



Built-In Electric Oven

**Model No.
XOU178**

INSTALLATION AND USER INSTRUCTIONS

CONTENTS

INTRODUCTION	page 3
INSTRUCTIONS FOR THE INSTALLER	pages 4-6
FOR YOUR OWN SAFETY	page 7
DESCRIPTION OF THE APPLIANCE	page 8
KNOW YOUR OVEN	pages 9
AUTOMATIC OPERATION	page 10
OVEN TIMER OPERATION	pages 11-16
COOKING FUNCTIONS	page 17
COOKERY NOTES	page 18
FAN OVEN COOKING GUIDE	page 19
GRILLING GUIDE	page 20
CLEANING AND MAINTENANCE	page 21
IS THERE SOMETHING WRONG WITH YOUR OVEN?	page 22
SERVICE	page 23

Your Belling Oven

Thank you for purchasing a new Belling electric built-in oven. Its stylish and practical design will enhance your kitchen and make cooking a pleasure. Your oven features a large electric oven with a grill and an LED clock/timer which features automatic oven switch on and off feature.

Even if you have used an electric oven before, it is important that you read these instructions thoroughly before starting to cook, as there may be many new features not featured on your previous oven. Pay particular attention to the installation and safety instructions.

Getting Help

If you have any problems with installation, operating or cooking with your Belling oven please check through these instructions thoroughly to make sure that you have not missed anything. If you still need help, then please contact (including a daytime telephone number if possible):

Consumer Relations Department
Belling Appliances Ltd.,
Talbot Road,
Mexborough
South Yorkshire.
S64 8AJ.

BELLING HELP LINE Tel: 01709 579902

Please quote the oven model and serial number with your enquiries. This can be found on the serial number label beside the door seal or on the rating label, positioned on the right hand side panel of the appliance.

WARNING! For your own safety, make sure that these instructions on installation, use and maintenance are followed.

We advise you to keep these instructions in a safe place for future reference. If you sell or transfer ownership of this product, please pass on these instructions to the new owner.

This appliance conforms to EN55014 regarding suppression of Radio and Television reception interference.

INSTRUCTIONS FOR THE INSTALLER

TECHNICAL INFORMATION

- All installation and maintenance must only be carried out by qualified personnel. The manufacturer cannot be held responsible for any damage to persons or property resulting from an incorrect installation of the appliance.
- The safety and automatic adjustment devices of the appliance may, during its life, only be modified by the manufacturer or duly authorised supplier.
- In accordance with the electricity standard the appliance is type Y.
- The walls adjacent to and surrounding the appliance must be able to withstand a temperature rise of 65 K.

UNPACKING YOUR OVEN

- Remove all packaging before use and check to make sure that the appliance is in perfect condition. If you have any doubts do not use the appliance and call your supplier for advice. Do not move the appliance using the handles.
- Some parts on the appliance are protected by a plastic film. This protective film must be removed before the appliance is used. We recommend carefully slitting the plastic film along the edges with a sharp knife or pin. Our products use environmentally friendly packaging, which can be either recycled or disposed of in the appropriate manner.

TECHNICAL DATA

TYPE	XOU178
Dimensions for mounting H/W/D (mm)	570/560/540
Mains voltage	AC 230 V
Operating voltage	AC 230 V, 50 Hz
Upper element (kW)	0.7 (outer) + 1.8 (inner)
Grill element (kW)	1,8
Fan element (kW)	2,0
Fan only (W)	25 - 29
Oven light (W)	15W - E 14 - T300
Cooling fan (W)	18 - 22

The packaging materials should carefully discarded and not left within easy reach of children as they are a potential safety hazard.

DISPOSAL OF YOUR PRODUCT

To minimise the risk of injury to children please dispose of your product carefully and safely. Remove the mains cable (where fitted) by cutting off flush with the appliance and always ensure that no plug is left in a condition where it could be connected to the electricity supply. To help the environment, Local Authority instructions should be followed for the disposal of your product.

GENERAL

This appliance is designed specifically for domestic purposes and Belling Appliances Limited cannot accept responsibility if used in any other type of installation.

All Belling oven units are suitable for installation under Belling hob units.

This appliance must not be installed over any appliance that generates heat.

IMPORTANT

For your own safety, we recommend that your appliance is installed by a qualified electrician.

The oven should be installed in accordance with the latest Edition of the IEE Regulations.

ELECTRICAL INSTALLATION

WARNING: THIS APPLIANCE MUST BE EARTHED!

This oven should be installed by a competent electrician in accordance with the current edition of IEE Regulations.

This appliance must be earthed and connected to a 230 Volt, 50 Hz, single phase supply through a suitable oven control unit with a fuse rating of 20 amps. The control unit should incorporate a double pole switch having a contact separation of at least 3 mm in all poles and should be located adjacent to the oven to allow easy access in case of an emergency. If the oven is to be wired into a connector unit this may be positioned behind the oven providing:

