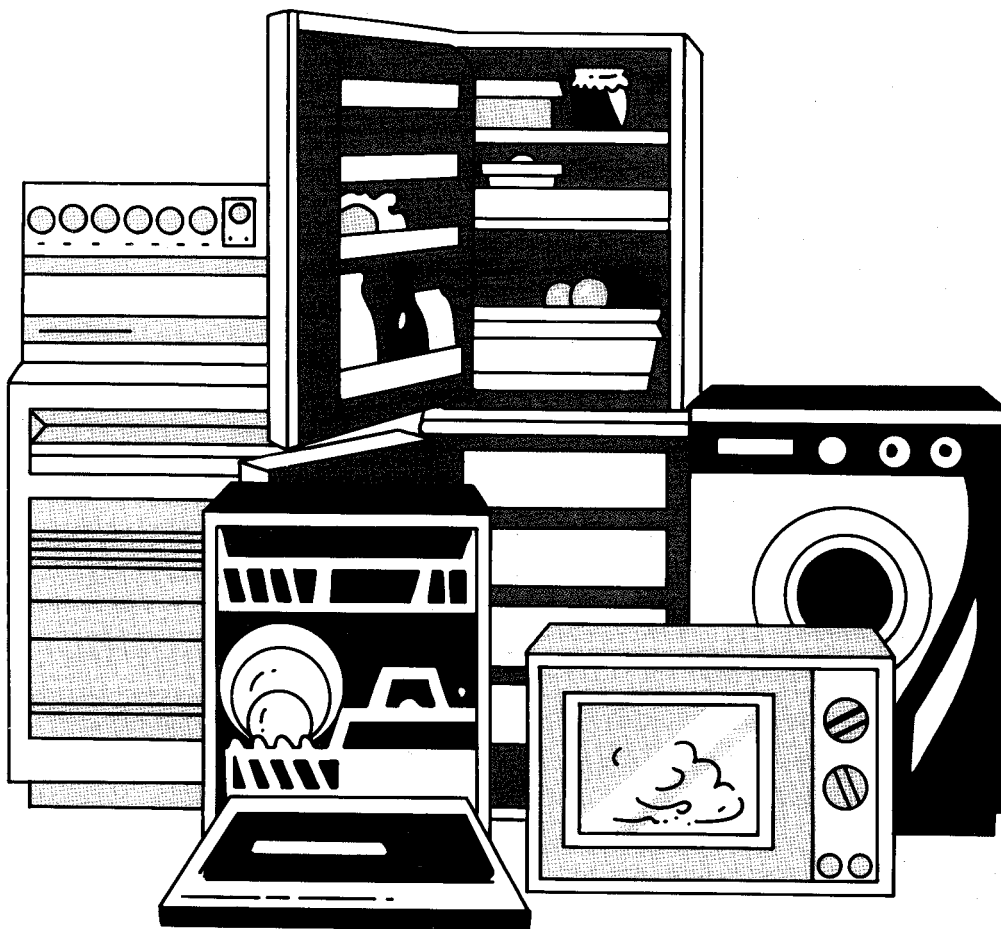


# TRICITY BENDIX

we'll do the homework



OPERATING AND INSTALLATION INSTRUCTIONS

MODEL NO  
3000S

# WARNINGS - ELECTRIC COOKERS

IT IS MOST IMPORTANT THAT THIS INSTRUCTION BOOK SHOULD BE RETAINED WITH THE APPLIANCE FOR FUTURE REFERENCE. SHOULD THE APPLIANCE BE SOLD OR TRANSFERRED TO ANOTHER OWNER, OR SHOULD YOU MOVE HOUSE AND LEAVE THE APPLIANCE, ALWAYS ENSURE THAT THE BOOK IS SUPPLIED WITH THE APPLIANCE IN ORDER THAT THE NEW OWNER CAN BE ACQUAINTED WITH THE FUNCTIONING OF THE APPLIANCE AND THE RELEVANT WARNINGS. PLEASE ENSURE THAT YOU HAVE READ THE WHOLE INSTRUCTION BOOK BEFORE USING THE APPLIANCE AND THAT YOU FOLLOW THE RECOMMENDATIONS GIVEN.

THESE WARNINGS ARE PROVIDED IN THE INTERESTS OF YOUR SAFETY. YOU MUST READ THEM CAREFULLY BEFORE INSTALLING OR USING THE APPLIANCE.

- ▲ This appliance is designed to be operated by adults only. Children should not be allowed to tamper with the controls or play with or near the product.
- ▲ Any installation work must be undertaken by a qualified electrician. The appliance must be installed according to the instructions supplied.
- ▲ Any electrical work required to install this appliance should be carried out by a qualified electrician.
- ▲ Do not try to move the appliance by pulling the door handles. Refer to installation instructions.
- ▲ It is dangerous to alter the specifications or modify the product in any way.
- ▲ This product should be serviced by an authorised Service Engineer and only genuine approved spare parts should be used. Details of servicing arrangements are supplied.
- ▲ Under no circumstances should you attempt to repair the machine yourself. Repairs carried out by inexperienced persons may cause injury or more serious malfunctioning. Refer to your local Tricity Bendix Service Centre. Always insist on approved spare parts. Details of servicing arrangements are supplied.
- ▲ Always ensure that all control knobs are in the 'off' position when not in use.
- ▲ Take great care when heating fats and oils as they will ignite if they become too hot.
- ▲ For hygiene and safety reasons this appliance should be kept clean at all times. A build-up of fats or other food stuffs could result in a fire.
- ▲ This product has been designed for cooking edible foodstuffs only, and must not be used for any other purposes.
- ▲ Always switch off the isolator switch at the cooker point and allow the appliance to cool before any maintenance or cleaning work is carried out.
- ▲ Only clean this appliance in accordance with the instructions given in this book.
- ▲ This appliance is heavy and care must be taken when moving it.
- ▲ Cookers and hobs become very hot with use, and retain their heat for a long period of time after use. You must therefore take care when using the appliance, supervise children at all times and do not allow them to touch the cooker or hob surface or be in the vicinity of the appliance until it has cooled after use.
- ▲ Ensure that all packaging, both inside and (where applicable) outside the appliance is removed before the appliance is used.
- ▲ If you use a saucepan which is smaller than the heated area on the hob the handle may become hot. Ensure that you protect your hand before touching the handle.
- ▲ Never cook directly on the hob surface without a saucepan cooking utensil. Never place plastic or any other material which may melt on the hob surface or in the oven itself.
- ▲ Always carefully lift saucepans on and off the hob. This will prevent accidents caused by spillage and will also keep cleaning to a minimum. Similarly ensure saucepans and cooking utensils are large enough to contain foods and prevent spillages and boil overs.
- ▲ Unstable or misshapen pans are dangerous and should not be used on the hotplate as unstable pans may tip or spill and cause an accident. You must follow the recommendations for saucepans given in this book.
- ▲ Always use oven gloves to remove and replace the grill pan handle when grilling. Do not leave the handle in position when grilling as it will become hot.
- ▲ Always support the grill pan when it is in the withdrawn or partially withdrawn position.
- ▲ Always ensure that all vents (where fitted) are left unobstructed to ensure ventilation of the oven cavity.
- ▲ Never line any part of the appliance with aluminium foil.

