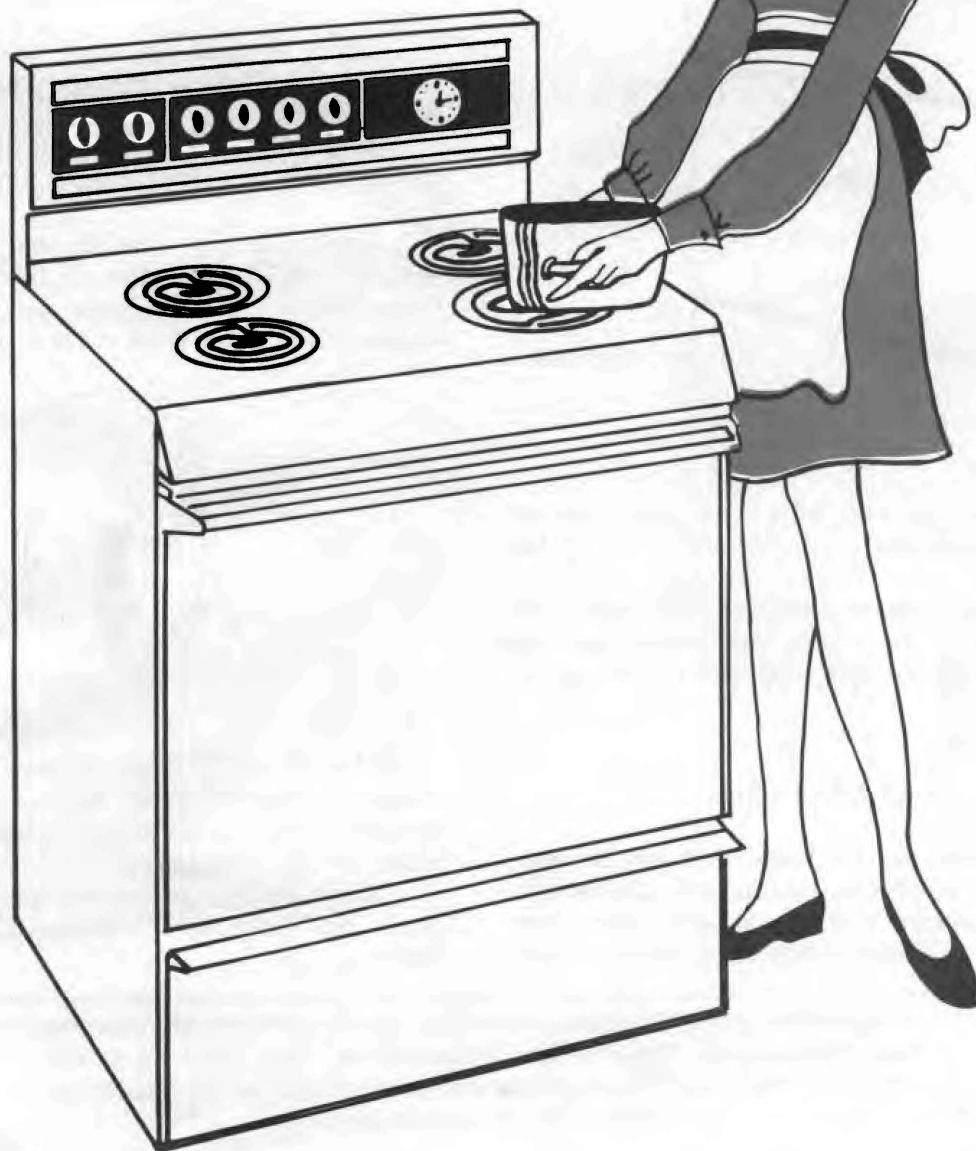


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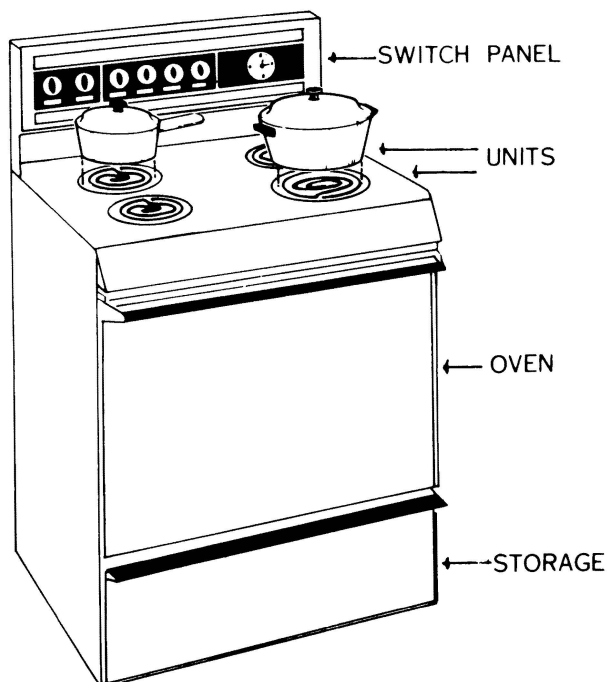
# Cooking On Your Electric Range



Learn to use your range correctly so you will be pleased with what you cook. Proper use will also help save on your electric bill.

