



- Never leave the kitchen when you are cooking. Make sure the oven and hobs are completely switched off after cooking.
- Do not cook under the influence of alcohol.
- Ensure you use the cooker hood when cooking to vent away any steam or smoke.
- Don't allow any pans of water or food to boil over. If any liquid does escape onto the hob rings please clear up immediately.
- Do not overfill toasters. Please ensure any pieces of bread and crumbs are cleared out into the bin before and after use.
- Store foods and utensils in the appropriate storage unit.
- Do not overfill the fridge and freezers. Make sure all freezer drawers are closed properly to avoid over icing.
- After cooking please clean any equipment you have used and clean the surfaces.

- Any fat or grease you have left over after cooking must be stored in a suitable container when cool and disposed of. Do not pour down the sink as this will block the drains.
- Wash your own dishes as soon as you have finished with them. Do not allow dirty dishes to stack up.
- Regularly clean all the white goods equipment such as the fridge.
- Regularly clean the hobs and especially any build-up of fat and grease from the bottom of the oven.

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### **clean any equipment**

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# SAFETY IN YOUR KITCHEN

When used properly all kitchen equipment is completely safe. But as with all electrical equipment there are precautions you must take in its use.

More than half of accidental fires at home are started by cooking. Many kitchen fires happen when people are not paying attention or they leave things unattended.

There are several things you can do to prevent fires in the kitchen. Make sure you don't get distracted when you are cooking, and:

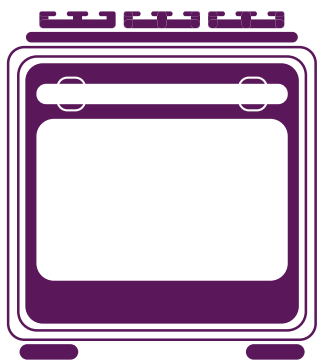
- Don't cook if you have been drinking alcohol or taken prescription drugs - you may get drowsy or lose concentration.
- Keep the oven, hob and grill clean - built-up fat and bits of food can start a fire.
- Do not deep or shallow fry food. Chip pans are not permitted in Halls of Residence, as these pose a significant fire risk.
- Do not line the oven or grill compartment with tin foil.
- Take pans off the heat or turn the heat down if you're called away from the cooker.
- Take care if you're wearing loose clothing as it can catch fire easily.
- Only people that normally reside in this flat are permitted to use University owned electrical equipment provided in this kitchen.
- Any fault or damage should be reported to the Halls Office immediately for repair.
- Refer to the cooking instructions for cooking durations. i.e. food that is placed in the microwave for too long can cause a fire.

**DO NOT LEAVE COOKING  
UNATTENDED**

## Preparing

- Never cut any food on a chopping board that has had uncooked meat or fish on it previously.
- Use separate knives for cutting different foods.
- Always wash and dry your hands before preparing food

# USING THE COOKER



## COOKING INSTRUCTIONS

- Switch on the power supply at the wall socket.
- Using the appropriate control to turn the desired setting on
- Place food you have prepared in a suitable pan/baking tray/dish.
- Using oven gloves, place food on the hob and/or in the oven/grill.
- Once cooked, firstly turn off the heat by turning the control knob/s to the 'off' position.

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### ● The hob is used to:

**Fry** – e.g. onions or bacon.

**Boil** – e.g. boiled egg or potatoes.

**Simmer** – e.g. soup or sauces.

### When using the hob you should:

- Turn saucepan or frying pan handles away from the edge of the cooker.
- Turn the heat down to avoid food burning or boiling over liquids.
- Turn off the hob after use.

### ● The grill is used to:

**Toast foods** - e.g. slices of bread, crumpets or bagels.

**Grill foods** - e.g. such as sausages or bacon.

### When using the grill:

- Preheat it before you need it.
- Be careful when handling the grill pan handle - it might be hot – use oven gloves to protect your hands.
- Ensure grill pan handles are not closed inside the grill/oven when in use as they will melt.
- Use a fish slice or tongs to position, turn over or remove hot items.
- Watch the food under the grill carefully - it can burn easily.
- Turn off the grill after use.

### ● The oven is used to:

**Bake** – e.g. flapjacks or muffins.

**Roast** – e.g. beef or potatoes.

**Casserole** – e.g. meat and/or vegetables slowly cooked in liquid.

### When using the oven you should:

- Make sure that the shelves are in the right positions.
- Pre-heat the oven at the start of cooking.
- Always place and remove foods using oven gloves.
- Turn off the oven after use.

- 1.** Remove kettle from base.
- 2.** Open the lid until it stands vertically.  
Do not bend lid further back!
- 3.** Fill with the desired amount of fresh







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# MAINTAINING YOUR KITCHEN AND EQUIPMENT

- Please ensure that all kitchen equipment is cleaned on a regular bases. Do not use abrasive such as a scouring pad as this may damage the equipment.
- Cleaning equipment will make the kitchen more hygienic,