- ▲ Ensure that the anti-tip oven shelves are put in place in the correct way.  
(See instructions).
- ▲ Always stand back from the appliance when opening the oven door(s) to allow any excessive build up of steam or heat to release.
- ▲ Keep feet and legs clear when opening the drop down oven door. Do not allow it to 'fall' open - support it using the door handle, until it is fully open.
- ▲ Take care when removing items from the oven to avoid spillages and burns.
- ▲ Do not use the trivet and the grilling grid in the grill pan/meat tin together (where applicable).
- ▲ Do not place sealed cans or aerosols inside the oven. They may explode if they are heated.
- ▲ Do not stand on the appliance or on the open oven doors.
- ▲ Do not hang towels or dishcloths from the appliance or its handles. They are a safety hazard.
- ▲ Do not use this appliance if it is in contact with water. Similarly never operate it with wet hands.



**IMPORTANT:**  
PLEASE READ THIS  
INSTRUCTION BOOK  
BEFORE USING THE  
APPLIANCE

Welcome to the family of Tricity Bendix users. This booklet not only tells you how to operate your new Tricity Bendix cooker, but also contains a number of helpful tips on how to get the best results. **SO PLEASE READ IT THROUGH CAREFULLY BEFORE USE. IT ALSO INCLUDES AN IMPORTANT CHECKLIST OF WHAT TO DO SHOULD A FAULT OCCUR, PLUS A LIST OF TRICITY BENDIX SERVICE OFFICES WHERE SERVICE CAN BE OBTAINED IF NEEDED.** Before requesting service please check whether your problem is covered on page 24 under 'Before calling a Service Engineer' and that you are operating the cooker according to the instructions. If our engineer finds that the problem is due to misuse or incorrect installation you may be charged for his visit even though your machine is under guarantee.

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# Specifications

## Dimensions

Height	900mm
	35 ½
Width	595mm
	23 ½
Depth	595mm
	23 ½

**Voltage** 240v

**Frequency** 50Hz

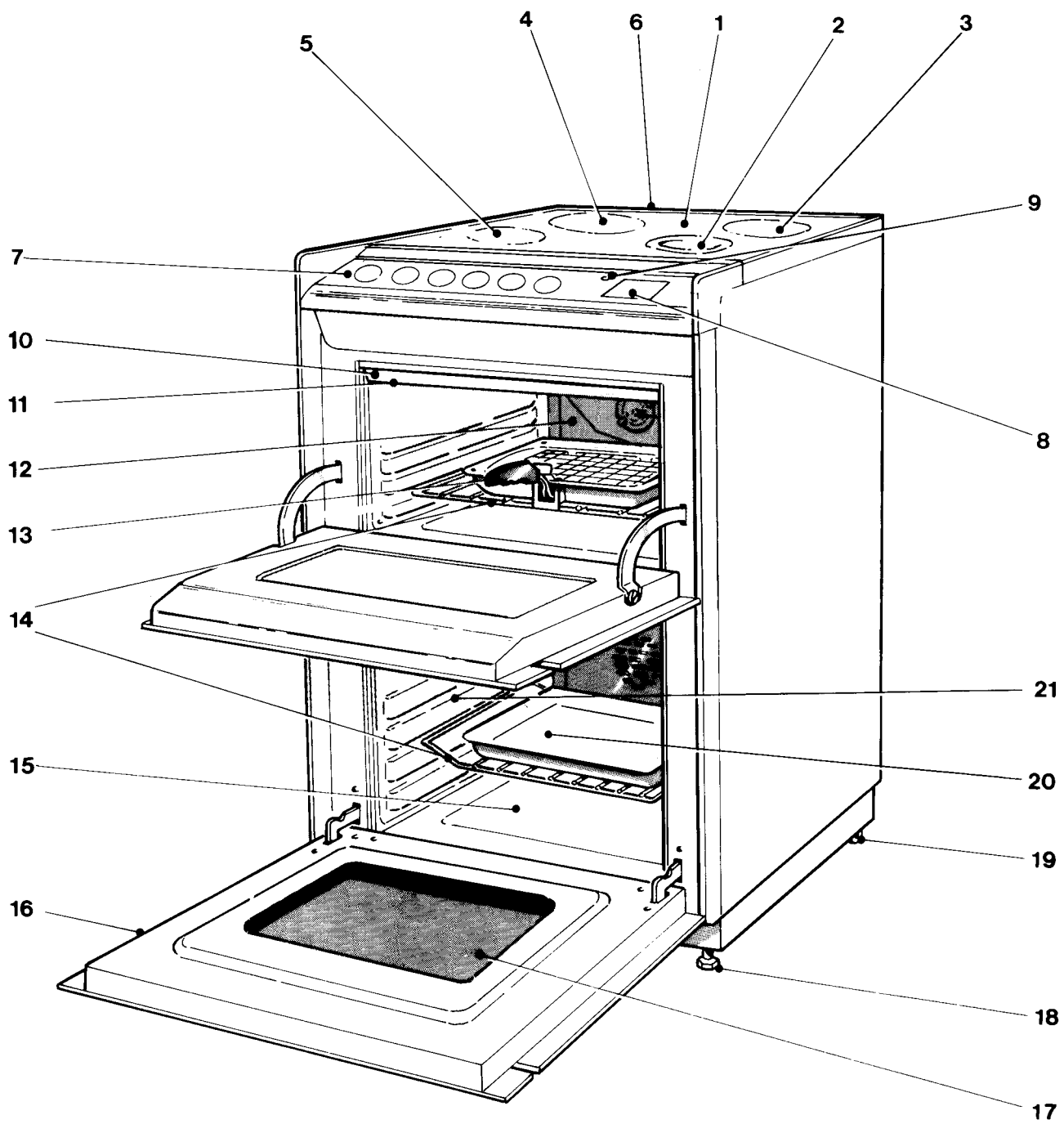
## Loadings

Sealed Plates	2 x 1.5kw
	2 x 2.0kw
Full Grill	2.8kw
Centre Grill	1.44kw
Oven	2.5kw
Total	12.4kw

