial is turned on, it will most likely be found that the cooker is set for automatic cooking. To return the cooker to manual, turn the clock through 12 hours, then push in the knob on the stop dial.

The Control Panel

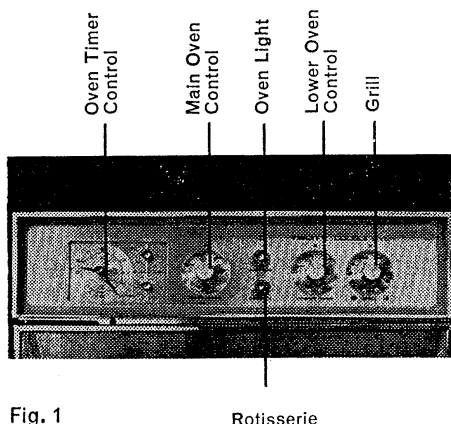


Fig. 1

Rotisserie

Main Oven

1. The oven door should be opened by turning the handle anti-clockwise and closed by a gentle push.
2. Before switching the oven ON, arrange the shelves in the recommended positions. Both shelves are reversible, providing a variety of positions (see fig. 2). All shelf positions are counted from the top of the oven. In addition non-critical dishes can be cooked on the floor of the oven.

Shelf 1 in down position

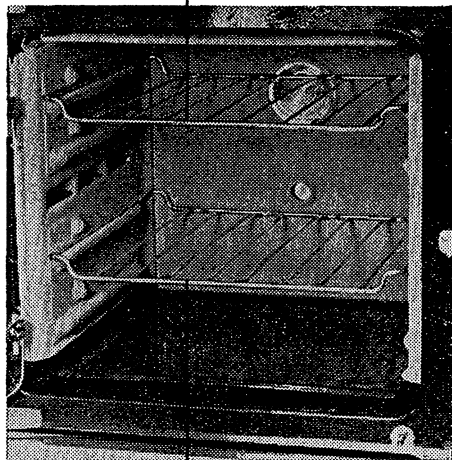


Fig. 2

Shelf 3 in down position

3. Set the oven control dial to the required temperature. The oven indicator light will glow until the oven has reached the desired temperature, and then go out. It will cycle On and Off periodically during cooking showing that the temperature is being maintained.

4. The oven is fitted with an oven light. Food can be seen during cooking through the glass oven door without loss of heat.

The Trivet

The Trivet ensures that oven cleaning is kept to a minimum. The joint is placed on the trivet in the roasting tin so that during cooking all the fat drains through the perforations into the cavity base. Potatoes should be brushed with melted fat before cooking and placed round the joint.

Timer Control

Either or both ovens can be set on timer control. However both ovens can only be used on timer control when the same delay period and *cooking time* is required for each oven.

The oven timer unit comprises -
Clock

Start knob } Both being part of the auto-
Stop knob } matic control for time control
 } cooking.

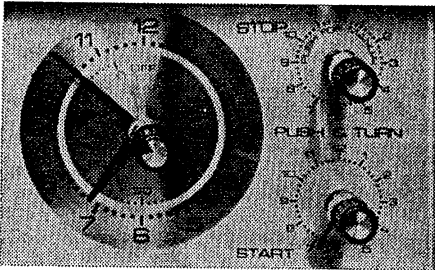


Fig. 3

Clock

Push in and turn clock knob in either direction until hands indicate the correct time of day.

Minute Timer

This is controlled by the clock knob. Turn the knob anti-clockwise till the red pointer reaches the desired time period. The Minute Timer can be set from 2-60 minutes. To cancel turn clock knob clockwise to 'OFF'.

Setting the Timer

Make sure the ELECTRICITY supply is ON.

Delayed Start and Stop

1. Place food in the oven.

2. Adjust clock to correct time of day.
3. Push in and turn START knob to the cooking start time.
4. Push in and turn STOP knob to the cooking stop time.
5. Set oven to required temperature.

After time control cooking turn oven control to OFF. To re-set timer to MANUAL push in stop knob.

Delayed Stop only

1. Place food in the oven.
2. Adjust clock to correct time of day.
3. Push in and turn STOP knob to the cooking stop time.
4. Push in START knob, DO NOT TURN, allow to 'spring out'.
5. Set oven to required temperature.

After time control cooking turn oven control to OFF. To re-set timer to MANUAL push in stop knob.

NOTES

A. Delay time and cooking period must not exceed 11½ hours.

B. To cancel oven timer control after setting, turn the clock through 12 hours and re-set or return to MANUAL as described above.

C. Although the automatic timer control operates within limits which ensure excellent cooking results, its accuracy is subject to $\pm 5\%$ variation on the set cooking period. The electric clock keeps accurate time.

D. When the timer control has been set for one oven only it is not possible to use the other oven for 'MANUAL' cooking.

Lower Oven and Grill

The lower oven is thermostatically controlled and can be used for cooking an extensive range of dishes. The majority of the dishes from the Tricity Cookery book can be cooked in this oven. The oven is heated by the grill element at the top of the compartment and a lower element under the base of the compartment, care should be taken not to place food too close to the top element or critical dishes on the floor of the compartment.

This oven is supplied with a withdrawable, non-tip shelf and all cooking in the oven must be carried out on this shelf placed on the lower two runners. Before cooking in the oven ensure that the grill splash tray/oven roof is in position.

