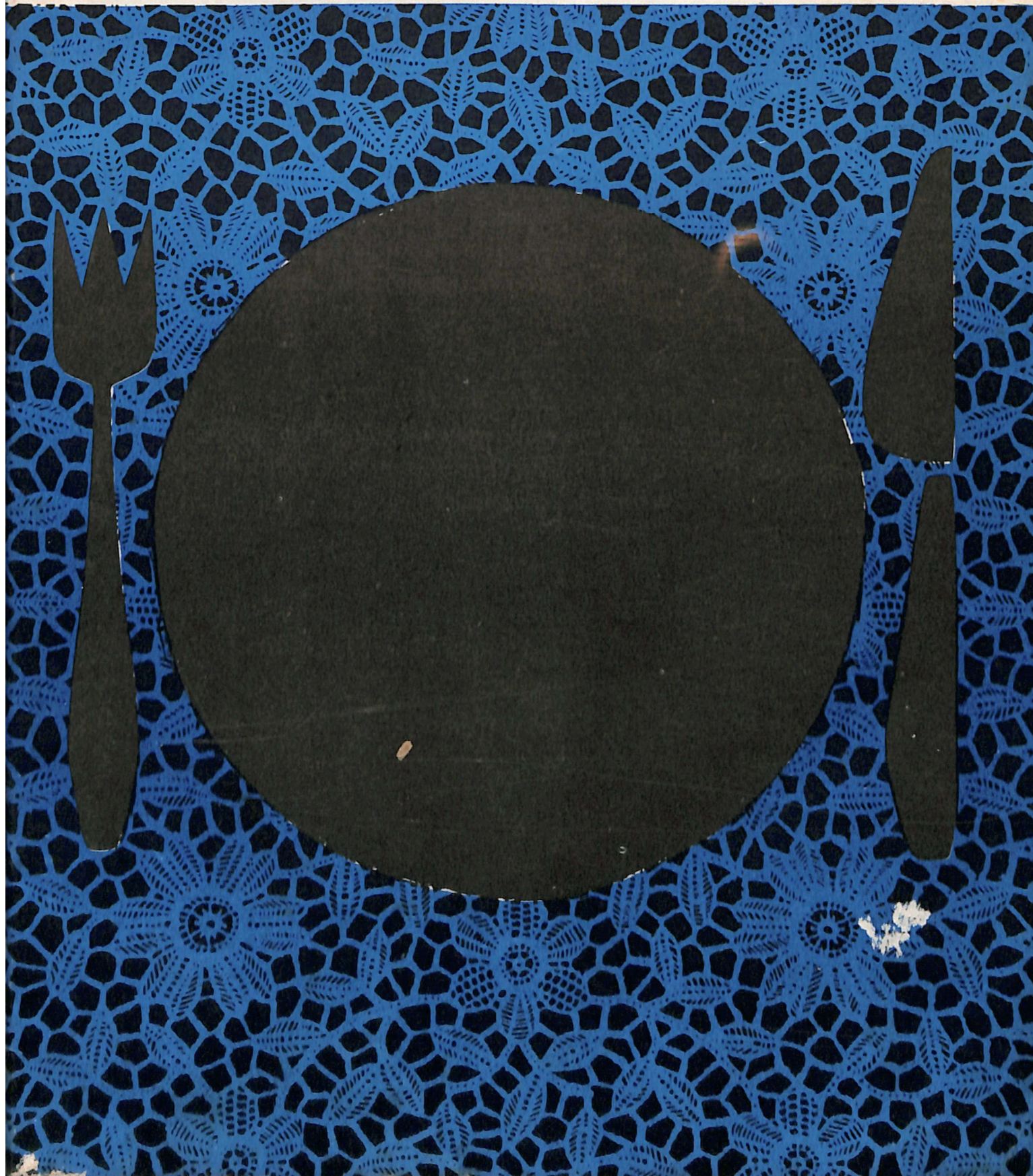




COLD START OVEN COOKING

PREPARED BY THE HOME ADVISORY SERVICE OF THE STATE ELECTRICITY COMMISSION OF VICTORIA



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OVEN COOKING FROM A COLD START

One of the many economies in planned oven cooking is to make use of the rising heat in the oven for the baking of cakes, or for the cooking of roast meats and casserole dishes. Instead of waiting for the oven to preheat, the product may be placed into a cold oven which is then switched on, and the product commences cooking in the rising heat while the oven is being preheated for further baking to follow. This method is called "cooking from a cold start"

The majority of everyday recipes can be cooked from a cold start, of which the recipes given here will serve as a guide, so do not hesitate to try any favourite recipe, remembering only to follow the general rules for cold start cooking. Briefly, these are:—

- (a) Whatever the normal cooking time for the product, allow an extra 10 mins. cooking time for the cold start. This rule applies more generally to foods which take a comparatively short time to cook (under 30 mins.) than to those which require a longer cooking time (30 minutes and over).
- (b) Use lower maximum temperatures. The oven is heated to a temperature usually 50° lower than that used when the product is placed into a preheated oven. For example, when cooking a rich fruit cake from a cold start, the thermostat is set no higher than 325°; but when preheating the oven before baking, the thermostat is set to 375° and once the fruit cake has been placed into the oven, is then reset to 325°.