This appliance complies with Radio Interference requirements of EEC Directive 87/308/EEC

# COOKER FEATURE

- 1 Glass hob
- 2 1500w Superfast sealed plate
- 3 2000w Superfast sealed plate
- 4 1500w Superfast sealed plate
- 5 2000w Superfast sealed plate
- 6 Ventilation slots
- 7 Control panel with control knobs for hob, grill and fan oven
- 8 Timer control
- 9 Fan oven neon
- 10 Grill deflector
- 11 Rapid grill elements
- 12 Grilling compartment
- 13 Grill pan, handle and grid
- 14 4 interchangeable shelves
- 15 Fan oven with defrosting, thermal grilling and oven lights
- 16 Drop down door
- 17 See through viewing panel
- 18 Adjustable feet
- 19 Rollers
- 20 Meat pan with trivet
- 21 Stay clean liners in fan oven on sides, roof and back



# INSTALLATION

## **WARNING: THIS APPLIANCE MUST BE EARTHED**

Connection to the electricity supply must be made by a competent electrician, using a suitable double pole isolating switch (cooker socket) with at least 3mm contact separation. The cable must have conductors of sufficiently high cross-sectional area to prevent overheating and deterioration. Six square millimetres (6.00mm<sup>2</sup>) is the recommended cross-sectional area.

## **POSITIONING THE COOKER**

The cooker has rollers fitted to the rear to assist when moving the cooker. To move the cooker, open the main oven door and raise the cooker by lifting the inside top of the main oven. Do not move the cooker by pulling the oven door or door handle.

This is a type Y appliance which means it is freestanding and has adjustable feet fitted to the front to assist in positioning the cooker and is designed to fit between kitchen cabinets spaced 600mm (24in) apart. The space either side need only be sufficient to allow withdrawal of the cooker for cleaning or servicing. It can be fitted with cabinets on one or both sides as well as in a corner setting. It can also be situated as a free-standing model.

Adjacent side walls which project above hob level, should be protected by heat resistant material, but in any case should not be nearer to the cooker than 75mm (3in). Any overhanging surface or cooker hood should not be nearer than 685mm (27in) above the hob.

## **BEFORE USE**

Record the model and serial number on the back of this booklet.

Please ensure that any protective film and all packaging has been removed from the cooker before switching on.

Allow all elements to run for a short period to burn off any residue from the surfaces of the elements.

## **CONTROL KNOBS**

The control knobs can be pushed in to prevent accidental re-setting but are required to be in the outward position (by pushing in and releasing) to select a setting for cooking. When in use the settings will glow through the display windows.

## **MANUAL CONTROL**

Should the oven indicator neon 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 stop/cook time knob to the manual position.

## **DURING USE**

This cooker has passed all the approved temperature and safety requirements. However, when using various parts of the cooker, certain areas may become hot.

## **COOLING FAN FOR THE CONTROLS**

The fan may cycle on and off during any cooking operation and is controlled by an automatic temperature sensing device in the cooker.

**AT THE END OF COOKING DO NOT IMMEDIATELY TURN THE COOKER OFF AT THE MAINS SUPPLY. THIS WILL ALLOW THE COOLING FAN TO CONTINUE TO RUN UNTIL THE INTERNAL CONTROLS IN THE APPLIANCE HAVE COOLED DOWN.**



# THE SEALED PLATE HOB

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## SUPERFAST SEALED PLATES

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The hob is fitted with four superfast plates indicated-by the red centres.

The control switches for these sealed plates provide a very flexible control from slow simmer to fast boil. Turn the control to the highest setting for fast cooking. To reduce the heat to cook more slowly or simmer, choose a lower number or intermediate setting, although this will vary with the size and type of saucepan, the quantity and type of food and whether or not a lid is used.

The settings can be seen illuminated through the display window. This also serves as a reminder to turn the switch back to off '0' when cooking is complete.

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## SPECIAL FRYING NOTE

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For safety purposes when deep fat frying, fill the pan only one-third full of fat or oil. **Do not** cover the pan with a lid and **do not** leave the pan unattended. Before deep fat frying, please refer to the section on deep fat frying in cookery book.

In the unfortunate event of a fire, leave the pan where it is and switch off at the electricity supply. Place a damp cloth or correct fitting lid over the pan to smother the flames. **Do not** use water on the fire. Leave the pan to cool for at least 30 minutes. **Do not** leave fat or oil in the frying pan on the hob to store it, in case the hob is inadvertently switched on.

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## SAUCEPANS

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To achieve the best result, the fastest heating up times and the most economical use of electricity choose good quality saucepans with close fitting lids.

Pans should have flat bases approximately 25mm (1in) larger than the diameter of the hotplate-up to 255mm (10in) base diameter on 180mm (7in) plates. This ensures maximum efficiency and prevents spillover onto the plates during use.

Pans must not overlap the outer hob trims.

Very thin badly dented and distorted pans, particularly with uneven bases should not be used.

It is not advisable to use large preserving pans or fish kettles placed across two plates as damage may occur to the hob. Ensure that saucepans are always clean and dry before use.

Saucepans should be lifted onto and off plates and not slid on, since this may in time scratch the surface finish of the hob. Never leave the plates on for longer periods when not covered with a pan ... never place a utensil with a skirt on the plate, e.g. a bucket ... and never use an asbestos mat.

Any recommendations given by the saucepan or cooking utensils manufacturer should be followed.

# OVEN AND GRILL SHELVES

Four shelves are provided which are interchangeable throughout the cooker, for grilling, and fan oven cooking.

By using the cranked and straight shelves in the runner positions provided, a variety of shelf positions may be achieved. The shelves have been designed with a stop position to prevent them tilting when pulled forward, so that food can be easily placed in and removed from the compartment. The shelves should be placed in the runner with the rods uppermost, and the shelf stops towards the rear.

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## GRILL SHELVES

It is recommended that when toasting bread a cranked shelf is used in the top runner position of the grill compartment. For other grilling operations a straight or cranked shelf may be used in any of the runners to give a variety of positions to suit the load being cooked.

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## FAN OVEN SHELVES

A variety of shelves and runner positions may be used for fan oven cooking. When baking large quantities, a combination of straight and cranked shelves evenly spaced should be used.