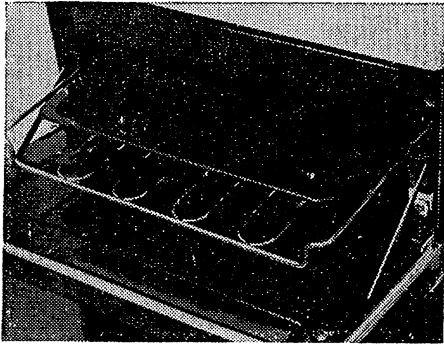


Fig. 4

To operate the lower oven turn control in a clockwise direction to the temperature required for cooking. The indicator light will glow until the temperature selected is reached and then go out. It will turn ON and OFF periodically during cooking showing that the temperature is being maintained.

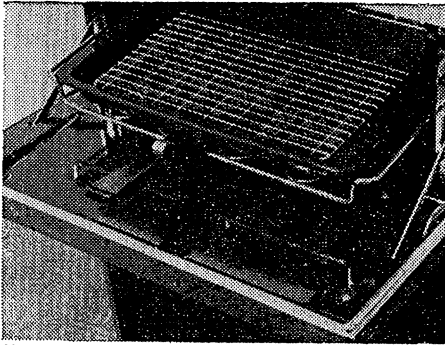


Fig. 5

Divided Grill

To operate the grill turn the grill control clockwise from the OFF position to bring the full element into operation for general use. To heat the right hand side of the element only for small quantities of food turn the control anti-clockwise from the OFF position.

The grill door should be left open during grilling.

For all grilling and toasting, the control should normally be turned to FULL for initial preheating time of 3 minutes and then adjusted as necessary. The preheating may be increased to 8-12 minutes when flash grilling blue, rare or medium steaks. The grill pan is supplied with a removable handle. To remove the handle, press the knob on the handle with the thumb and pivot handle upwards, reverse this action when replacing the handle. With the handle removed, the pan may be used as a meat tin in the lower oven. When grilling, the grill pan is placed on the shelf, ensuring that the cut out on the underside of the handle bracket locates over the front edge of the shelf.

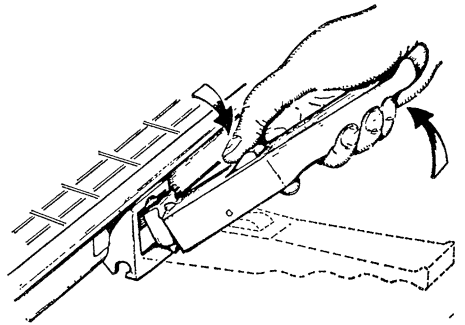


Fig. 6

The shelf is positioned on runners in the grill compartment removable side panels. Alternative grill positions are provided by 3 sets of runners. In addition there is a reversible grid within the pan. The pan with the handle removed may be stored in this compartment. When the lower oven is in use the grill cannot be used. The grill compartment/oven on the cooker is ideal for warming dishes and keeping food hot. The grill elements can be used to heat this compartment and for this purpose the lower settings on the control dial should be used. If the lower oven control is used for this purpose, care should be taken not to place dishes on the floor of the oven.

If the timer control has been set for automatic cooking, the grill will not operate until the oven cooking start time has commenced.

Cleaning

BEFORE CLEANING YOUR COOKER ALWAYS ENSURE THAT THE 'ELECTRICITY SUPPLY SWITCH' IS IN THE 'OFF' POSITION

All exterior surfaces are hard wearing easily cleaned and impervious to all normal heat and spillage encountered during cooking.

Vitreous enamel can, however, be chipped by a hard blow, and reasonable care should be exercised.

To keep the exterior including the control panel in spotless condition, wipe after use with a warm soapy cloth.

The glass oven doors should be cleaned using a little liquid detergent in hot water, and polished with a soft cloth. Cleaners which contain bleach should not be used as they may dull the surface. Steel wool pads and abrasives also will affect the finish and should not be used.

Cleaning the Grill/

Lower Oven

It is essential to keep the under side of the grill splash tray/oven roof absolutely clean. After grilling, thorough cleaning of the surface with a soap impregnated steel wool pad is advised. Clean the grill pan, grid and shelf in a similar manner.

To minimize oven soilage we advise cooking at the temperatures and shelf positions set out in the cookery chart. Higher temperatures will increase soilage. 'STAY CLEAN' sides have been fitted to this oven. Instructions for cleaning these panels are as follows: Cleaning of the 'Stay Clean' surface is initiated by an inclusion of special oxides in the enamel; these are activated when the temperature of the oven is raised, and aided by oxygen, result in the soilage i.e. food splatter and grease being destroyed. The linings clean themselves during normal roasting and baking.

As cleaning may be improved by exposure to a higher temperature it may be necessary to run the oven at maximum temperature for an hour or two per week with the oven interior panels in position.

Ensure that the grillpan handle is removed before cleaning the 'Stay Clean' liners by raising the temperature.

Run the oven at maximum temperature for one or two hours. Manual cleaning is not advisable on 'Stay-Clean' panels.

Do not use soap impregnated steel wool pads, aerosol cleaners, or any abrasive cleaners as these may damage the surface of the panels. Slight discolouration may occur in time, together with polishing of the surface finish by the oven shelves, but this will not affect the cleaning properties of the panels.

If any spillage drops onto the vitreous enamel base, then normal oven cleaners may be used to remove it. To remove the grill compartment side panels first remove grill splash/tray oven roof, grill pan and shelf. Then lift side panels clear of supporting studs.

Cleaning the Main Oven

'STAY-CLEAN OVEN' LININGS comprising roof, back and sides have been fitted to this oven. Instructions for cleaning these panels see 'Cleaning lower oven'.