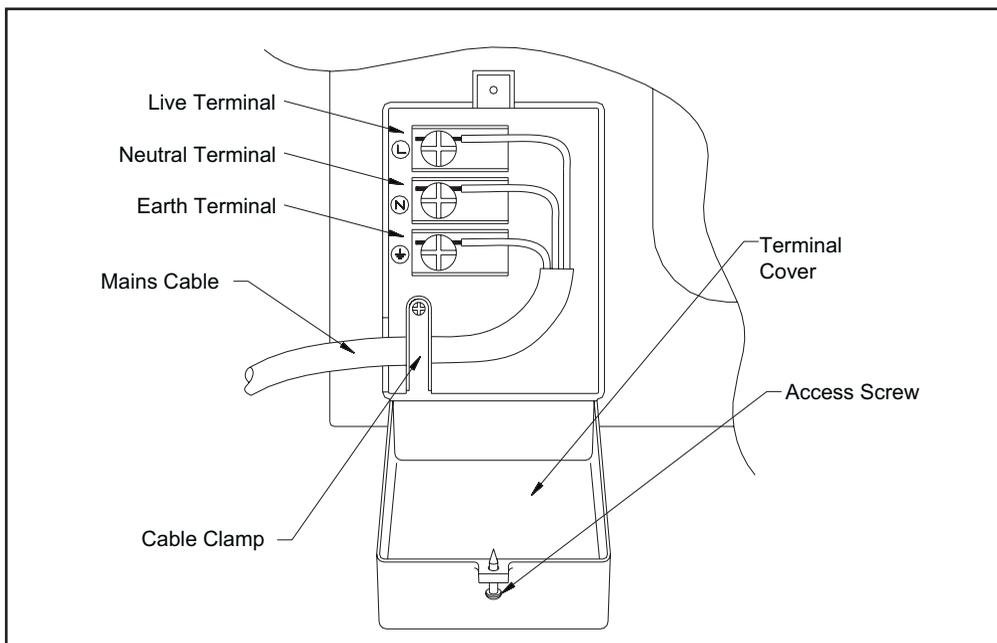
- i. The top of the connector unit is not more than 30cm above the base of the oven recess.
- ii. The depth of the connector unit does not reduce the depth of the recess to less than 55cm.

We recommend that you use a rubber cable (type H0 5RR-F) to connect the oven to the control unit or other protective cables with similar type characteristics. The minimum cable size is $3 \times 1.5 \text{ mm}^2$. The oven mains terminal block is located on the rear of the oven and should be connected as shown in the diagram. Access to the terminals is made possible by removing the screw immediately above the black plastic terminal cover, and hinging the cover downwards.

The power cable **must be** laid so that no parts of it ever reach an over temperature of 75K.

Alternatively the mains supply can be taken from a household 13amp switched fused spur. Having a minimum contact clearance of 3mm, which must be fitted adjacent to the oven housing cabinetry and accessible after installation. The oven must be fitted with 3 core cable having a minimum cross section area of 1.5 mm^2 and must conform to BS6500.

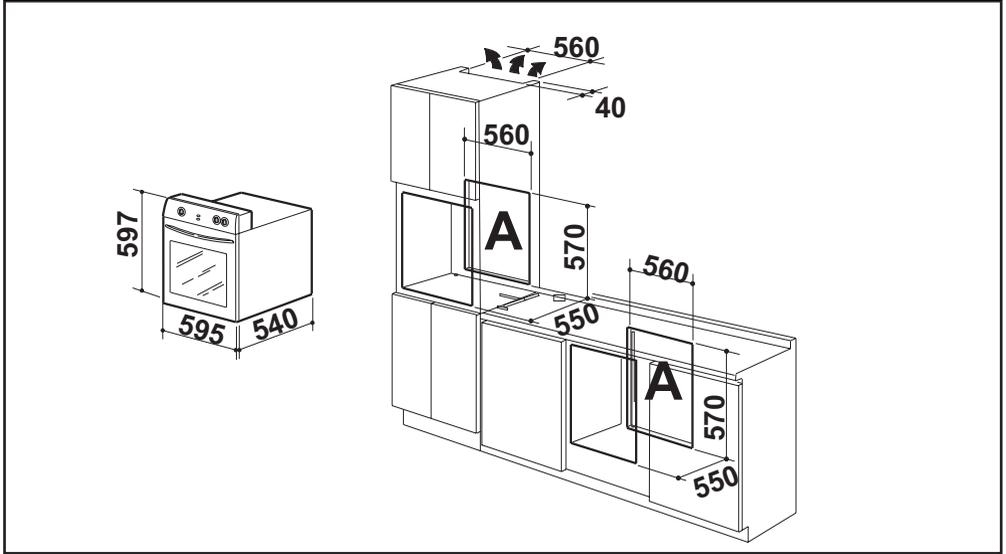
The oven **must not** be connected using a 3-pin 13amp plug.



BUILDING-IN THE APPLIANCE

INSTALLATION DIMENSIONS

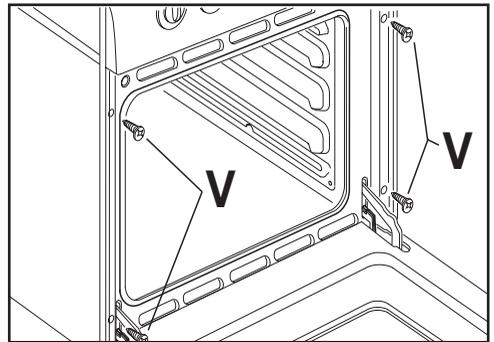
WARNING Always use the recommended measurements of the build-in opening, as shown in the table on page 5 and the diagrams below. To make sure the appliance is properly aerated, remove the rear panel of the base module or make a hole (A), as shown in the figure below.



FIXING THE APPLIANCE

Push the appliance into the cabinet, open the oven door and drill pilot holes 2mm x 5mm deep, through the holes in the frame at the sides into the sides of the cabinet. Fix the oven to the cabinet with the enclosed screws (V).

Take care not to tighten the screws too much as this may cause damage to the cabinet sides or the appliance enamel



BEFORE COOKING

Before you cook for the first time, we recommend that you switch on each element in turn to burn off any odours remaining from manufacture. Simply operate the grill on maximum for a few minutes, and the oven for about 30 mins. Although the smell is harmless, we would recommend that you open the window to allow fresh air to circulate during this procedure.