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## STORAGE FOR SHELVES

As the shelves are interchangeable between the oven and grill, the compartment which is not being used for cooking may be used for storing shelves when not in use.

# THE GRILL

**CAUTION - ACCESSIBLE PARTS MAY BECOME HOT WHEN THE GRILL IS IN USE. CHILDREN SHOULD BE KEPT AWAY.**

The whole area of the grill can be used for rapid grilling and toasting of larger quantities or the centre grill only for cooking smaller quantities of food.

The grill door must be left open during grilling.

## OPERATION OF THE FULL GRILL

To operate the grill turn the grill control clockwise from the '0' position.

For grilling and toasting, the control should normally be turned to 5 for initial pre-heating of 2 minutes and then adjusted as necessary. The pre-heating may be increased to 6-9 minutes when flash grilling blue, rare or medium steaks.

As this is a rapid grill, when grilling fatty foods it is advisable to lower the position of the pan under the element the/or reduce the setting, after initially sealing the outside of the food, to help prevent splashings of fat onto the grill element.

## OPERATION OF THE CENTRE GRILL

To operate turn the grill control anti-clockwise from the '0' position.

For all grilling and toasting, the control should normally be turned to '5' for the initial pre-heating of 3 minutes and then adjusted as necessary.

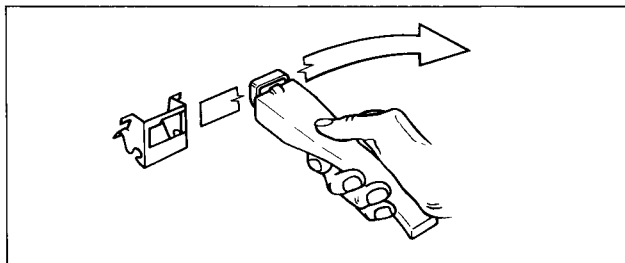
The pre-heat may be increased to 10-13 minutes when flash grilling blue, rare or medium steaks.

For convenience and flexibility of use e.g. cleaning, storage and as use as a meat tin, the grill pan is supplied with a removable handle. In the interests of safety, it is suggested that when the grill pan is removed from the cooker whilst containing hot contents it is firmly gripped, using the grill pan handle and steadied at the side with the other hand using an oven glove.

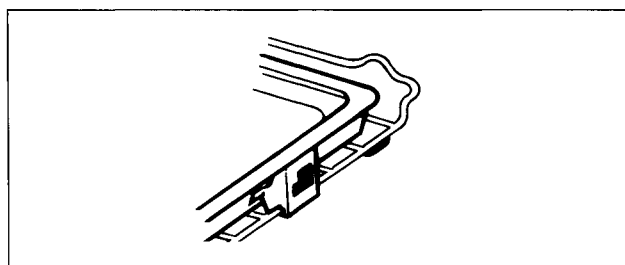
To insert the handle, press the button on the handle with the thumb and pivot the handle slightly upwards inserting the lip into the widest part of the bracket, move the handle towards the left, lower into position and release the button. **Ensure the handle is positively located.**

To remove the handle, press the button on the handle with the thumb and pivot the handle slightly upwards and towards the right to remove from the bracket.

**Ensure your hand is protected when removing the grill pan handle as the grill element can become very hot.**



**ALWAYS REMOVE THE GRILL PAN HANDLE DURING GRILLING.**



To correctly locate the grill pan on the shelf, ensure that the cut out on the underside of the handle bracket locates over the front bar of the shelf.

The shelf is positioned on runners in the grill compartment side panels, providing alternative grilling positions. In addition there is a reversible grid within the pan. When toasting bread we suggest that the cranked shelf in the low position in the top runner of the grill compartment is used with the grid in either position. This depends on the thickness and freshness of the bread and the grid position and shelf must be adjusted to suit.

**Do not** line the grill pan, grid or trivet with aluminium foil. It is advisable **not** to leave food, i.e. fat or oil in the meat pan or grill pan on the cooker, in case the cooker is inadvertently switched on.

The pan may be stored in this compartment with the handle removed.

# THE FAN OVEN

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## USE OF THE FAN OVEN

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1. The drop down oven door should be opened by pulling the handle at the top of the door and closed by a gentle push.
2. Before switching the oven on, arrange the shelves in position. The runners are numbered from the bottom upwards. The shelves provided with the cooker give a variety of positions.

The even heat distribution in the oven allows most dishes to be cooked equally well on any shelf position.

3. If cooking only one or two dishes it is preferable that they are placed centrally on separate shelves.

It is recommended that when baking larger quantities and 3 or 4 shelves are being used the shelf positions should be evenly spaced to suit the load being cooked.

A slight increase in cooking time may be necessary.

4. Baking trays or oven dishes should not be placed directly against the grid covering the fan at the back of the oven.

5. To operate the fan oven turn control in a clockwise direction to the temperature required for cooking. The fan oven neon will glow until the temperature selected is reached and then go out. It will cycle on and off periodically during cooking showing that the temperature is being maintained.

6. The compartment is fitted with two oven lights positioned in the top of the side panels. Food can be seen during cooking without loss of heat through the glass panel in the door.

7. **Most foods are cooked at lower temperatures in the fan oven than conventional ovens.** A

guideline is to reduce the temperature by 20-25°C when using recipes from general cookery books or check with the recommendations given for a similar food item in the oven cooking chart on page 17.

8. **Do not** line any part of the oven with aluminium foil.

9. The oven is vented through the back of the cooker. Under certain conditions when moisture is present, steam will be visible from the vent. This is quite normal and prevents a build-up of steam which would otherwise occur inside the oven.

10. The use of oven thermometers are not recommended as they do not give accurate temperature readings and therefore, can give misleading information to the user.

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## THE TRIVET

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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 around the joint.

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## REPLACING THE OVEN LIGHT BULB

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The type of bulb required is a 300C 25 watt small Edison Screw. Part number 572 491 5431-00/1. (Available through Tricity Bendix service centres)

**CAUTION:** Disconnect the appliance from the electricity supply before replacing the bulb.

Open door and remove the shelves to enable easy access to the oven light assembly. Insert a flat blade screwdriver between the oven side and the glass which covers the bulb.

Support the glass with your hand and prise out sufficiently to release the glass cover. Unscrew the bulb in an anti-clockwise direction until it is possible to remove the bulb with ease.

Fit the new bulb by turning in a clockwise direction until it is secure. Ensuring the indent to the flange is pointing to the rear of the oven, replace the glass by pushing it firmly into the hole to cover the bulb assembly.