If any spillage drops onto the vitreous enamel base panel, normal oven cleaners may be used to remove it. We recommend the following sequence of removal of the linings to avoid damage.

1. Shelves
2. Base
3. Sides, these should be lifted clear of the oven side supports.
4. Roof
5. Back, lift clear of supporting stud.

This order should be reversed when replacing, however, the back panel must locate over the supporting stud. The oven sides when located should overlap the back at either side thus keeping it in position.

Oven shelves if heavily soiled will wipe clean if first soaked in hot soapy water.

Note: If aerosol cleaners are used on any parts of the cooker the manufacturers instructions must be followed, and it is recommended that all parts are well

rinsed afterwards. **AEROSOL CLEANERS MUST NOT BE USED ON 'STAY CLEAN' LINERS.**

Auto - Rotisserie Main Oven

For detailed instructions for cooking various joints and poultry see section "Roasting on the spit." However the following instructions will ensure satisfactory operation of the unit.

1. Place one fork on the spit rod, position the joint or poultry centrally on the rod, place the second fork on the spit rod, insert the forks into the joint, and tighten both in place by the thumb screws.
2. A handle is provided which should be screwed onto the spit rod to enable easy handling before and after cooking, the handle should be removed during the actual cooking period.
3. Attach the plated metal support to the roasting tin, place the loaded spit rod on the support making sure that the bearing at the handle end is properly located in the semi-circular depression in the support.
4. Place the rotisserie on the floor of the oven making sure that the point of the arm is in line with the socket of the rotisserie motor on the rear wall of the oven. Insert the point of the spit rod into the socket, then remove handle by unscrewing.
5. Switch on the rotisserie switch, which is situated on the control panel. It is recommended that you allow the spit to make a full revolution before closing the oven door to ensure that the joint revolves freely. Set oven to the required temperature.

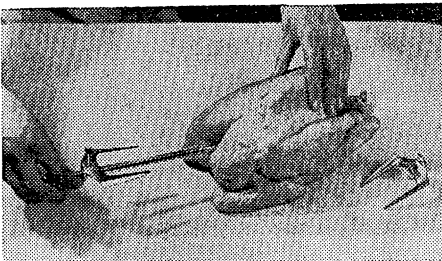


Fig. 7



Fig. 8

On Completion of Cooking

Switch OFF rotisserie motor and oven control, replace spit handle and withdraw complete unit from the oven.

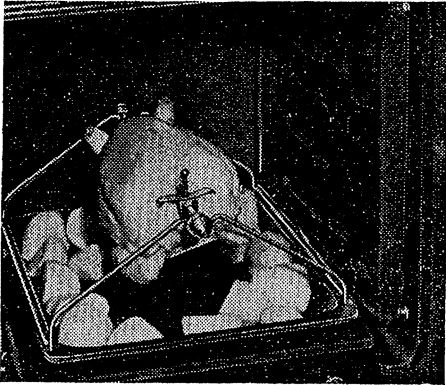


Fig. 9

Kebab Cookery

This illustration shows the Rotisserie assembled for skewer or kebab cooking. The holding forks are removed from the spit and replaced by conical discs 'A' and 'B'. The points of the loaded skewers are inserted into the holes on disc 'A' and the 'safety pin' handles are clipped into

the sockets of disc 'B', making sure that they will not foul the supporting frame when rotating.

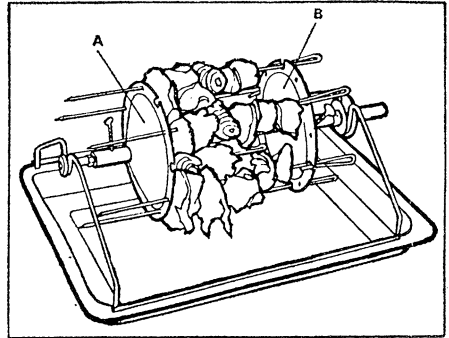


Fig. 10

Timer Control

Your Timer control will operate for spit or skewer cooking. The instructions detailed above are similarly carried out, but having set the timer control mechanism in accordance with the previous instructions *the rotisserie switch should be turned on*. When the timer operates the spit will automatically commence to revolve and will cease to revolve when the cooking time has been completed. On completion of cooking switch off the oven and rotisserie switch, return oven to Manual.

MAIN OVEN INSTRUCTIONS FOR COOKING 2 COMPLETE MEALS

The Tricity Cookery Book contains many delicious recipes. The Cookery Chart will give you oven temperatures, approximate cooking times and shelf positions.

To assist you further with your new Cooker, here are menus for two complete meals.

Many people today like to cook meat at comparatively low temperatures. When these lower temperatures are used the joint is often more tender; also there is very little splashing of fat on to the oven interior during cooking. When a 'Full Meal' including a joint, roast potatoes, fruit pie and Yorkshire Pudding are required, cooking times may vary slightly according to the thickness of the joint and how 'well done' one likes the meat and potatoes, etc. Slight temperature adjustment may be necessary. We hope this will prove to be a useful guide to your new Cooker.

ROAST BEEF, ROAST POTATOES APPLE PIE, YORKSHIRE PUDDING

PREPARATION

BEEF

3 lb. Topside. Arrange on trivet in roasting tin.

POTATOES

1½ lb. potatoes. Brush with dripping or lard, sprinkle with salt. Arrange round joint.