Generally speaking, a good result will be obtained for the majority of products cooked from a cold start. In some cases, it will be found that a variation to the usual method of baking will produce a more satisfactory result. For example, a three-egg sponge mixture baked in the one 7" round deep tin was far more satisfactory than when baked in two 7" sponge tins. When cooked, the sponge can be split and filled in the usual way.

NOTE:- When using this method, the best results will be obtained if a self-raising flour containing a slow-acting raising agent, such as a substitute cream of tartar, is used. These are the flours aerated by Aerophos, Nutrophos, Vitaphos, etc.

GENERAL DIRECTIONS

1. OVENS HEATED BY TOP AND BOTTOM ELEMENTS

(a) Oven Management

(i) **Non-Automatic Ovens**:- Where both top and bottom elements are controlled by a High, Medium, Low switch - thermometer or heat indicator on oven door.

Switch top and bottom elements to High. After ten minutes, the top element is switched off, the bottom element being left at High until thermometer registers the required temperature, when the bottom element is switched to Low (if product will be cooked in less than 30 minutes, switch current off once required temperature is reached).

(ii) **Automatic Ovens**:- Where top and bottom elements are controlled by a thermostat and a Preheat - Bake - Grill switch.

Set thermostat to required temperature and turn oven switch to Preheat. After ten minutes, turn oven switch to Bake.

NOTE:- With some makes of range heated by top and bottom elements, it is advisable to turn the bottom element only to High (if automatic oven - switch to Bake) thus omitting the preliminary ten minutes with top element also at High (or switch at Preheat). These makes of range are "Electric", "Westinghouse", "Snowqueen", "Carmichael", etc.

(b) Positions in which to Cook

In ovens heated by top and bottom elements, the positions for cooking from a cold start will be much the same as when cooking in a preheated oven, i.e., below the centre of the oven. This is usually on the second bottom rung, but, where there are more than eight rungs in the oven (as in some early models) the position used would be the third or fourth rung from the bottom of the oven. This applies to all scones, cake, biscuit and pastry baking, and also for any single product such as a sweet or pudding cooked in the oven. When cooking roasts and casseroles of meat, these are placed on the bottom rung, and the second rack is placed so as to just clear the top of the meat. Any additional dishes are then placed into the oven on the rack above the meat.

2. OVENS HEATED BY SIDE AND BOTTOM ELEMENTS, SIDE ELEMENTS ONLY OR A BOTTOM ELEMENT ONLY

(a) Oven Management

Automatic Oven:- Where oven elements are controlled by a thermostat only.

Set thermostat to required temperature and leave set at that temperature throughout.

(b) Positions in which to Cook

Where ovens are heated as under 2(a), the positions for cooking from a cold start will be much the same as when cooking scones, cakes, biscuits and pastries in a preheated oven, i.e. just above the centre of the oven for products requiring a short cooking term (under 30 minutes) and just below the centre for products requiring a longer cooking term (30 minutes and over). Roasts and casseroles of meat are placed on the bottom rung, with any additional dishes placed on a rack above the meat. Where ovens are heated by bottom element only, these positions are reversed.

NOTE:- Any variation from these general directions will be given following the particular recipe. As an example, see recipe for scones on page 8.

Roast Meat

Weigh the meat and calculate cooking time.

Beef - 15 minutes to the pound and 15 minutes over.

Lamb and mutton - 20 minutes to the pound and 20 minutes over.

Veal and pork - 25 minutes to the pound and 25 minutes over.

In addition, allow an extra 10 - 20 minutes for the cold start.

Lightly grease the bottom of the baking dish. If the meat is very lean, 1 - 2 tablespoons fat may be used. With a small joint, the potatoes may be placed in the oven at the commencement of cooking. With a large joint, add the potatoes one hour before the joint is cooked.

Oven Management

1. **Non-Automatic Oven**:- Put the roast in the oven on the bottom rung. Turn both elements to "high". After 10 minutes, switch off top element, leave bottom element on "high" until oven thermometer registers 400°, then turn bottom element to "low".

2. **Automatic Oven**:- Place roast on bottom rung. If oven has side elements only, place on floor of oven. Set the thermostat to 400°, and leave set at that temperature throughout.

3. **Automatic Oven with Switch**:- Place roast on bottom rung. Set thermostat to 400°. Turn oven switch to "preheat" for the first ten minutes, then turn switch to "bake". With some makes of range, it is advisable to turn the oven switch direct to "bake", thus omitting the preliminary ten minutes on "preheat", particularly if cooking other products above the meat. (See note page 2).