Replace the shelves. Restore the electricity supply and adjust the time of day and clock, as necessary.

# THE FAN OVEN FEATURES

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## THERMAL GRILLING

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Thermal grilling (by hot air) in the fan oven with the door closed offers an alternative method of cooking food items normally associated with conventional grilling.

Kebabs, fish, chops and sausages may be thermal grilled in the fan oven using the special grid where provided. Varied and/or bulk loads of food such as chicken portions or mixed grill may be successfully cooked. This would require constant attention if grilled conventionally but since the food is heated from all around by the hot, circulating air, this is unnecessary; very little or no attention is required.

When more than one load of food is required for grilling it is generally more economical to thermal grill in the fan oven. By utilising the oven to cook the rest of the meal at the same time further savings may be made.

Alternative textures and flavours can be developed and as cooking times are less critical when thermal grilling, foods do not spoil or burn so quickly. In addition, as there is no radiant heat, the cooking process is more gentle with less splattering of fats/juices from the food and therefore less cleaning required.

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## THE GRID

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The grid supplied with the cooker has been specially designed to be suitable for both conventional grilling and, when used in the 'high position' for thermal grilling, the grid fits into the meat tin provided. Food is placed onto the grid and the hot air circulates around the food. Vegetable accompaniments such as mushrooms, tomatoes and thinly sliced potatoes may be cooked in the meat tin underneath the grid, remaining moist from the juices dripping from the meat above.

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## COOKING TEMPERATURE

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200°C should be used for most thermal grilling. A lower temperature of 170°-180°C is recommended when cooking more delicate items such as fish fillets or when utilising the rest of the oven to cook a pudding.

Most thermal grilling can be carried out from a cold start. It is only necessary to preheat the oven if cooking steaks when the meat tin and grid should be left in the oven during the preheated period. Only steaks which are required medium or well done should be cooked by thermal grilling. Rare steaks should be cooked conventionally under the radiant grill.

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## COOKING TIMES

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Due to the absence of radiant heat, food generally takes a little longer to cook when thermal grilling in the fan oven compared with conventional grilling. However, the advantage is that larger loads can be cooked at the same time.

A general guide to cooking times is given on page 14 but these times may vary slightly depending on the thickness and quantity of the food.

**200°C**

Chops - pork /lamb	35-45 min
Sausages - large	25-30min
Steaks - medium/well done	15-20 min
Chicken Portions	35-45 min
Beefburgers	15-20 min

**170-180°C**

Fish - small whole fish, ie trout or fillets	10-15 min
Bacon	35-40 min
Liver	35-40 min
Sausages - small	35-40 min
Kidneys	35-40 min
Toasted Sandwiches	15-20 min

Below are recommendations for cooking a breakfast and mixed grill by thermal grilling when the grid is fitted.

**Breakfast**

Oven Temperature:	200°C
Time:	20 min
Tomatoes	
Mushrooms	
Toast	
Chipolata Sausages	
Bacon	

- (i) Halve the tomatoes and place in the meat tin with mushrooms.
- (ii) Spread slices of bread on both sides with either butter or white fat.
- (iii) Place the grid in position. Cover with bread, sausages and bacon rashers.
- (iv) Thermal grill.

**Mixed Grill**

Oven Temperature:	200°C
Time:	20 min

Tomatoes  
Banana  
Streaky Bacon  
Mushrooms  
Liver  
Kidneys  
Lamb Chop  
Chipolata Sausages

- (i) Halve the tomatoes. Quarter the banana and wrap in bacon.
- (ii) Place tomatoes, banana and mushrooms in the meat tin.
- (iii) Place the grid in position, cover with liver and kidneys both wrapped in bacon, lamb chops and chipolatas.
- (iv) Thermal grill.

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## DEFROST FEATURE

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The fan oven has a defrost facility marked on the control dial \*. When the control is set to this position, the fan oven operates with the fan only switched on, i.e. without heat or neon indication. This enables some foods to be defrosted more quickly than conventional methods due to the fast circulating air in the oven, although the actual speed of defrosting will be determined by the ambient temperature.

The types of foods suitable for thawing without heat are delicate frozen foods to be served cold, such as fruit, cream, fresh cream or butter-cream filled cakes and gateaux, cakes coated with icings, frostings or chocolate, cheesecakes, quiches, pastries, biscuits, scones, bread and other yeast products such as doughnuts, buns and croissants, etc.

Faster defrosting of bread and plain cakes may be carried out with heat, using the lower temperature setting (80-90°C) on the oven control, although the food may go stale more quickly if thawed in this way. Small cooked pastry items, e.g. tarts, pies, sausage rolls and mince pies can be heated through without thawing first. Place into a cold oven set at 190/220°C for 20-40 minutes, depending on the quantity, size and required serving temperature.

It is normally preferable to thaw fish, meat and poultry slowly in the refrigerator. However, this process can be accelerated by thawing in the fan oven without heat using the defrost feature:-

Small or thin pieces of frozen fish such as fish fillets and peeled prawns, or meat items such as cubed or minced meat and sliced meats such as liver, thin chops, steaks, etc will be defrosted in 1-2 hours. The frozen food should be placed in a single layer where possible and if necessary turned over halfway through the defrosting process.

Joints of meat and poultry **MUST BE THAWED THOROUGHLY BEFORE COOKING**. A 1½kg (3lb) oven-ready chicken may be thawed in approximately 5 hours using the defrost feature and the giblets must be removed as soon as possible during the thawing process.

Faster defrosting can be carried out using the lower temperatures on the oven control dial (80/90°) when the chicken will be thawed in 2-2½ hours, remove the giblets after 1-2 hours.

These methods of defrosting meat and poultry using the fan oven are only applicable for joints up to 2kg (4lb) in weight and **ALWAYS COOK THOROUGHLY, IMMEDIATELY AFTER THAWING**.

A medium size casserole or stew can be thawed without heat using the defrost feature in 3-4 hours. However, if time is short, the casserole may be reheated without thawing first. Place into a cold oven set at 180/190°C for 1¾-2¼ hours, depending on the size and shape of the container. It will be necessary to stir or break up the contents during the heating process.

### NOTE

Care must always be taken when handling foods in the home. Always follow the basic rules of food hygiene to prevent bacterial and microbial growth and cross contamination when defrosting, preparing, cooking, cooling and freezing foods.

# INSTRUCTIONS FOR COOKING A COMPLETE MEAL IN THE FAN OVEN

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 onto the oven interior during cooking. When a 'full meal' including a joint, roast potatoes, Yorkshire pudding and fruit pie is 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.