FOR YOUR OWN SAFETY

When used properly your Belling oven is completely safe but as with any electrical product there are certain precautions that must be observed.

PLEASE READ THE PRECAUTIONS BELOW BEFORE USING YOUR APPLIANCE.

NEVER..

- **Never** allow anyone except an authorised Belling Service Agent to service or repair your oven.
- **Never** remove any part of the oven other than those intended in normal use, or attempt to modify the oven in any way.
- **Never** use the oven for commercial catering. It is designed for domestic use and for cooking food only.
- **Never** allow young children to operate or play with the oven.
- **Never** line the shelves, floor, or sides of the oven or grill, with aluminium foil as overheating and damage may result.
- **Never** store anything which might catch fire in the oven or grill.
- **Never** heat unopened containers.
- **Never** dry clothes on the oven door.
- **Never** store flammable liquids, aerosols, etc. in adjacent cabinets.
- **Never** wear garments with long flowing sleeves whilst cooking.
- **Never** place or store the grill pan on the floor of the oven during cooking, as damage to the appliance or adjacent cabinet may occur, due to overheating.
- **Never** use steam cleaners on this appliance

ALWAYS..

- **Always** take care when touching any part of the oven which may be hot. Use dry, good quality, oven gloves when removing or replacing food or dishes.
- **Always** stand back when opening the oven door to allow any build-up of heat or steam to disperse.
- **Always** keep the oven door closed when not in use to prevent accidents
- **Always** keep your oven clean, as build-up of grease or fat from cooking may be a fire hazard.
- **Always** switch off at the mains before cleaning your oven.
- **Always** supervise children and pets, particularly when grilling, as exposed parts of the grill may become hot.
- **Always** make sure that all controls are switched off when you have finished cooking.
- **Always** remember that your oven may stay hot for a time even after you have finished cooking.
- **Always** keep ventilation slots clear of obstructions.
- **Always** keep children away from the oven when cleaning at maximum setting.

DESCRIPTION OF APPLIANCE

SHELF POSITIONS

Your oven features shelf supports formed into its cavity sides, which offer the user 3 different cooking positions.

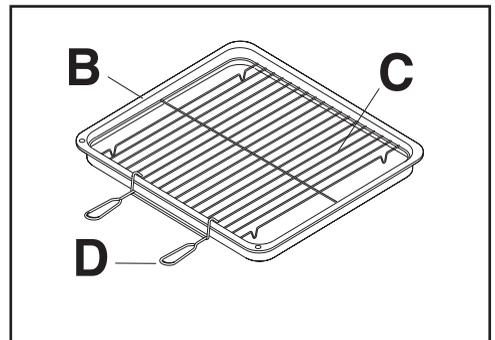
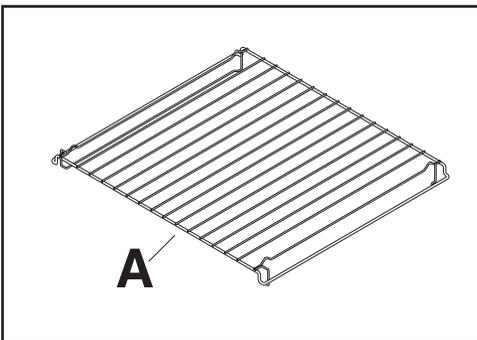
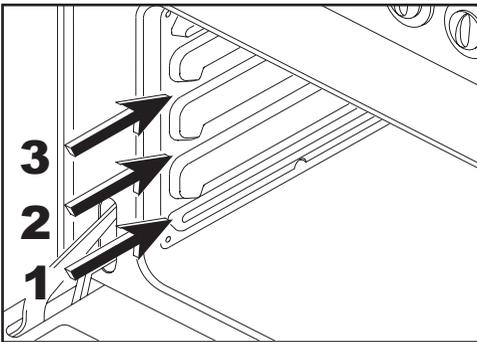
ACCESSORIES

The oven is supplied with 2 oven shelves (A) (see below), which can be placed in any of the runners formed into the sides of the oven walls. The shelf positions are numbered from the bottom of each oven.

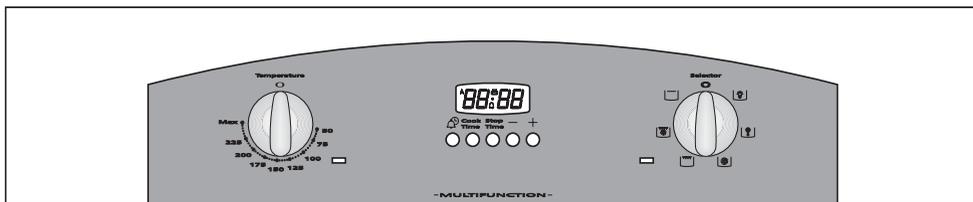
A grill pan (B), food support grid (C) and handle (D) is also included (see below), which is placed on top of the appropriate shelf. Use the grill pan (B) directly under a shelf for grilling a large amount of food.

When removing the tray from the oven, always use the handle (D) provided. Hook the handle to the edge of the tray and pull it out, slightly lifting it as you do so.

During cooking, **do not** place the grill pan on the floor of the oven, as damage to the appliance or adjacent cabinet may occur, due to overheating.



CONTROL PANEL



CONTROLS

FUNCTION SELECTOR

The cooking mode is selected using the function selector. The power on neon will illuminate whenever a function is selected. The functions available are as follows,

-  Light Only
-  Fan Defrost
-  Fan Oven (rear element plus fan)
-  Grill
-  Fan Grill
-  Top

THERMOSTAT

The Thermostat is used to set the desired cooking temperature, and is used in conjunction with the function selector. Do not set a temperature when using the oven in light only and fan defrost modes.

