

Using the Oven

Ovens are used to bake, roast, casserole and re-heat food by supplying heat and maintaining the desired temperature in a contained space. The heat radiates from a source at the top or bottom of the oven and may be assisted to circulate evenly by the use of a convection fan.

Method

1. Open the oven door.
2. Adjust the shelves to suit the foods being cooked/ bake-ware size.
3. Turn the oven on.

Electric Oven

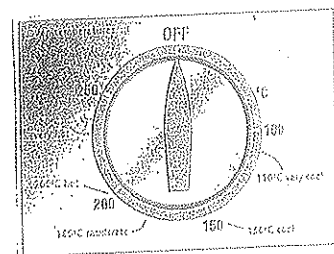
- Turn oven knob to desired temperature setting.
- Allow 10-15 minutes for oven to warm up to each desired operating temperature (the thermostat light will go on when the oven is switched on and will go out when the correct temperature is reached).

4. Place foods in the oven and close the door gently.
5. Check the food periodically.
6. Remove the food when it is cooked -> USE OVEN MITS.
7. Put dish onto cooling rack or a heat mat – NOT directly onto the bench.
8. Close the oven door immediately.
9. Turn the oven off and allow to cool down.

Temperature Settings

Whilst the temperature dial is marked in Degrees Celsius (from approximately 100-250), some recipes will use words instead of specific temperatures.

Recipe Terminology	Temperature Conversion
Very Slow	
Slow	
Moderately Slow	
Moderate	
Moderately Hot	
Hot	
Very Hot	



Cooking Appliances: The Stove

The main appliance used for cooking is the stove. It may be powered as gas or electricity but it usually consists of 3 main parts;

- C___ - T___
- O___
- G_____

ACTIVITY: Label the three main parts of a stove.