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## ROAST BEEF, ROAST POTATOES, YORKSHIRE PUDDING, APPLE PIE

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### Preparation

Beef	1½ kg(3lb)	Arrange on trivet in meat tin.
Potatoes	600g (1½lb)	Brush with melted fat or oil, sprinkle with salt and arrange around joint.
Yorkshire Pudding	250ml (½pt) pouring batter	Mix together 100g (4oz) plain flour and a pinch of salt. Gradually mix in a beaten egg and 250ml (½pt) milk until smooth
Apple Pie	300g (12oz) 1kg(2lb)	Shortcrust pastry. Prepared fruit. Sugar to taste. Place fruit and sugar in 1 litre (2pt) oval pie dish and cover the fruit with rolled out pastry.

### Cooking

Pre-heat oven to 190°C.

Arrange Beef, Potatoes and Apple Pie in the oven as follows:

Beef and Potatoes	Shelf position 1 low
Apple Pie	Shelf position 4 low

Cook for approximately 50 minutes.

Remove pie and raise temperature to 200°C.

Yorkshire Pudding: Heat 25g (1oz) lard in a 23cm (9in) square tin for approximately 5 minutes on shelf position 4. Pour in batter. Cook for 35 minutes approximately.

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**Total cooking time approximately: 1 hour 30 minutes.**

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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 pudding.



# OVEN COOKING CHART

The oven temperatures are intended as a guide only. It may be necessary to increase or decrease the temperature by 10°C to suit individual preferences and requirements.

**NOTE:**

Shelf positions are counted from the bottom of the oven.

Food	Fan Oven	
	Shelf Positions	Cooking Temp°C
Biscuits		180-190
Bread		210-220
Cakes: Small and Queen	Shelf positions are not critical but ensure that oven shelves are evenly spaced when more than one is in use	160-170
Sponges		160-170
Maderia		140-150
Rich Fruit		130-140
Christmas		130-140
Meringues		90-100
Fish		170-190
Fruit Pie and Crumbles		190-200
Milk Puddings		140-150
Pastry: Choux Shortcrust Flaky Puff		190-200
Plate Tarts		180
Scones		220-230
Roasting: Meat and Poultry		170-180

# TIMER CONTROL

(Electronic)

The timer will automatically switch the oven on and off at the selected times. It also includes a clock and a minute minder.

## CLOCK

The clock will operate even if the automatic control is not being used. If the cooker is switched off at the wall the clock will stop. It will start as soon as the cooker is switched on again and will need to be set to show the correct time of day.

## MINUTE MINDER

The minute minder is not part of the automatic control. It gives an audible reminder at the end of a set interval to be timed.

## SELECTOR SWITCH 'BLEEP'

Whenever the selector switch is turned to a new setting an audible bleep will be heard, except when auto function is selected. This 'verifies' that a new function has been chosen.

---

## AUTOMATIC COOKING

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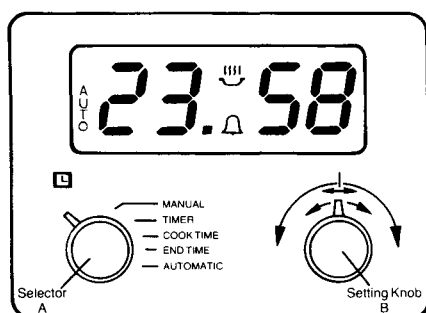
When the main oven is set on the timer control the grill can be operated manually.

## TIMER CONTROL

This timer is a 2 rotary control knob type electronic timer. When the Electricity supply is first switched on the display will flash on and off.

A = Function Selector Switch

B = Setting Knob



## USING THE FUNCTION SELECTOR SWITCH AND SETTING KNOB

Select a function by turning the selector switch to the mode required. To set the required time or duration for the selected function carry out the following procedure:-

TO COUNT UP - Turn the setting knob clockwise.

TO COUNT DOWN - Turn the setting knob anticlockwise. If the setting knob is 'held' in the turned position this will increase the count up or count down speed (depending whether the knob is held clockwise or anticlockwise respectively to the central rest position of the setting knob).

N.B. An audible signal sounds at the end of a minute minder cycle of a cooking programme for a period of 7 minutes. The signal can be cancelled by turning the selector switch.


When an automatic programme has been set the display will revert to show the time of day after 5 seconds.

The cooking duration, cooking end time, time of day and minute minder can only be set up to a maximum of 23 hrs. 59 mins. The timer can only store a programme up to a one day period.

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## SETTING THE TIME OF DAY


---

Set the time of day by turning the selector switch (A) to  and selecting the correct time by using setting knob (B).

---

## TO SET THE OVEN FOR MANUAL OPERATION

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When the selector switch is set to manual the 'AUTO' symbol disappears and the cooking duration symbol  appears on the display. Any programmes which have been previously set will be cancelled.

---

## HOW TO USE THE TIMER TO SWITCH ON AND COOK FOR A SET DURATION

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(Semi-automatic Programme).

1. Make sure the electricity supply is switched on.
2. Place food in oven.
3. Check that the clock shows the correct time of day.
4. Set selector switch (A) to cook time, use the setting knob (B) to set the required duration. The 'AUTO' and cooking duration  symbols will appear on the display. Turn the selector switch to the 'AUTO' position.
5. Set the oven control to the required temperature. The oven indicator should immediately come on as the programme will be active. During the cooking period the oven indicator neon will cycle on and off to indicate the cooker is working and controlling the temperature.
6. When the cooking duration period has elapsed the cooking time symbol  goes out and an audible signal sounds. The symbol 'AUTO' blinks on the display. Move the selector switch to cancel the audible signal.
7. Move the selector switch to MANUAL, check that the oven operates manually then turn the oven off by the oven control.

---

## HOW TO USE THE TIMER TO COOK UNTIL A SPECIFIC TIME

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(Semi-automatic Programme)

Follow steps 1-3 as per previous passage then:

4. Set selector switch (A) to end time, use the setting knob (B) to set the required end time. The 'AUTO' and cooking duration symbols will appear on the display. Turn the selector switch to the 'AUTO' position.
5. Follow steps 5-7 as per previous passage.



---

## HOW TO USE THE TIMER TO START AND STOP COOKING AT SPECIFIC TIMES

---

(Full Automatic Programme).