Temperature is set by turning the control clockwise to the desired setting, with a range between 50°C and approximately 230°C being available

The oven indicator light will immediately come on and remain on until the oven reaches the set temperature. This light will then automatically go on and off during cooking as the oven thermostat maintains the correct temperature.

WARNING: - DURING USE THE APPLIANCE BECOMES HOT.CARE SHOULD BE TAKEN TO AVOID TOUCHING HEATING ELEMENTS INSIDE THE OVEN.

AUTOMATIC COOKING

The oven programmer offers you the following features:

1. Time of Day
2. Minute Minder
3. Automatic Cooking with cook and delay cooking functions.

We recommend following the guidelines below, to ensure the best performance from your oven when using automatic cooking programs,

1. Select foods which will take the same time to cook and require approximately the same temperature.
2. Set the oven programmer so that the food has just finished or about to finish cooking on your return to the oven. This will ensure the food has not cooled down and does not require reheating before serving.
3. Food should be as cold as possible when it goes into the oven, ideally straight from the refrigerator. Frozen meat and poultry should be thawed thoroughly before it is put in the oven.
4. We advise that warm food should never be placed in the oven if there is to be a delay period. Stews prepared by frying the meat and vegetables should be cooked as soon as possible.
5. We advise dishes containing left-over cooked poultry or meat, for example Shepherd's Pie, should not be cooked automatically if there is to be a delay period.
6. Stews and joints should be cooked by the long slow method, so that the delay period is kept to a minimum.
7. On warm days, to prevent harmful bacterial growth in certain foods (i.e. poultry, joints, etc) the delayed start should be kept to a minimum.
8. Wine or beer may ferment and cream may curdle during the delay period, so it is best to add these ingredients just before serving.
9. Foods which discolour should be protected by coating in fat or tossing in water to which lemon juice has been added, prior to placing food in the oven.
10. Dishes containing liquid should not be filled too full to prevent boiling over.
11. Foods should be well sealed (but not airtight) in a container to prevent the loss of liquid during cooking. Aluminium foil gives a good seal.
12. Ensure food is cooked thoroughly before serving.

OVEN TIMER OPERATION

ELECTRONIC TIMER

The timer display is in 24 hour clock format.

Ensure that the correct time of day is always set before using your cooker.

Description:

A will light:

- When the timer is first turned on it will flash (it should go out when a time of day is set).
- When an Auto Cooking programme has been set.

 This "Cookpot" symbol will light up either:

- When the cooker is in "Manual Mode".
- When you press the Cook Time button and set a length of time for an Automatic Cooking programme.

Note:  symbol will light up during Automatic Cooking.



Will light up when you select a Minute Minder period and will remain lit for the period set.



MINUTE MINDER (1)

Here you can set a time period of up to 23 hours and 59 minutes that will count down. When it reaches zero the timer will bleep.

e.g. If you set 20 minutes, the timer will start bleeping 20 minutes later.

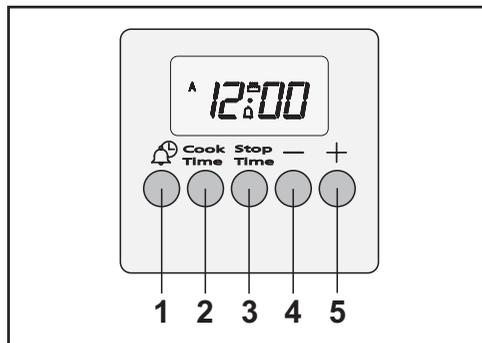
COOK TIME (2)

Cook time is the actual length of time for which, the timer will switch the oven(s) on as part of an "Automatic Cooking" programme.

e.g. If you set 2 hours, the food will be cooked for 2 hours.

STOP TIME (3)

The time of day at which you want an automatic cooking programme to end.



e.g. If you set a cook time for 2 hours, and stop time of 11:00. The timer will switch the oven(s) on at 9:00 and turn the oven(s) off at 11:00. You will hear a bleep at 11:00 to indicate that the automatic cooking programme has finished.

NOTES

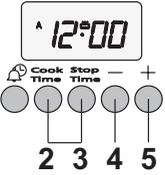
- When setting an automatic cooking programme you will need to set the oven control(s) to the required temperature(s) when you set the timer.
- If an automatic cooking programme has been set the oven(s) will only operate during the pre-programmed time.

- (4) and + (5)

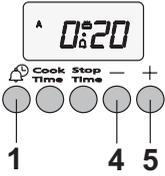
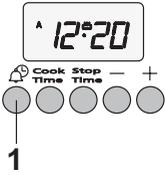
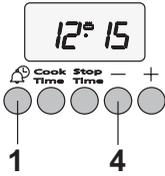
- Used to adjust the various timer function settings.

OVEN TIMER OPERATION CONTINUED

SETTING THE TIME OF DAY

	<p>Step 1 Step 2</p>	<ul style="list-style-type: none"> ➤ Make sure all oven controls are turned OFF. ➤ Check the electricity supply to the cooker is turned ON. <p>When switched on the display will show 0.00 and the A symbol, both will be flashing.</p>
	<p>Step 3 Step 4 Step 5</p>	<ul style="list-style-type: none"> ➤ Press & hold in both the Cook Time (2) & Stop Time (3) buttons together. ➤ With the Cook Time & Stop Time buttons still held in, press either the + (5) or - (4) buttons to set the correct time of day. ➤ Release all the buttons simultaneously. <p>The time of day is now set and the  symbol will light up to show that the timer is in Manual Mode.</p> <p>NOTE: To change the time of day repeat steps 3, 4 & 5 above.</p>

