



# ELECTRIC FRYPAN COOKING

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





# ELECTRIC FRYPAN COOKING

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

---

## HOW TO GET BEST RESULTS FROM YOUR ELECTRIC FRYPAN

The lid of your frypan is made of heat resistant glass, specially designed to seal in the heat. Never place the hot lid into cold water or leave it on a cold sink or bench as extremes in temperature may cause it to crack or break. If the glass lid is lined with aluminium foil the heat will be reflected down and better browning will be obtained. The lid may be washed in hot soapy water, with a little ammonia added to remove any grease.

The aluminium lid tends to reflect the heat down on to the roast or cake and therefore a better browning result is obtained. The lid has a small vent, allowing steam to escape during the cooking; and if the vent is left open it is unnecessary to place the lid on an angle. To clean the aluminium lid, a steel wool pad and cake of soap should be used.

Also available is a lid extension which increases the height about  $2\frac{1}{2}$ " , allowing a much larger roast or cake to be baked.

A lid is required for cooking braises, casseroles or when baking or stewing. When frying do NOT use the lid unless foods are very fatty. Cook with the glass lid on at an angle or with the vent on the aluminium lid open to allow the steam to escape. Heat the frypan with the lid on to ensure an even preheating and to avoid any sudden change of temperature.

Use an aluminium lid in preference to a glass lid for custards, baked apples, most desserts, cakes, roast meats and most foods cooked

in casserole dishes: use the glass lid when cooking bacon and eggs, poached eggs, stews, braises and for boiling vegetables, rice, eggs, etc.

For casseroles, stews and braises, a slightly lower temperature will reduce excessive steam. If the lid is not seated properly, steam may escape and foods may boil dry and stick. Steaming when frying is caused by too low a temperature or cooking with the lid on; if you wish to cover the food, place the glass lid on at an angle or open the vent on the aluminium lid before placing on the frypan.

Foods being dry-fried tend to stick if the temperature is too low or if the food is turned before being completely browned and sealed. Too high a temperature when stewing can cause sticking also; vary the temperature to suit the product.

When stewing or simmering, food need not be kept at simmering point. When the thermostat light is off the movement of cooking will cease but when light comes on again the food will come to simmering point again. Your frypan may be used as a saucepan for boiling and steaming.

Cakes may be baked in the electric frypan using the glass or aluminium lid. Recipes most suitable are those made by the "creaming butter and sugar" method. Biscuits normally baked in slabs then cut into slices or fingers may be baked directly in the frypan, but rolled or dropped biscuits are not satisfactory.

The electric frypan is made from cast aluminium which shows signs of food stain more readily than spun aluminium. Certain foods leave a dark stain while other foods, particularly acid foods, help to remove the stain. It is important to remember NOT to allow the food to remain in the frypan for long periods.

It is not advisable to soak the frypan in soapy water; clean hot or cold water is preferable. Steel wool and a mild abrasive applied regularly will keep the frypan looking as new. Pitting is a characteristic in all cast aluminium cooking utensils, but in no way affects its functioning.

Most types of electric frypans are also available with Teflon coating. When cooking with these, care should be taken to protect the coating, otherwise they will lose the non-stick characteristic.

Food should never be cut in the frypans, nor should metal utensils be used. Heatproof nylon or plastic ones are recommended.

When cleaning, merely wash in hot soapy water. Do not use steel wool, scouring pads or abrasive cleaning powders. Obstinate stains can be removed with detergent and a sponge or cloth.

#### **PRAWN COCKTAIL**

3 small onions  
2 oz. butter  
1 dessertspoon curry powder  
salt  
lemon and parsley to garnish

1/2 lb. peeled sliced tomatoes  
little stock  
2 small jars or 2 small tins  
prepared prawns

Slice and fry onions and curry powder in butter for 4-5 minutes until just browned. Sprinkle salt over tomatoes. Add these and stock and cook for 3-4 minutes. Add prawns and cook for 3-4 minutes. Serve with dry boiled rice, garnished with lemon wedges and parsley.

#### **ANGELS ON HORSEBACK**

6 oysters  
6 rashers bacon (rind trimmed)  
salt and papper  
skewers or toothpicks

lemon juice  
6 rounds of toasted bread  
(size of 20c. piece)

Wrap each oyster in one rasher of bacon and sprinkle with salt and pepper and lemon juice. Secure with toothpicks or skewers. Cook in frypan at approx. 380° until crisp. Serve on rounds of toasted bread, piping hot.

#### **DEVILS ON HORSEBACK**

6 prunes  
6 rashers bacon

salt & pepper to taste  
6 small rounds fried bread (croutets)

Wrap a piece of rindless bacon around each prune, having seasoned well. Cook in frypan at approx. 380° until crisp. Serve on croutets while sizzling hot.

#### **FRIED RICE**

4 oz. cooked chopped ham or  
1 medium tin tuna  
2 eggs  
2-3 cups cooked rice

salt and pepper  
2 tablespoons chopped spring onions  
2 tablespoons oil or butter  
soya sauce

Heat oil or butter in frypan. Add chopped onions, chopped ham or flaked tuna. Add cooked rice and soya sauce to taste. Break eggs and fry in corner of pan until set. Break up and stir through the rice mixture. Season with salt if necessary before serving.

## ADDITIONAL USES FOR THE FRYPAN

- Heating frozen cooked foods:—** If packed in foil containers, heat frypan to 420° and place on wire rack; or if in cardboard or similar wrappings, place food in heat resistant covered containers and stand in boiling water with thermostat set at 220° - 240°.
- Heating baby or similar foods:—** Place precooked foods in heat resistant covered containers then stand in boiling water with thermostat set at 220° - 240°.
- Roasting or devilling nuts:—** Heat lightly greased frypan to 380°, toss nuts until brown. If desired, toss in salt and a pinch cayenne after removing from frypan.
- Toasted coconut:—** Heat frypan to 360° - 380°. Add coconut and stir constantly until evenly browned.
- Defrosting frozen foods:—** Place unopened packages on wire rack and set thermostat at 200°. Remove as soon as thawed and cook at once.
- Heating pies or sausage rolls, etc:—** Pile into frypan, cover and set thermostat at 200° - 220°; or if quicker heating is desired, pile on to a wire rack and heat at 300° - 360°.
- Heating soups or stews:—** Heat at 220° - 260°.
- Toasting sandwiches:—** Butter bread on outside and toast at 380° - 420°.
- Boiling vegetables, rice, etc:—** When boiling, set thermostat at 220° - 240°.

# SEC Advisory Services

The advisory services listed are available free to consumers. Contact your nearest SEC showroom for further details.

**ELECTRICAL APPLIANCES** The SEC Home Advisory Service offers advice on the selection and operation of any electrical appliance, including the choice of the most suitable cooker for your kitchen.

**DEMONSTRATIONS** Cooking demonstrations are held every weekday at our Flinders Street, Melbourne, showrooms. A free home demonstration is available anywhere in Victoria on request.

**RECIPES** The SEC Home Advisory Service issues quarterly booklets containing a wide variety of tested recipes. These will be sent to you on request. The SEC also provides a complete recipe library service, and advice on any cooking problem.

**KITCHEN AND LAUNDRY PLANNING** Your SEC will provide information and advice on the layout of your modern all-electric kitchen and laundry.

**LIGHTING AND WIRING** You can obtain a complete electrical recommendation for new homes or renovations.



**ELECTRICITY**  
*makes life easier!*