Follow steps 1-3 as per previous passage then:


4. a) Set selector switch (A) to cook time, use the setting knob (B) to set the required duration. The 'AUTO' and cooking duration  symbols will appear on the display.  
b) Set selector switch to end time use the setting knob to set the required end time. The cooking duration symbol  will switch off on the display.  
c) Set selector switch to AUTO, the cooking duration symbol will appear on the display, at the time of automatic oven switch on (cooking end time minus cooking duration; e.g. cooking end time 4 pm, minus cooking duration of 1½ hours gives a switch on time of 2.30 pm).
5. Follow steps 5-7 as per previous passage.

---

## THE MINUTE MINDER

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The minute minder gives an audible signal at the end of any set interval to be timed up to a maximum of 23 hours, 59 minutes.

1. Select timer function with selector switch and set the required time with the setting knob. Return selector switch to manual the  symbol will light.
2. After the time has elapsed an audible signal sounds.

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## CHECKING THE TIME REMAINING IN A COOKING PROGRAMME

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Select the cook time function using the selector switch and the time remaining for a programme to run will be shown on the display. **Do not switch to manual when a programme is operating as this will cause it to cancel.**

---

## **SETTING ERROR**

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If when setting an AUTOMATIC programme the cooking start and end time lies between the current time of day a setting error will have been made. The timer will indicate this by an audible signal and the 'AUTO' symbol flashing on the display. Correct the error by resetting the cooking duration or cooking end time so the current time occurs before the automatic programme starts.

# CLEANING

## THE ELECTRICITY SUPPLY MUST BE SWITCHED OFF BEFORE CLEANING

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### CLEANING THE EXTERIOR OF THE COOKER

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All exterior surfaces are hard wearing easily cleaned and impervious to all normal heat and spillage encountered during cooking. Vitreous enamel can be chipped by a hard blow and reasonable care should be exercised. The exterior surfaces including the oven doors should be cleaned using a little liquid detergent in hot water, and polished with a soft cloth.

The inner glass panel of the main oven door should be cleaned in the same way, although obstinate marks may be removed with a mild, non-abrasive cleaner.

Cleaners which contain bleach or caustic cleaners should **not be** used as they may dull or damage the surface. Harsh abrasives may also affect the finish and should **not be** used. When removing parts of the cooker for cleaning, we recommend that they are not subjected to thermal shock, i.e. do not plunge a very hot grill pan or meat pan into cold water.

#### NOTE

Before using any proprietary oven cleaner, ensure that it is suitable for application on polished surfaces or trims e.g. chromium, anodized aluminium, stainless steel, vitreous enamel. Certain cleaners may have an adverse effect.

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### CLEANING THE CONTROL KNOBS AND THE CONTROL PANEL

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It is important to only wipe the control knobs and the control panel area with a damp cloth which has been rinsed and wrung out in hot soapy water. Dry thoroughly before pushing back to the **IN** position.

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### THE COOLING FAN

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In addition to the fan operating in the main oven there is a separate cooling fan. This circulates air to keep the internal controls cool.

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## CLEANING THE SEALED PLATES

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Whilst the plate is still warm, **but not hot** wipe over with a damp cloth to prevent stains being burnt on and becoming difficult to remove.

Clean the stained and badly soiled areas of the plate with a scourer made especially for non-stick saucepans with a cream cleaner, e.g. Flash, Jif or Ajax.

Clean the plates and trims with a damp cloth and a non-scratch cream cleaner, which is also suitable for stainless steel and chrome, e.g. 'Luneta'.

The plate trims will mellow in use. A stainless steel cleaner used regularly will help maintain a bright appearance.

Wipe with a clean damp cloth to remove any excess cleaner and dry with a kitchen towel.

**SWITCH ON THE PLATE FOR 30 SECONDS TO ENSURE THAT THE PLATES ARE THOROUGHLY DRY.**

To help maintain the original black appearance of the plate surface a thin coat of cooking oil e.g. Collo Electrol may be applied occasionally. This will smoke and produce some fumes the next time the plate is used.

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## CLEANING THE GRILL

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It is essential to keep the underside of the removable vitreous enamel grill deflector absolutely clean. After grilling, thorough cleaning of the surface with a soap impregnated steel wool pad is advised.

The deflector can be removed by opening the grill compartment door. Clean the grill pan in a similar manner.

When replacing the grill deflector make sure it is in position immediately above the grill element, with the front lip down.

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## CLEANING THE FAN OVEN

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'Stay-Clean' panels have been fitted to this oven, instructions for cleaning these panels are given under 'Care of Stay-Clean'.

The vitreous enamel oven base may be cleaned using normal oven cleaners.

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

### **NOTE**

If aerosol cleaners are used on any part of the cooker the manufacturer's 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, and must not be allowed to come into contact with the elements as this may cause damage.**

# STAY-CLEAN LINERS

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## CARE OF STAY-CLEAN

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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 fan oven at maximum temperature for an hour or two per week. The 'Stay-Clean' panels should not be immersed in water and manual cleaning is not advisable. **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.

In order to ensure that the liners retain their Stay-Clean properties and give years of excellent service, it may be worthwhile understanding the following points:-

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## COOKING

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To minimise oven soilage:

1. Cook at the recommended temperatures. Higher temperatures during roasting will increase soilage. Try cooking at lower temperatures for an increased length of time, you will save energy and often the joint is more tender.
2. Use minimal, if any, extra cooking oil or fat when roasting meat; potatoes only require brushing with fat before cooking. Extra fat in the oven during roasting will increase splashing and soilage.
3. It is not necessary to add water to the meat tin when roasting. The water and the fat juices from the joint create excessive splattering during cooking - even at normal temperatures - as well as causing condensation.

4. Covering joints during cooking will also prevent splashings onto the interior panels; removing the covering for the last 20-30 minutes will allow extra browning if required. Some large joints and turkeys especially will benefit by this method of cooking, allowing the joint to cook through before the outside is over-browned.

5. Do use the trivet in the roasting tin. During roasting, the fat from the joint will be contained beneath the trivet and therefore prevent it from splattering onto the Stay-Clean liners.

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## CLEANING

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1. The linings will clean themselves during normal roasting and baking. It is important to ensure that a build up of soilage **does not** occur as excessive soilage can prevent the Stay-Clean properties of the catalytic enamel from working.

2. After roasting, always check the Stay-Clean liners for soilage. If baking between roasts, this will assist in the cleaning of the liners.

3. As cleaning is improved by exposure to a higher temperature, it may be necessary to run the fan oven at maximum temperature for an hour or two per week or after each roast.

4. The panels which are directly next to the oven elements reach higher temperatures and clean more readily. It may be necessary to expose the roof panel to a radiant grill element to assist in burning of excessive soilage. This is not normally necessary but is worth remembering if required.