APPLE PIE

Ingredients	Pastry	12 oz. flour 3 oz. lard 3 oz. margarine Pinch Salt water
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Make into Shortcrust pastry. (See page 54 for method.)

Filling	2 lb. cooking apples Sugar to taste
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Make up apple pie, as instructed on page 61, in a 2 pint oven-ware pie dish.

Stand on baking tray if desired.

YORKSHIRE PUDDING

Ingredients

4 oz. plain flour
½ pint milk (or milk and water mixed)
1 egg
Pinch salt

Make up Yorkshire Pudding as instructed on page 16, cook in a tin approximately 7" × 11".

1 oz. lard

Instructions for Cooking the Beef Meal

Pre-heat oven to 425°. Arrange Beef, Potatoes and Apple Pie in the oven as follows:

Beef and Potatoes Shelf 4 up
Apple Pie Shelf 2 down

Cook at 425° for approximately 45 minutes.

Remove pie and raise temperature to 450°.

Yorkshire Pudding:-Heat lard in the tin for approximately 5 minutes on shelf position 2 down. Pour in batter. Cook for 35 minutes approximately.

TOTAL COOKING TIME APPROXIMATELY 1 hour 25 minutes.

These instructions are a guide only and should be altered to suit individual requirements, if the joint is preferred very well cooked we suggest allowing an extra 15-30 minutes cooking time after removing the pie and before cooking the Yorkshire. This will increase the total cooking time by 15-30 minutes.

ROAST LAMB, ROAST POTATOES PLATE APPLE PIE

PREPARATION

LAMB

3 lb. shoulder of lamb. Arrange on trivet in roasting tin.

POTATOES

1½ lb. potatoes. Brush with dripping or lard, sprinkle with salt. Arrange round joint.

PLATE APPLE PIE

Pastry

Ingredients
14 oz. flour
3½ oz. lard
3½ oz. margarine
pinch of salt
water

Make into Shortcrust pastry. (See page 54 for method.)

Filling

1-1½ lb. cooking apples
sugar to taste

Make up Plate Apple Pie as instructed on page 62, on a 10" ovenware plate.

Instructions for Cooking the Lamb Meal

Pre-heat oven to 425°. Place Lamb in the oven on shelf 4 up.

After the lamb has been cooking for 15 minutes, place the potatoes round the meat. After a further 30 minutes, place the Plate Apple Pie in the oven on shelf 2 down for approximately 1 hour.

TOTAL COOKING TIME APPROXIMATELY 1 hour 45 minutes.

These instructions are a guide only and should be altered to suit individual requirements, if the joint is preferred very well cooked we suggest adding an extra 15-30 minutes cooking time before placing the apple pie in the oven. This will increase the total cooking time by 15-30 minutes.

MAIN OVEN COOKERY CHART FOR TIME CONTROL MEALS

See Pages 91-93 of your Cookery Book

Meal	Oven Temp.	SHELF POSITION				Cooking Time
1	400°	2 down:	Stuffed Pork Chops Savoury Potatoes	4 up:	Pineapple Upside Down Pudding	1½ hours
2	375°	3 up:	Hot Pot Creamed Potatoes	4 down:	Rice Pudding Casserole Fruit	2½ hours
3	400°	3 up:	Roast Lamb Roast Potatoes	Floor:	Baked Egg Custard Apple Charlotte	1¾ hours
4	425°	2 down:	Chicken Casserole Fruit Pie	4 up:	Creamed Potatoes	1½ hours
5	375°	2 down:	Baked Stuffed Cod	4 up:	Baked Pudding	1½ hours

TIME CONTROL BREAKFASTS

1	350°	3 up: Eggs				35 minutes
2	350°	2 down: Sausages and Bacon				1 hour
3	350°	2 down:	Sausages and Mushrooms	4 up:	Tomatoes	55 minutes
4	350°	2 down: Haddock				40-50 minutes

MAIN OVEN COOKERY CHART

(PAGES REFER TO TRICITY COOKERY BOOK)

Note: These oven temperatures are intended as a guide only. It may be necessary to increase or decrease the temperature by 25 deg. to suit individual preferences and requirements.