SETTING THE MINUTE MINDER

	<p>Step 1 Step 2 Step 3 Step 4</p>	<ul style="list-style-type: none"> ➤ Ensure the time of day is set correctly. ➤ Press and hold the  (1) minute minder button. ➤ With the button still held in set the required minute minder time using + (5) and - (4) buttons. A  symbol will light up. ➤ Release all buttons and the timer display will revert back to the time of day. <p>The  symbol will remain lit to signify that a minute minder period has been set.</p>
	<p>Step 5</p>	<p>At the end of the set time a bleeping sound will be heard and the symbol will go out.</p> <p>The bleeping sound will continue for several minutes unless cancelled (See Step 5).</p> <ul style="list-style-type: none"> ➤ To cancel the bleeping sound press the  (1) minute minder button. The time display will revert back to the time of day after the button is released.
	<p>Step 1 Step 2</p>	<p>To cancel the minute minder before the minute minder period has finished.</p> <ul style="list-style-type: none"> ➤ Press the  (1) minute minder button ➤ Press the - (4) button until 0.00 appears in the display window.

When the minute minder has been set, the time remaining can be checked at any time by simply pressing the  minute minder button.

OVEN TIMER OPERATION CONTINUED

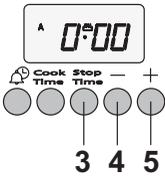
AUTOMATIC COOKING PROGRAMMES

There are two automatic cooking programmes that can be selected using your timer:

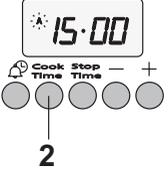
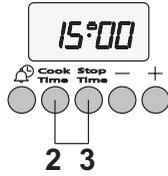
- To set the timer to switch the oven(s) ON and OFF automatically.
- To set the timer to switch on immediately and OFF automatically after a set Cook Time.

(a) To set the timer to switch the oven(s) ON and OFF automatically.

This allows you to cook at a specific time for a chosen period before the oven switches off automatically.

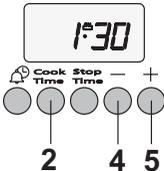
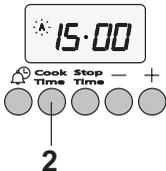
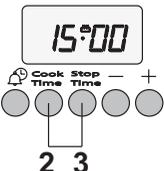
<p>Step 1 ➤ Check that the correct time of day is set. If not follow instructions for setting the time of day.</p> <p>Step 2 ➤ Place food onto the correct shelf position in the oven and close the oven door.</p>	<p>Step 3</p> <p>Step 4</p>	<p>➤ Press and hold the Cook Time (2) button. The display will read 0.00 with the cookpot symbol  lit.</p> <p>➤ With the Cook Time button still held in set the required cook period using + (5) and - (4) buttons.</p>
		<p>Release the buttons and the timer display will revert to the time of day with the A symbol and symbol  lit.</p>
	<p>Step 5</p> <p>Step 6</p>	<p>➤ Press and hold the Stop Time (3) button. The display will read the earliest possible time for the Cook Time that you have set above.</p> <p>➤ With the Stop Time button still held in, use the + (5) and - (4) buttons to set the Stop Time. i.e. the time you require the oven to switch off.</p>
		<p>Release all the buttons and the timer will revert back to the time of day.</p> <p>The A symbol will remain lit to signify that an automatic cooking programme has been set.</p> <p>The  symbol will go out.</p> <p>When the auto cook programme starts the  symbol will then light up again.</p>
<p>Step 7 ➤ Turn the oven control(s) to the required temperature and if necessary select the appropriate oven function.</p>		

OVEN TIMER OPERATION CONTINUED

	<p>Step 8</p>	<p>At the end of the automatic cook period the A symbol will flash and an intermittent beeping sound will be heard. The  symbol will go out.</p> <p>The beeping sound will continue for several minutes unless cancelled (see Step 8). The A symbol will continue to flash until the timer is returned to manual operation (see below).</p> <ul style="list-style-type: none"> ➤ Press the Cook Time (2) button to cancel the beeping sound.
	<p>Step 9 Step 10</p>	<ul style="list-style-type: none"> ➤ Turn the oven control(s) to the OFF position. ➤ Press the Cook Time (2) and Stop Time (3) buttons together to return the oven to manual operation. The A symbol will go out and the  symbol will light up.
<p>When cooking automatically the Cook Time can be checked at any time by simply pressing the Cook Time (2) button and the Stop Time by pressing the Stop Time (3) button.</p> <p>To cancel the auto-cooking programme before or after auto cooking starts, press the Cook Time (2) and the Stop Time (3) buttons together. This will return the cooker to manual operation.</p>		

OVEN TIMER OPERATION CONTINUED

(b) To set the timer to switch ON immediately and OFF automatically after a set Cook Time.

<p>Step 1 ➤ Check that the correct time of day is set. If not follow instructions for setting the time of day.</p> <p>Step 2 ➤ Place food onto the correct shelf position in the oven and close the oven door.</p> <p>Step 3 ➤ Turn the oven control(s) to the required temperature and if necessary select the appropriate oven.</p>		
	<p>Step 4</p>	<p>➤ Press and hold the Cook Time (2) button, the display will read 0.00 and the  symbol will light up.</p> <p>With the Cook Time button still held set the required Cook Time using the + (5) and - (4) buttons, the A symbol will light up.</p> <p>e.g. 1 hour 30 minutes.</p> <p>Note: The Cook Time is the length of time the food requires to cook.</p>
	<p>Step 5</p>	<p>➤ Release all buttons.</p> <p>➤ The timer display will revert to the time of day with the A and  symbols remaining lit.</p>
	<p>Step 6</p>	<p>At the end of the Cook Time the A symbol will flash and an intermittent beeping sound will be heard. The  symbol will go out. The beeping sound will continue for several minutes unless cancelled (see Step 6). The A symbol will continue to flash until the timer is returned to manual operation (see below).</p> <p>➤ Press the Cook Time (2) button to cancel the beeping sound.</p>
	<p>Step 7 Step 8</p>	<p>➤ Turn the oven control(s) to the OFF position.</p> <p>➤ Press the Cook Time (2) and Stop Time (3) buttons together to return the oven to manual operation. The A symbol will go out and the  symbol will light up.</p>

When cooking automatically the Cook Time can be checked at any time by simply pressing the **Cook Time (2)** button and the Stop Time by pressing the **Stop Time (3)** button.