Sweets may also be cooked from a cold start by placing them in the oven above the meat. Choose sweets that will cook well at the same temperature as the meat, i.e. 400°. Alternatively, the sweet can be placed into the oven approximately half an hour after the meat has commenced cooking from a cold start, or half way through the cooking time, whichever is the most convenient. Or, if preferred, the sweet or pudding alone can be cooked from a cold start.

APPLE SPONGE

2 lb. cooking apples
2 oz. sugar
6 cloves
pinch salt
1 egg

3 oz. butter
3 oz. castor sugar
6 oz. S.R. flour (containing substitute cream of tartar)
½ cup milk

Peel apples and cut into thin slices. Place half the apples in greased pie dish, sprinkle with sugar, then place rest of apples in dish. Cream butter and sugar, add egg, then milk and lastly sifted flour and salt. Spread mixture over the apples. Place in the oven above meat, remove when cooked. Time - 1 hour. If cooked separately, place in a cold oven and heat to 400°, following general directions.

CASSEROLE OF RABBIT

1 rabbit
¼ lb. bacon rashers
1 onion
seasoned flour

2 carrots
2 sticks celery
parsley
1½ pints stock or water

Divide rabbit into neat joints and dip into seasoned flour. Place in casserole with sliced onion, diced carrot and celery and a few parsley sprigs and bacon rashers with rind removed, each rasher cut in three. Cover with stock and put lid on casserole. Stand on a rimmed oven tray and place in oven on bottom rung (floor of oven if oven heated by side elements only). Heat oven to 350°, following general directions and cook for 2 hours.

SWEET MINGE TART

½ lb. shortcrust
2 apples
2 oz. sultanas
1 oz. currants
1 oz. candied peel

¼ teaspoon grated nutmeg
¼ teaspoon cinnamon
2 oz. sugar
1 dessertspoon lemon juice
grated rind of ½ lemon

Peel apples and cut into dice. Prepare fruit and add to apples. Add all the other ingredients and mix well. Prepare the pastry and cut off 1/3. Roll the other 2/3 into a round and fit in a sandwich tin, having the edge just above the tin. Put in the filling and wet the edge of the tart. Roll out the 1/3 of pastry to exactly fit the top and place on the tart. Pinch the edges together, making a frill. Prick with a fork, and glaze with sugar and water. Place in the oven above meat, remove when cooked. Time 1 hour. If baked separately, place in cold oven and heat to 400°, following general directions.

CHOCOLATE CUSTARD TART

6 oz. good shortcrust
2 eggs
½ pint milk
1 dessertspoon sugar

vanilla essence
2 tablespoons chocolate sauce
or grated chocolate

Make the pastry and line an 8" tart plate or sandwich tin. Prick well with a fork. Break the eggs for the custard into a basin, take out a little of the egg white; brush this over the surface of the pastry. Beat eggs with chocolate, milk and sugar, add vanilla essence and pour into tart case. Bake in oven above roast meat for 35 - 40 minutes, or until custard is set. If baked separately, place in cold oven and heat to 400°, following general directions.

LEMON MERINGUE PIE

6 oz. good shortcrust
4 level tablespoons arrowroot
or corn flour
1½ cups cold water

2 eggs
2 lemons
½ cup sugar
1 tablespoon butter

Make pastry and line a tart plate. Prick bottom of pastry case with a fork, place a round of greaseproof paper over the bottom and fill with bread, crusts or rice. Bake in oven above roast meat for 25 - 30 minutes; after 10 minutes, remove paper and crusts. Put water, arrowroot, sugar, lightly-beaten egg yolks, butter, grated lemon rind and juice into saucepan, and stir over medium heat until mixture boils and thickens. Pour into cooked pastry case and cover with a stiff meringue made by stiffly beating the 2 egg whites and folding in two tablespoons castor sugar. Pipe the meringue through forcing bag, or shape into decorative swirls with a knife, and return to oven for 15 minutes to set and brown meringue. If pie shell is baked separately, place in cold oven and heat to 400°, following general directions.

To make a Good Shortcrust:-

Sift 6 oz. flour and a pinch of salt together. Beat together two tablespoons water, 1 teaspoon lemon juice and an egg yolk. Rub into flour 4 oz. margarine, then mix to a stiff dough with the liquid. Turn on to a floured board, knead slightly. Roll out and use as directed.

BAKED CUSTARD

3 whole eggs or 4 egg yolks
1 pint milk

1 tablespoon sugar
vanilla essence

Beat the eggs and sugar. Add the milk and essence. Pour into a buttered pie dish and sprinkle top with grated nutmeg. Place in oven above casserole of meat - time to cook 1 hour. If cooked separately, place in cold oven and heat to 300°, following general directions.

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