Dish	Page	Oven Temperature	Shelf position	Cooking time	Size of dish or tin
BATTERS					
Individual Yorkshire Puddings	17	450°	1 and 3 down	23-25 minutes	2-12 section patty tins
Sausage Toad	17	425°	2 down	1 hour-1 hour 10 mins.	7" x 11" x 1" deep baking tin
Yorkshire Pudding	16	450°	2 down	35-40 minutes	7" x 11" x 1" deep baking tin
BISCUITS					
Biscuits	17	325°	1 down, 3 up	25-30 minutes	Baking trays
Shortbread	18	325°	2 down	50-60 minutes	7" sandwich tin
Cheese Biscuits	18	400°	1 down, 3 up	10-12 minutes	Baking trays
Cheese Straws	18	400°	1 down, 3 up	10-12 minutes	Baking trays
CAKES					
Bakewell Tart	22	350°	2 down	35-40 minutes	7" sandwich tin
Christmas Cake	23	300°	3 down	3-4 hours	9" round cake tin
Congress Tarts	23	400°	2 down	20-25 minutes	1-12 section patty tin
Fruit Cake	24	350°	3 up	1½ hours approx.	7" round cake tin
Gingerbread	25	350°	3 up	1½ hours approx.	9½" x 5½" x 3" loaf tin
Macaroons	25	325°	1 and 3 down	25-30 minutes	Baking trays
Meringues	26	200°	3 down	2½-3 hours	Baking tray
Ginger Cakes	27	400°	1 and 3 down	18-20 minutes	2-12 section patty tins
Mixed Fruit Cakes	26	425°	1 and 3 down	15-17 minutes	2-12 section patty tins
Sponge Sandwich	29	400°	2 down	18-20 minutes	2-7" sandwich tins
Swiss Roll	30	400°	2 down	12-14 minutes	7½" x 11½" swiss roll tin
Victoria Sandwich	28	375°	2 down	22-25 minutes	2-7" sandwich tins
FISH					
Stuffed Cod	35	375°	2 down	30-40 minutes	Baking tray
Baked Stuffed Plaice	35	375°	2 down	30-40 minutes	Baking tray
Russian Fish Pie	36	450°	2 down	30-40 minutes	Baking tray
Soused Herrings	36	375°	3 down	30-45 minutes	2 pint oval ovenware
MEAT AND POULTRY					
Roast Meat and Poultry	41	375°-400°	4 up	See Roasting Chart	
Baked Stuffed Liver	44	375°	2 down	40-45 minutes	Roasting tin and trivet
Beef Olives	44	375°	2 down	1-1½ hours	2 pint oblong ovenware
Chicken Casserole	44	375°	2 down	1 hour	2 pint oblong ovenware
Cornish Pasties	45	475° for 20 minutes 400° for 25 minutes	1 and 3 down		Baking trays
Hot Pot	46	350°	3 up	2 hours	2 pint round ovenware
Meat Pie (Flaky Pastry)	46	Pre-heat to 475° reduce to 450°	2 down	30-40 minutes	2 pint oval ovenware
Meat Pie (Shortcrust)	45	425°	3 up	40-45 minutes	2 pint oval ovenware
Meat Pie (Plate)	47	400°	2 down	40-50 minutes	10" ovenware plate
Mock Roast	47	350°	2 down	20-25 minutes	2 pint oval ovenware
Shepherds Pie	49	425°	2 down	40-45 minutes	2 pint oval ovenware

Stuffed Hearts	50	375°	2 down	1½-1¾ hours	2 pint oval ovenware
Stuffed Pork Chops	50	375°	2 down	¾-1 hour	2 pint oblong ovenware
Veal and Ham Patties	50	Pre-heat to 475° reduce to 375°	2 down	45 minutes	1-12 section patty tin
PUDDINGS					
Apple Amber	55	400° for pastry 350° for meringue	1 down for pastry 3 up for meringue	25 minutes for pastry 25-30 mins. for meringue	10" ovenware plate
Apple Charlotte	55	375°	2 down	¾-1 hour	2 pint round ovenware
Apple Dumplings	56	400°	2 down	35-45 minutes	7" x 11" x 1" baking tin
Baked Custard	57	350°	3 up	50-60 minutes	2 pint oval ovenware in meat tin of water
Baked Pudding	57	350°	3 up	50-60 minutes	2 pint oval ovenware
Baked Stuffed Apples	58	350°	2 down	1 hour	2 pint oval ovenware
Bread and Butter Pudding	59	350°	3 down	1 hour	7" x 11" x 1" baking tin
Casserole Fruit	59	375°	2 down	1½ hours	2 pint oval ovenware
Egg Custard Flan	61	375° for pastry 400° for filling	2 down	20-25 mins. for pastry 20 minutes for filling	2 pint round ovenware 7" sandwich tin
Fruit Pie (Shortcrust)	61	425°	3 up	40-45 minutes	2 pint oval ovenware
Fruit Pie (Plate)	62	425°	2 down	40-45 minutes	10" ovenware plate
Lemon Meringue Pie	62	400° for pastry 350° for meringue	2 down for pastry 3 down for meringue	25-30 mins. for pastry 15-20 mins. for meringue	7½" x 11½" swiss roll tin
Mince Pies	63	450°	1 and 3 down	20-25 minutes	2-12 section patty tins
Pastry Fruit Flan	63	375°	2 down	20-25 minutes	7" sandwich tin
Pineapple Upside Down Pudding	63	350°	2 down	1 hour	8" round cake tin
Rice Pudding	60	350°	4 up	1 hour	1 pint oval ovenware
Sponge Fruit Flan	64	400°	2 down	15-20 minutes	8" flan tin
Syrup Tart	64	400°	2 down	30 minutes	10" ovenware plate
SAVOURIES					
Egg and Bacon Flan	71	400°	2 down	25-30 minutes for pastry 20-25 minutes for filling	7" sandwich tin
Sausage Rolls	71	Pre-heat to 475° reduce to 425°	1 and 3 down	25-30 minutes	Baking trays
Yarmouth Fingers	72	400°	2 down	15-20 minutes	Baking tray
SCONES					
Scones	74	Pre-heat to 500° reduce to 475°	1 and 3 down	10-12 minutes	Baking trays
Scone Round	76	Pre-heat to 450° reduce to 400°	2 down	25-30 minutes	7" sandwich tin
VEGETABLES					
Baked Potatoes	82	400°	2 down	1-1½ hours	Baking tray
Creamed Potatoes	83	375°	2 down	1-1½ hours	2 pint oblong ovenware
Duchess Potatoes	83	475°	2 down	15-20 minutes	Baking tray
Roast Potatoes	82	425°	2 down	1 hour	Roasting tin
Savoury Potatoes	84	375°	2 down	1-1½ hours	2 pint oblong ovenware
Stuffed Marrow	84	400°	2 down	30 minutes	2 pint oval ovenware
Stuffed Onions	84	400°	2 down	1-1½ hours	2 pint oblong ovenware
Stuffed Peppers	85	375°	2 down	45 minutes	2 pint oval ovenware
Stuffed Tomatoes	85	375°	2 down	20-25 minutes	2 pint oval ovenware
YEAST MIXTURES					
Dinner Rolls	88	Pre-heat to 500° reduce to 400°	1 and 3 down	15-20 minutes	Baking trays
Small Milk Loaf	87	Pre-heat to 500° reduce to 400°	3 up	30-40 minutes	2-7½" x 3¾" x 2¼" deep Loaf tins