A good way to learn about using your range is to read your book of instructions on how to use your range.

Here are some pointers for cooking on top of the range:

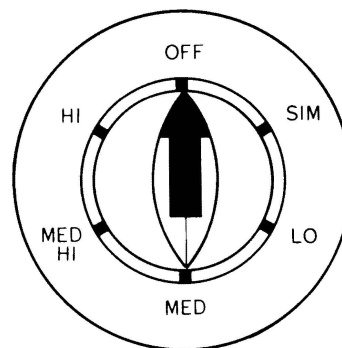


You have two size units. The large ones are for your large pots and pans. The small ones are for the small pots.

Place large pots on the large units when you cook. A small pot on a large unit wastes heat and costs you money. Put the small pot or pan on the small unit.

## HEAT CONTROLS

The switches on the range turn on the heat and turn it up or down. Usually you can set the heat on five places. Your range will have a high heat and next will be the second or medium high.

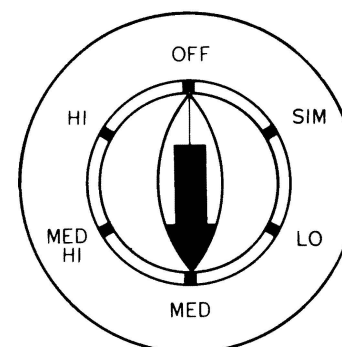


The third heat may be medium or medium low. The next place on the switch may be medium low or low. The last place may be low or simmer or warm.

Some switches are made to stop in between these places. Check your range to see what kind of switches it has.

High heat is really hot! It is used to start food boiling. It is not used to keep food boiling or for frying.

Don't use high heat all the time or for too long a time. If you start on high, turn the unit down before the food boils over. Turn the unit down as soon as the food starts cooking.



Most frying is done on medium heat. This is usually in the middle of the switch. Frying with the heat turned down doesn't dirty up the range so much.

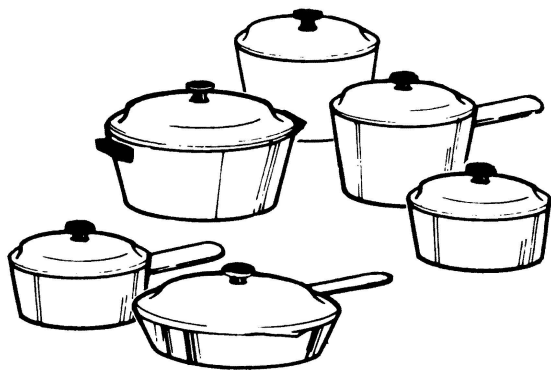
Cook on low or simmer whenever you can. Don't boil foods hard; they don't get cooked any faster.

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Adapted by Janice Woodard, Extension Specialist, Home Management from "Cooking On Top of Your Electric Range" and "Cooking In Your Electric Oven," by Frances Fortenberry, published by the Mississippi Cooperative Extension Service.

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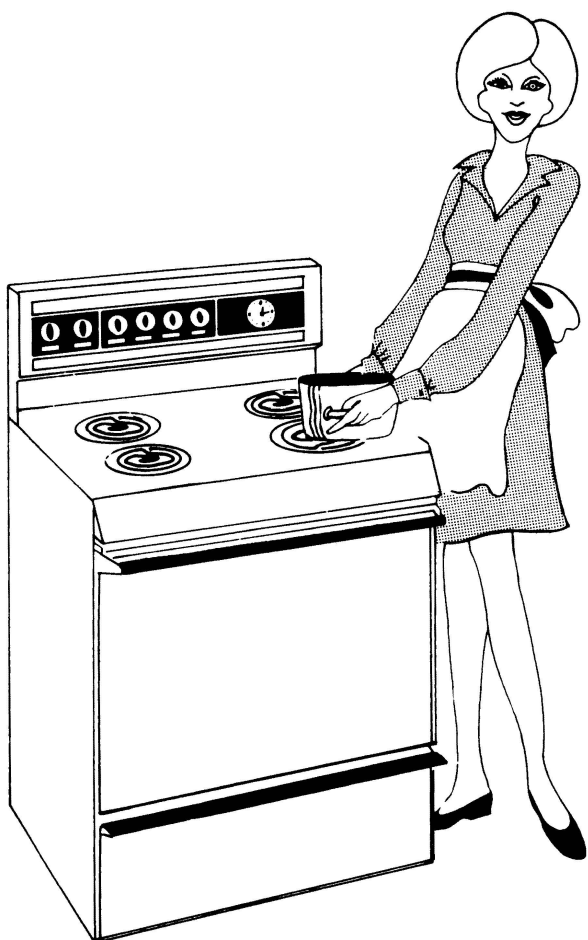
### POTS AND PANS

Use a pan with a flat bottom. It ought to have straight sides too. Be sure to use a pan with a lid that fits. The lid helps food start cooking fast. Use the lid for all cooking except frying.