To cancel the auto-cooking programme before or after auto cooking starts, press the **Cook Time (2)** and the **Stop Time (3)** buttons together. This will return the cooker to manual operation.

OVEN TIMER OPERATION CONTINUED

1. To cancel the automatic cooking programme before or after automatic cooking starts, press the **Cook Time (2)** and **Stop Time (3)** buttons together, this will return the cooker to manual operation.
2. When cooking automatically the Cook Time can be checked at any time simply by pressing the **Cook Time (2)** button.
3. When cooking automatically the Stop Time can be checked at any time by simply pressing the **Stop Time (3)** button.
4. Having set a Cook Time and Stop Time an electronic device stores the information. The device within the timer will switch the oven(s) on and off at the required time.
5. When setting an automatic cooking programme and a mistake is made, to clear:
 - (a) Press the **Cook Time (2)** and **Stop Time (3)** buttons together to return the cooker to Manual operation.
 - (b) Start the sequence again.
6. If at any time the display shows three flashing zero's.  It is likely that the electricity supply to the oven has been interrupted. Reset the timer to the correct time of day. Food in the oven may therefore not have been cooked, before serving check food is thoroughly heated and completely cooked.
7. To set each function always press and hold the required function button and at the same time press **+** (**5**) or **-** (**4**) buttons.

COOKING FUNCTIONS

FAN OVEN

The oven is heated by an element at the rear of the oven. Air is drawn into the hole in the center of the oven's rear panel by a circulating fan, before being forced over the radial fan element and back into the oven cavity.

This heating system is useful for baking biscuits, cakes, many small pieces of meat, the accelerated thawing of frozen foods and preserving/drying fruits and vegetables.

- The oven heats up quickly but preheating is usually required. Please refer to the table provided. Food can be cooked simultaneously on one or two levels.
- If you need to put food in a preheated oven, please wait until the indicator neon goes off before putting food in the oven.
- Feel free to use your own cake tins and other smaller tins.
- As you can insert two or even three trays in the oven simultaneously (when baking biscuits for example), this additional economy saving feature saves on further time and money.
- Baking temperatures are lower, therefore the loss of nutrition value of the food is reduced, as is also energy consumption.

CONVENTIONAL GRILLING

This heating system is used for cooking pieces of meat, not thicker than 3 cm (e.g. steaks, chops, sausages, fish) and for browning sandwiches, vegetables and sweet dishes.

Grilling should always be carried out with the door closed.

- We recommend that the grill is preheated for 5 minutes before cooking.
- Use meat suitable for grilling and cut it into uniform pieces. Add spices, brush with oil and place on the pre-oiled wire shelf. Place the shelf in the top shelf position and insert the enamel drip tray underneath the grill. After grilling, add salt if desired, and serve.
- The choice of which shelf position to use, temperature setting and the grilling time depends on the kind of meat being grilled as well as the thickness and quality of the meat pieces. Smaller and thinner pieces of meat can be grilled using a

higher temperature and positioned closer to the grill element. With larger thicker pieces use a lower temperature and place further away from the grill element. The cooking time also depends on how well you want your food to be done.

- Turn the food over once after having cooked them for about 2/3 of the required cooking time.
- Frozen meat should be thawed thoroughly first.

BROWNING WITH THE TOP HEATING ELEMENT

Turn the selector knob to the symbol and set the thermostat knob to the maximum temperature.

This function activates the top heating element, which is ideal for browning food.

FAN GRILLING

This function uses the grill and fan. A uniform air circulation is created which makes this system perfect for roasting larger joints of meat (1 kg or more). It gives similar results to cooking on a rotisserie.

- Preheating is not necessary.
- Place the meat (oiled and salted) on a pre-oiled wire shelf. Place the shelf on level 2 and insert the enamel drip tray underneath at level 1.
- You can roast more joints at the same time but only on one level.
- When roasting, remember that you do need to turn the meat over in the middle of cooking.
- After the roasting is finished let the meat sit for 10 minutes before cutting it.

FAN DEFROST

When the fan only is in operation, air is circulated evenly throughout the entire oven and is useful for defrosting frozen dishes that need to be thawed at room temperature, and will be consumed unheated (cream, custard pastry, tarts, fruit etc.)

COOKING FUNCTIONS CONTINUED

TEMPERATURE AND TIME

When two shelves are used to cook large quantities of food for home freezing or parties, it may be necessary to increase the cooking times given in the charts on page 21 by a few minutes, to allow for the loss of heat due to the extra time taken to load the oven, and the larger mass of food. Baking trays should allow an equal gap on all sides of the oven.