SECOND OVEN COOKERY CHART

PAGES REFER TO TRICITY COOKERY BOOK)

Notes 1. The temperatures on this chart are a guide only. A slight adjustment to the cooking times may be necessary when both ovens are operating simultaneously. It may be necessary to increase or decrease the temperature by 25° to suit individual preferences or requirements.
*2. Use half quantities of ingredients from these recipes in the Cookery Book.

Dish	Page	Oven temperature	Shelf position	Cooking time	Size of dish or tin
BATTERS					
Sausage Toad	17	400°	3	45-60 minutes	7" × 11" × 1" deep baking tin
BISCUITS					
Biscuits	17	325°	3	20-25 minutes	Baking trays
Shortbread	18	300°	3	50-60 minutes	7" sandwich tin
Cheese Biscuits	18	400°	2	10-15 minutes	Baking trays
Cheese Straws	18	400°	2	10-15 minutes	Baking trays
CAKES					
Bakewell Tart	22	350°	3	40-45 minutes	7" sandwich tin
Congress Tarts	23	375°	3	20-25 minutes	1 × 12 section patty tin
Gingerbread	25	325°	2	45-60 minutes	9" square tin
Macaroon	25	325°	2	20-25 minutes	Baking tray
Meringues	26	200°	2	2½-3 hours	Baking tray
Ginger Cakes	27	375°	2	20-25 minutes	1 × 12 section patty tin
Mixed Fruit Cakes	26	425°	2	15-17 minutes	1 × 12 section patty tin
Sponge Sandwich	29	375°	3	15-20 minutes	2 × 7" sandwich tins
Swiss Roll	30	375°	3	10-12 minutes	7½ × 11½" swiss roll tin
Victoria Sandwich	28	350°-375°	3	20-25 minutes	2 × 7" sandwich tins
FISH					
Baked Stuffed Cod	35	375°	3	30-40 minutes	Baking tray
Baked Stuffed Plaice	35	375°	3	25-35 minutes	Baking tray
Russian Fish Pie	36	Pre-heat to 450° reduce to 425°	3	20-30 minutes	Baking tray
Soused Herrings	36	375°	3	30-40 minutes	2 pint oval ovenware
MEAT AND POULTRY					
Roast Meat and Poultry	41	350°-375°	3	See Roasting Chart	Roasting tin
Baked Stuffed Liver	44	350°	3	40-45 minutes	2 pint oblong ovenware
Beef Olives	44	350°	3	1-1½ hours	2 pint oblong ovenware
Chicken Casserole	44	350°	3	1-1½ hours	2 pint oblong ovenware
Cornish Pasties	45	{ 425° 400° 325°	3	{ 15 minutes 30-35 minutes	Baking tray
Hot Pot	46	325°	3	1½-2 hours	2 pint round ovenware
Meat Pie (Flaky)	46	Pre-heat to 450° reduce to 425°	3	20-30 minutes	2 pint oval ovenware
Meat Pie (Shortcrust)	46	400°	3	30-45 minutes	2 pint oval ovenware
Meat Pie (Plate)	47	400°	3	30-45 minutes	10" ovenware plate
Mock Roast	47	325°	3	20-25 minutes	2 pint oval ovenware
Shepherds Pie	49	400°	3	30-40 minutes	2 pint oval ovenware