## BEFORE CALLING A SERVICE ENGINEER

We strongly recommend that you carry out the following checks on your appliance before calling a Service Engineer. It may be that the problem is a simple one, which you can solve yourself without the expense of a Service call. If our Service Engineer finds that the problem is listed below you will be charged for the call whether or not the appliance is under guarantee.

### **Problem**

**The cooker doesn't work**

### **Solution**

- (i) *CHECK that main cooker fuse is working.*
- (ii) *CHECK that it is switched on at the control panel*
- (iii) *CHECK that the oven is set for manual operation. See Instructions.*

**The grill will not work**

- (i) *Follow the steps above.*
- (ii) *CHECK that the cooling fan device has not operated. See instructions.*
- (iii) *CHECK that the grill compartment door is fully open. It has a safety device fitted which only allows the grill to operate when the door is fully open.*

**The timer control does not work**

- (i) *CHECK that the operating instructions are being followed, particularly when setting an automatic programme and returning the cooker to manual operation after automatic use. See instructions.*

**The hotplates are slow to boil**

- (i) *CHECK that the recommended saucepans are being used. See Instructions.*

**The hotplates simmer inadequately**

- (i) *CHECK that the recommended saucepans are being used. See Instructions.*

**The oven temperature is too high or too low**

- (i) *CHECK that the temperatures recommended in this Instruction book are being followed. Be prepared to adjust the temperature up or down by 10°C to achieve the result you want.*

**The oven is not cooking evenly**

- (i) *CHECK that the cooker is level. (see Installation Instructions)*

**The oven fan is noisy**

- (i) *CHECK that the cooker is level. (see Installation Instructions).*



# Tricity Bendix Service Centres

Requests for Service should be made to your nearest Tricity Bendix Service Centre (see list below).

<b>ABERDEEN</b> DD,IV,KW,AB,PH	0224 696569	Tricity Bendix Service 8 Cornhill Arcade, Cornhill Drive, Aberdeen AB2 5UT
<b>BELFAST</b> BT	0232 746591	Tricity Bendix Service Unit C3, Edenderry Industrial Estate, 326 Crumlin Road, Belfast BT14 7EE
<b>BIRMINGHAM</b> WR,DY,B,WV,TF ST,WS,SY GL,HP,NN,OX,SL,RG	021 358 7076 021 358 5051 0993 704411	Tricity Bendix Service 8 Lammermoor Avenue, Great Barr, Birmingham B43 6ET
<b>LONDON REGION CENTRE</b> RM,CM,SS,CO,IG	0268 694144	Tricity Bendix Service 2-4 Sandhurst, Kings Road, Canvey Island SS8 0QY
<b>CARDIFF</b> CF,HR,LD,NP,SA	0222 460131	Tricity Bendix Service Guardian Industrial Estate, Clydesmuir Road, Tremorfa, Cardiff CF2 2QS
<b>GLASGOW</b> DG,KA,ML,G,PA KY,EH,TD,FK	041 647 4381 031 557 8383	Tricity Bendix Service 20 Cunningham Road, Clyde Estate, Rutherglen, Glasgow G73 1PP
<b>LEEDS</b> S,DN,HU,YO,WF HX,HD,LS,HG,BD	0532 608511	Tricity Bendix Service 64-66 Cross Gates Road, Leeds LS15 7NN
<b>LEICESTER</b> LE,DE,NG,LN,NR IP, PE	0553 515131	Tricity Bendix Service 10-12 Buckminster Road, Leicester LE3 9AR

<b>LONDON REGION CENTRE</b> E,EC,WC,N,NW W,EN	081 443 3464	Tricity Bendix Service 2-4 Sandhurst, Kings Road, Canvey Island SS8 0QY
<b>LONDON REGION CENTRE</b> SE,SM,CR,BR,SW1 SW20	081 658 9069	Tricity Bendix Service 2-4 Sandhurst, Kings Road, Canvey Island SS8 0QY
<b>LONDON REGION CENTRE</b> AL,CB,LU,MK,SG HA,WD,UB,TW	081 965 9699	Tricity Bendix Service 2-4 Sandhurst, Kings Road Canvey Island SS8 0QY
<b>NORTHERN REGION CENTRE</b> CA,DL,DH,NE,SR,TS SK,M,BL,OL,BB,LA,FY } PR,WN } CW,CH,LL,L,NA }	0325 301400  0282 74621/4 051 2541724	Tricity Bendix Service PO Box 40, Preston Road, Aycliffe Industrial Estate, Newton Aycliffe, Co. Durham DL5 6XL
<b>SOUTHERN REGIONAL CENTRE</b> BH,DT,PO,SO,SP,KT,GU BA,BS,SN,TA TQ,EX,TR,PL	0705 667411 0272 211876 0626 65909	Tricity Bendix Service Limberline Road, Hilsea, Portsmouth PO3 5JJ
<b>TONBRIDGE</b> CT,DA,ME,TN BN,RH	0732 357722 0273 694391	Tricity Bendix Service 61-63 High Street, Tonbridge TN9 1SD

# GUARANTEE

This Guarantee is offered to you as an extra benefit and does not affect your legal rights.

Tricity Bendix products are carefully designed, manufactured and inspected. In consequence we undertake to replace or repair any part found to be defective in material or workmanship, within one year of delivery to the original purchaser, free-of-charge.

The Company does not accept liability for defects arising from neglect, misuse, or accident.

There are certain conditions which may invalidate this guarantee:

- a) It is dependant upon the appliance being correctly installed and used in accordance with the Company's instructions under normal domestic conditions within the United Kingdom or the Republic of Ireland.
- b) Service under the guarantee must be carried out by a Tricity Bendix service representative or authorised agent.
- c) The guarantee may be invalidated by unauthorised repair or modification of the appliance.

Proof of the date of purchase will be required before service under guarantee is provided.

Addresses or telephone numbers for service requests are detailed on the list headed 'Customer Service Centres'

## RATING PLATE REFERENCE

MAKE AND MODEL NO.	SERIAL NO.	DATE OF PURCHASE

### IMPORTANT NOTICE

In line with our continuing policy of research and development, we reserve the right to alter models and specifications without prior notice.

This handbook is accurate at the date of printing, but will be superseded and should be disregarded if specifications or appearance are changed.

**TRICITY BENDIX**  
  
we'll do the homework

MODEL NO  
**3000S**

PART NO.  
**3111720-00 GJB/92/33/FTB**