TO PREPARE MEAT AND POULTRY FOR ROASTING IN YOUR FAN OVEN

- (a) Wipe the meat or poultry, dry well and weigh it. Meat which has for been stored in a refrigerator should be allowed to come to room temperature before cooking, and frozen meat or poultry must be completely defrosted before placing in the oven.
- (b) The weight of any stuffing used should be added before calculating the cooking time.
- (c) Place meat/poultry in a suitable meat pan. Small joints weighing less than 1.75kg (3 1/2 lbs) should be roasted in a smaller meat pan/tin - or they may be 'pot roasted' - a small joint or a large meat pan causes unnecessary oven splashing and evaporation of meat juices.
- (d) Additional fat should not be added, except for veal, very lean meat or poultry which can either be 'larded' with fat bacon or brushed very sparingly with cooking oil or melted fat.
- (e) Beef, lamb, mutton and poultry may be dusted lightly with seasoned flour to give a crisp outer surface. The skin of duck and goose should be pricked to release excess fat during cooking, and the rind of pork should be scored, brushed lightly with oil, and rubbed with salt to give crisp crackling.
- (f) Meat and poultry wrapped in, or covered with a tent of aluminium foil will be juicy and tender. Roasting bags offer the same advantages. Always follow the manufacturer's pack instructions, and remember to reduce the temperatures given for conventional ovens by approximately 25°C and the time by approximately 10 minutes per hour.
- (g) Potatoes for roasting only require to be brushed with cooking oil or melted fat.
- (h) It is not necessary to baste when roasting in an electric oven and stock or liquid should not be added to the meat pan since this only causes unnecessary soiling, steam and condensation.

FROZEN MEAT AND POULTRY

Joints of meat and whole birds should be defrosted slowly, preferably in a domestic refrigerator (allowing 5-6 hours per 450g, 1 lb), or at room temperature (allowing 2-3 hours per 450g, 1 lb).

Frozen meat or poultry must be completely defrosted before placing in the oven. It is essential to wash thoroughly and cook meat and poultry immediately after defrosting.

FAN OVEN COOKING GUIDE

 The cooking charts below serve as a guide for positioning and temperature for cooking in the fan oven. Always preheat the oven until the indicator neon goes out, unless otherwise stated.

MEAT	Preheat	Thermostat Setting (°C)	Time (approximate)	Position in Oven (from base)
Beef / Lamb (slow roasting)	Yes	170 / 180	35 mins per 450g (1 lb) + 35 mins over	1 or 2
Beef / Lamb (foil covered)	Yes	190 / 200	35-40 mins per 450g (1 lb)	1 or 2
Pork (slow roasting)	Yes	170 / 180	40 mins per 450g (1 lb) + 40 mins over	1 or 2
Pork (foil covered)	Yes	190 / 200	40 mins per 450g (1 lb)	1 or 2
Veal (slow roasting)	Yes	170 / 180	40-45 mins per 450g (1 lb) + 40 mins over	1 or 2
Veal (foil covered)	Yes	190 / 200	40-45 mins per 450g (1 lb)	1 or 2
Poultry / Game (slow roasting)	Yes	170 / 180	25-30 mins per 450g (1 lb) + 25 mins over	1 or 2
Poultry / Game (foil covered)	Yes	190 / 200	25-30 mins per 450g (1 lb)	1 or 2
Casserole Cooking	Yes	150	2 - 2 1/2 hrs	1 or 2

BAKING	Preheat	Thermostat Setting (°C)	Time (approximate) in mins	Position in Oven (from base)
Scones	Yes	210 / 225	10 - 15	1 and 3
Small Cakes	Yes	200 / 210	15 - 20	1 and 3
Victoria Sandwich	Yes	180 / 190	30 - 35	1 and 3
Sponge Sandwich (fatless)	Yes	180 / 190	20 - 25	1
Swiss Roll	Yes	210 / 220	10 - 15	1
Semi-rich fruit cakes	Yes	160 / 170	60 - 75 (7" tin)	2
Rich Fruit Cakes	No	130 / 140	Time dependant on size	1
Short crust Pastry	Yes	220 / 230	Time dependant on recipe	2
Puff Pastry	Yes	200 / 210	Time dependant on recipe	1
Yorkshire Pudding	Yes	190 / 210	30 - 40	1 and 2
Individual Yorkshire Puddings	Yes	200 / 210	25 - 35	1 and 2
Milk Pudding	Yes	130 / 140	90 - 120	1
Baked Custard	Yes	140 / 150	40 - 50	1
Meringues	Yes	100	150 - 180	1

Note: If soft tub margarine is used for cake making, we would recommend using the all in one method and to reduce the temperature by 10°C. Temperatures recommended in this chart refer to cakes made with block margarine or butter only.

GRILLING GUIDE

CONVENTIONAL GRILLING



The cooking chart below serves as a guide as to how various food types may be cooked. Preheat the grill for 5 minutes before use,

Food	Shelf position from base of oven	Grilling Temperature (°C)	Approx. Cooking Time
Toasting of bread products	3	200-220	45 seconds per side
Small cuts of meat - Sausages, bacon	3	180-200	10 - 30 mins (Depends on size and thickness)
Chops, etc. Gammon Steaks	2 or 3	180-200	10 - 30 mins (Depends on size and thickness)
Fish. Whole, Fillets	2 or 3	180 - 200	15 mins
Fish in breadcrumbs	2 or 3	180-190	15 mins
Pre-cooked potatoe	3	200	30 mins
Pizzas	3	170 - 180	10 - 12 mins
Browning of food	2 or 3 (dish placed directly on shelf)	200 - 220	5 - 7 mins

After use, always return controls to the off position.

COOKING GUIDE FAN GRILLING



Before cooking place the drip tray under the wire shelf. Position the meat centrally below the grill element. Cook from a cold start ensuring meat is turned over half way through cooking.