Stuffed Hearts	50	350°	3	1½-1¾ hours	2 pint oval ovenware
Stuffed Pork Chops	50	350°	3	40-50 minutes	2 pint oblong ovenware
Veal and Ham Patties	50	Pre-heat to 450° reduce to 350°	2	45-50 minutes	1 × 12 section patty tin
PUDDINGS					
Apple Amber	55	400° for pastry 325° for meringue	2	20 minutes for pastry 15-20 mins. for meringue	10" ovenware plate
Apple Charlotte	55	350°	3	45-60 minutes	2 pint oval ovenware
Apple Dumplings	56	350°	3	35-45 minutes	Baking tray
Baked Custard	57	300°	3	50-60 minutes	2 pint oval ovenware
Baked Pudding	57	350°	2	35-45 minutes	2 pint oval ovenware
Baked Stuffed Apples	58	325°	3	45-60 minutes	Baking tray
Bread and Butter Pudding	58	325°	3	50-60 minutes	2 pint oval ovenware
Casserole Fruit	59	325°	3	1-1½ hours	2 pint round ovenware
Egg Custard Flan	61	375°	2	15-20 mins. for pastry 15-20 mins. for filling	7" sandwich tin
Fruit Pie (Shortcrust)	61	400°	3	30-45 minutes	2 pint oval ovenware
Fruit Pie (Plate)	62	400°	3	30-45 minutes	10" ovenware plate
Lemon Meringue Pie	62	375° for pastry 325° for meringue	13	20-25 mins. for pastry 15-20 mins. for meringue	7½" × 11½" swiss roll tin
*Mince Pies	63	425°	2	20-25 minutes	1 × 12 section patty tin
Pastry Fruit Flan	63	375°	2	20 25 minutes	7" sandwich tin
Pineapple Upside Down Pudding	63	325°	3	45-60 minutes	8" round cake tin
Rice Pudding	60	325°	3	1½-2 hours	1½ pint oval ovenware
Sponge Fruit Flan	64	375°	3	15-20 minutes	8" flan tin
Syrup Tart	64	375°	2	20-30 minutes	10" ovenware plate
SAVOIRES					
Egg and Bacon Flan	71	375°	2	15-20 mins. for pastry 15-20 mins. for filling	7" sandwich tin
Sausage Rolls	71	Pre-heat to 450° reduce to 425°	2	25-30 minutes	Baking trays
Yarmouth Fingers	72	400°	3	15-20 minutes	Baking trays
SCONES					
Scones	74	Pre-heat to 450° reduce to 425°	2	10-15 minutes	Baking trays
Scone Round	76	Pre-heat to 450° reduce to 400°	2	20-30 minutes	7" sandwich tin
VEGETABLES					
Baked Potatoes	82	400°	3	1-1½ hours	Baking tray
Creamed Potatoes	83	375°	3	1-1¾ hours	2 pint oblong ovenware
Duchess Potatoes	83	450°	2	10-20 minutes	Baking tray
Roast Potatoes	82	425°	2	1-1½ hours	Roasting tin
Savoury Potatoes	84	375°	3	1-1½ hours	2 pint oblong ovenware
Stuffed Marrow	84	400°	3	20-30 minutes	2 pint oval ovenware
Stuffed Onions	84	375°	3	1-1½ hours	2 pint oblong ovenware
Stuffed Peppers	85	375°	3	30-45 minutes	2 pint oval ovenware
Stuffed Tomatoes	85	375°	3	20-25 minutes	2 pint oval ovenware
YEAST MIXTURES					
Dinner Rolls	88	Pre-heat to 450° reduce to 400°	2	15-20 minutes	Baking trays
Small Milk Loaf	87	Pre-heat to 450° reduce to 400°	3	25-30 minutes	2 × 7½" × 3¾" × 2¼" deep loaf tins

MAIN OVEN COOKERY CHART FOR TIME CONTROL MEALS

See Pages 91-93 of your Cookery Book

Meal	Oven Temp.	SHELF POSITION		Cooking Time
1	400°	2 down: Stuffed Pork Chops Savoury Potatoes	4 up: Pineapple Upside Down Pudding	1¼ hours
2	375°	3 up: Hot Pot Creamed Potatoes	4 down: Rice Pudding Casserole Fruit	2¼ hours
3	400°	3 up: Roast Lamb Roast Potatoes	Floor: Baked Egg Custard Apple Charlotte	1¾ hours
4	425°	2 down: Chicken Casserole Fruit Pie	4 up: Creamed Potatoes	1½ hours
5	375°	2 down: Baked Stuffed Cod	4 up: Baked Pudding	1½ hours

TIME CONTROL BREAKFASTS

1	350°	3 up: Eggs		35 minutes
2	350°	2 down: Sausages and Bacon		1 hour
3	350°	2 down: Sausages and Mushrooms	4 up: Tomatoes	55 minutes
4	350°	2 down: Haddock		40-50 minutes

MEAL IN THE OVEN USING SPIT—1

Roast Chicken
Roast Potatoes
Peas (Frozen)
Sausages
Bacon Rolls
Fruit Pie (Plate)

METHOD

Chicken 3½ lb. Prepare bird and stuff. Mount on spit. Brush with oil or melted fat.

Potatoes 2 lb. Prepare potatoes. Cut into even pieces. Brush with melted fat. Place in roasting tin. Season.

Sausages Prick. Place in roasting tin after 60 minutes of cooking time (i.e. when pie is removed).

Bacon Rolls 8 rashers of streaky bacon. Remove rind and roll. Place on skewer. Place in roasting tin 20 minutes before serving time.

Fruit Pie (Plate) Page 62 Tricity Cookery book. Place in oven with chicken and potatoes. Cook for 60 minutes. Use a ten inch ovenware plate.

Peas Cook while dishing up.

OVEN TEMPERATURE AND COOKING TIME

375° for 1 hour 25 minutes then raise to 425° for 20 minutes.

SHELF POSITION

2 down: Fruit Pie.
Floor: Roasting Tin.

MEAL IN THE OVEN USING SPIT—2

Roast Ham garnished with orange and cloves
Roast Potatoes
Carrots
Tomato Sauce
Pineapple Upside-down Pudding

METHOD

Ham 3¾ lb. collar. Soak in cold water over-night. Remove rind and score fat. Stick cloves in ham in groups of three. Brush with melted fat. Mount on spit.

Potatoes 2 lb. Prepare potatoes. Cut into even pieces. Brush with melted fat. Place in roasting tin. Season.

Tomato Sauce Page 70 Tricity Cookery book (½ quantity).
Place all ingredients (except flour) in a 1 pint ovenware dish.

Carrots 1 lb. Prepare and cut into thin slices. Place in a 1 pint round ovenware dish, cover with boiling water. Season. Cover with foil.

Pineapple Upside-down Pudding Page 63 Tricity Cookery book. Place in oven after 1 hour. Use a seven inch round cake tin.

ROASTING ON THE SPIT

Owners of Tricity cookers incorporating an auto-rotisserie will be interested to know that many experts consider this modern equivalent of the oldest form of cooking still produces the best results. Certainly meat retains its flavour, and has an extra juiciness. While turning, the meat bastes itself, and so only excess fat is lost.