Food	Shelf position from base of oven	Grilling Temperature (°C)	Approx. Cooking Time
Chicken weight 1.5-2kg	1 or 2	130 - 150	25mins / 450g +25-30mins
Chicken weight 1.0kg	2	160 - 170	20mins / 450g +20-25mins
Beef	2	150	20-25mins/450g +20-25mins
Pork (leg)	2	140 - 160	40-45mins/450g+40-50mins

CLEANING AND MAINTENANCE

TURN OFF THE OVEN ELECTRICITY SUPPLY BEFORE CLEANING.

OVEN EXTERIOR

All the parts of the oven exterior (stainless steel, side panels, door glass) must be cleaned frequently with a mild detergent and a little water and then dried with a soft cloth.

Do not wash the parts if they are still hot and never use abrasive powders, pads or corrosive spray products. Do not leave vinegar, coffee, milk, salty water or the juice of lemon or tomato on the surface for any length of time.

On painted or stainless steel surfaces, do not use solvents to remove spots or label adhesive.

Stainless steel cleaner can be obtained from the Belling Spares department tel. 01709 579907, quoting reference number Belling 005.

OVEN CAVITY

The oven should be cleaned after each use to remove cooking residuals and grease which, if burnt on when the oven is used again, will form deposits or stains, as well as unpleasant smells. Do not leave vinegar, coffee, milk, salty water or the juice of lemon or tomato on enamelled surfaces for any length of time. Always wash the accessories used. The rod shelves, heat deflector shield and grill can be cleaned using household cream cleanser with a nylon pad or sponge. Heavier soiling may require the use of a proprietary oven cleaner or steel wool pad, but do not allow these to contact the door seals or plastic parts of the oven.

Only use oven cleaners which carry the Vitreous Enamel Development Council's Approvals symbol, and always follow the manufacturers instructions for use. Do not spray or wash the elements or thermostat bulb with acid-based products (check the information label on the product you are using).

Belling Oven Cleaner is available from our spares department on 01709 579907 quoting part number BELLING030

The manufacturer cannot be held responsible for any damages caused by incorrect cleaning.

OVEN DOOR SEAL

The oven door seal guarantees the correct functioning of the oven. We recommend you:

- clean it, avoiding abrasive products.
- check its condition from time to time.

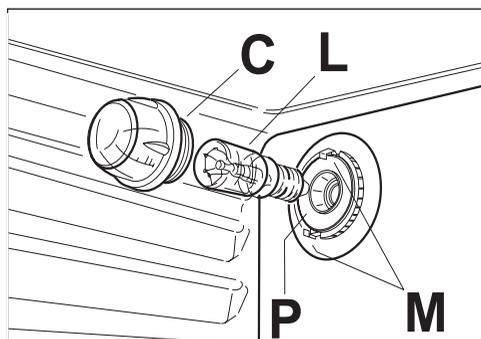
CHANGING THE OVEN LAMP

WARNING: TURN OFF THE OVEN ELECTRICITY SUPPLY BEFORE REPLACING LAMP.

Open the oven door and remove the rod shelves. Use a thick cloth to grip the light glass lens (C) and bulb, unscrew anti-clockwise and lift out.

Reach into the aperture, and carefully unscrew the faulty lamp (L) anti-clockwise. Fit replacement lamp (15W 300°C SES), and refit lens. If necessary clean the lens in warm soapy water before drying completely.

NOTE: Oven bulb replacement is not covered by your guarantee, please telephone our Spares Department on 01709 579907 for a replacement.



IS THERE SOMETHING WRONG WITH YOUR OVEN?

Fault finding guide	Before contacting your Belling service Centre / Installer, check the problem guide below: there may be nothing wrong with your oven
Problem	Check
Nothing works	Is the main oven wall switch turned on? Is the timer display blank? If the timer is not working it is likely that there is no electricity supply to your oven.
Timer flashing	The electricity supply to the oven has been interrupted. The timer must be reset.
Timer bleeping	Press timer button 4 to cancel.
Grill keeps turning on and off.	This is normal during use, as the grill maintains temperature.
Oven lamp does not work.	The oven lamp is not covered by the guarantee. The part is easily changed - see the section on Oven Lamp Replacement. A new lamp may be obtained from our spares department by calling :- 01709 579907

Are cooking results not satisfactory?

Problem	Check
Grilling Uneven Cooking front to back	Ensure that the grill is positioned centrally below the grill element
Baking - General Uneven rising of cakes	Ensure that the oven shelves are level by using a spirit level on the rod shelf and adjusting the wheels/feet. The oven should be checked both left to right and front to back.
Sinking of cakes	The following may cause cakes to sink: 1. Preheating of fan ovens. 2. Cooking at to high a temperature. 3. Using normal creaming method with soft margarine. (Use the all-in-one method - see Cook Book supplied)
Over/Under cooking Fast/Slow cooking	Refer to the cooking times and temperatures given in the charts provided, however, it may be necessary to increase or decrease temperatures by 10°C to suit personal tastes. Do not use oven/meat tins greater than 56mm (2 1/4") in height.

SERVICE

Please check your guarantee card for who to contact for service. Remember that service agents may charge for visits (even during the guarantee period) if nothing is found to be wrong with the appliance, so always check the instructions to make sure you have not missed anything.

Belling Appliances After Sales Division (Service)

Tel: 08457 454540 (all calls will be charged at local rate)

Before contacting a service agent, please note the following details about your oven:

Model Number

Serial Number

Date of Purchase

In order to provide a complete service history for your Belling product, please ask the service engineer to record the appropriate details in the chart below.

Date	Nature of fault	Parts Replaced or Repaired	Authorised Stamp or Signature

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 instruction manual is accurate at the date of printing but will be superseded and should be disregarded if the specifications are changed.



Belling Appliances Ltd., Mexborough, South Yorkshire S64 8AJ

XOU178000 27/01/03