COOKING TIMES

BEEF	Boned and rolled: 30-35 minutes per pound +30 minutes
PORK	Boned and rolled: 40-45 minutes per pound +40 minutes
LAMB	Boned and rolled: 35-40 minutes per pound +40 minutes
POULTRY	Allow 15-20 minutes per pound +15 minutes Larger birds: Allow 15 minutes per pound only.

TEMPERATURES

MEAT	375°.
POULTRY	375° then raise temperature to 400° for the last 20 minutes if required.

To ensure even cooking, tie or truss the meat compactly. There should be no legs or wings, etc., jutting out from the main body of meat.
Adjust the holding forks so that the meat will turn with the spit and not slip round.

BASTING

One of the advantages of rotisserie cooking is that the meat bastes in its own juices. However, you may wish to baste with a separate sauce. The best time for this is 15 minutes before the end of cooking time.

CHOICE OF MEAT

Choose a prime joint that is not too small; smaller joints tend towards dryness when cooked. If the meat is lean, tie a small piece of fat on one side. Make sure the joint is evenly shaped; the bone may have to be removed to ensure this.

POULTRY

Truss stuff and mount on the spit. The bird should first be brushed with olive oil or melted fat.

JOINTS

Legs, shoulders and loins may be boned, stuffed and mounted on the spit.

MEAT SUITABLE FOR ROASTING ON THE SPIT

- BEEF.** Sirloin, rolled beef or prime quality, topside.
- LAMB.** Leg, shoulder and loin.
- PORK.** Leg, spare-rib and hand, loin.
- CHICKEN AND TURKEY.** (10 lb maximum weight).
- HAM.** Gammon, prime collar, forehock.

To serve

Place ham on dish, surround with vegetables. Arrange thin slices of orange on cloves. Thicken sauce, serve separately.

OVEN TEMPERATURE AND COOKING TIME

400° for 1 hour then reduce to 375° for 1 hour.

SHELF POSITION

2 down: Tomato Sauce, Carrots, Pineapple Upside-down
Pudding. Floor: Roasting Tin.

SKEWER COOKERY (KEBABS)

Here is your chance to give a new taste to cooking using a wide assortment of food. Meat, poultry, fish, vegetables, fruit, can all be cooked on a skewer. Instead of cooking 'straight', give added flavour by brushing with oil or sauce, or steeping in a piquant mixture of oil and flavouring.

The general rules for skewer cookery are:

1. Choose even size pieces.
2. Leave a small space between each piece of food to allow heat to penetrate all sides.
3. Marinade or brush with oil or sauce to prevent drying.
4. Part boil foods which take a long time to cook through, e.g. small onions, potatoes, before skewering.
5. Place food firmly on the skewer. Mushrooms and peppers will not break if blanched first.
6. Food lacking in fat should be blended with fatty foods, e.g. liver and bacon, kidney and bacon.
7. Choose foods which require the same cooking time. (See list of ingredients).

OVEN TEMPERATURE AND COOKING TIME

375° for 25-40 minutes depending on ingredients.

SERVING

When serving, do not try to push more than 2 or 3 cubes off the skewer at one time, or you may squash the softer pieces.

MARINADES

Allow extra time to steep food in a marinade before cooking, this will produce delightfully tasty results. Marinades are simply pickling media made with vinegar, oil, tomato or lemon juice, flavouring and seasoning.

The recipe of a typical marinade is given below but the ingredients may be varied with the exception of oil, which is included to prevent charring. Having made the marinade, steep the meat, for a few hours. Liver and kidneys are not suitable for marinating.

Allow meat to regain room temperature if refrigerated during the steeping time.

MARINADE RECIPE

1 gill pineapple juice	1 tablespoonful brown sugar
2 tablespoonfuls Soy Sauce	A few drops Tabasco
$\frac{1}{2}$ clove garlic (finely chopped)	$1\frac{1}{2}$ tablespoonfuls vinegar
$\frac{1}{2}$ gill salad oil	Salt
3 tablespoonfuls made mustard	3 tablespoonfuls tomato ketchup
$1\frac{1}{2}$ tablespoonfuls Worcester Sauce	

METHOD

Mix all ingredients together and shake well. To do this, place in a small screw-top jar.

SUITABLE INGREDIENTS

Herbs and Spices: Chilli powder, black pepper, cloves, rosemary, thyme, cinnamon, bayleaf, ginger, sage. *Sauces:* Ketchup, Worcester, Tabasco, Soy. *Vinegar:* Cider, Wine, Tarragon. *Various Ingredients:* Brown sugar, fruit juices, garlic, onion, salt, mustard, tomato puree, horse-radish.

INGREDIENTS FOR SKEWER COOKERY

1 – $1\frac{1}{2}$ " squares—lean, prime quality lamb, pork, beef, veal. Small sausages. Liver cubes. Kidney. Bacon, slices and cubes. Mushrooms. Small parboiled potatoes. Small parboiled onions. Tomatoes.

The following ingredients need heating and browning only

Ham, sliced or cubed. If sliced, roll or fold into convenient pieces. Liver sausage, luncheon meat, spam, salami, can be cubed or sliced and folded into four. Frankfurters. Prawns. Cocktail onions. Peppers (blanch first). Cucumbers. Gherkins. Olives. Tinned carrots. Cooked beetroot cubes. Pineapple. Cherries (glace or Maraschino). Orange slices. Apple quarters, dates.

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