You can cook in many kinds of pots, but you may like some better than others. Food does not cook as well in thin pans as it does in heavier ones.

Don't leave pans on unit after you finish cooking. The unit is still hot.

Cool pans before rinsing or washing.

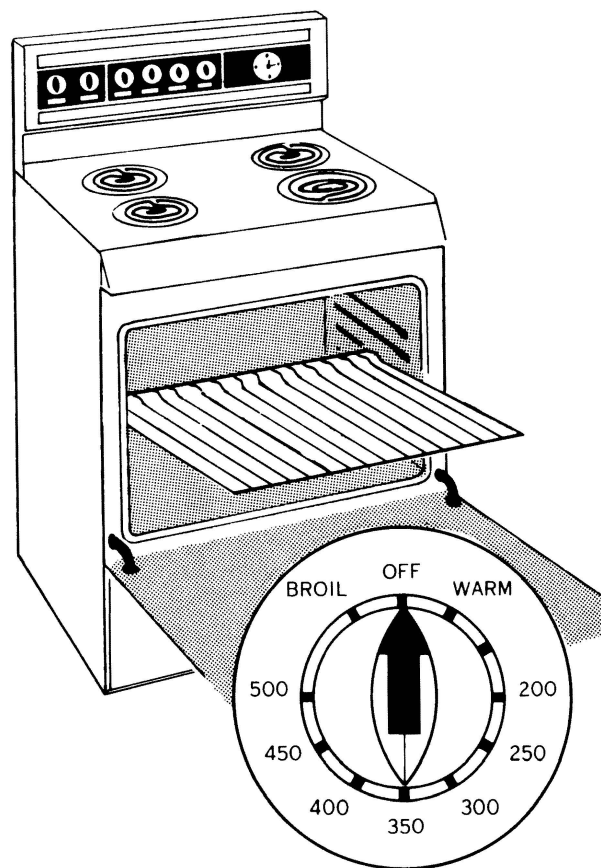


Here are some pointers for cooking in your oven:

Learn what heat to use. Look at the switch with OVEN on it. This switch turns the heat on, and you set it for the heat you need for the food you are cooking.

The oven racks go in a certain way. There is a curve at one end of the racks. This curve goes up and to the back of the oven. The rack catches on a bump so it won't fall out. Check to see if your racks are in right. Change them if they are not.

Sometimes you need to move the racks up or down when you cook. Move them before you turn the heat on. Most of the time you will put the top rack in the middle of the oven.

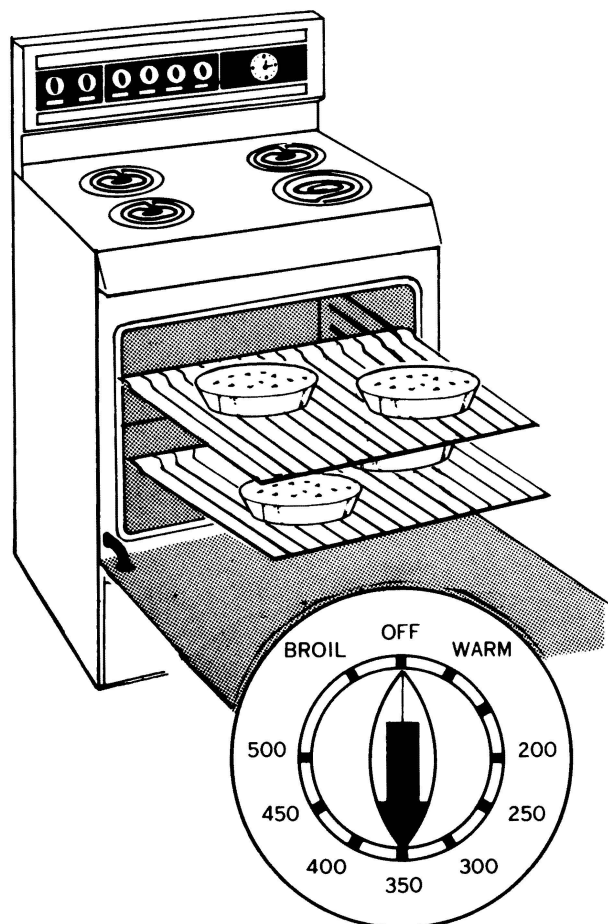


### BAKING

Recipes tell you what heat to use in baking foods. You usually bake potatoes at 350°, cakes about 350° to 375°, pies about 400°, cornbread 425° and biscuits at 450°. Set the switch for the heat and leave it until the food is cooked. Use the right heat for what you are cooking.

Does your oven have a light that tells you when the oven is heated? Find out. If your recipe says use a "pre-heated" oven, wait and put the food in the oven when the light tells you the oven is heated.

Pull rack part way out with pot holders when you put foods in to cook. It is easier to handle the pans and safer, too.



When you put pans in the oven; don't let them touch the sides of the oven or each other. Leave room around the pans.

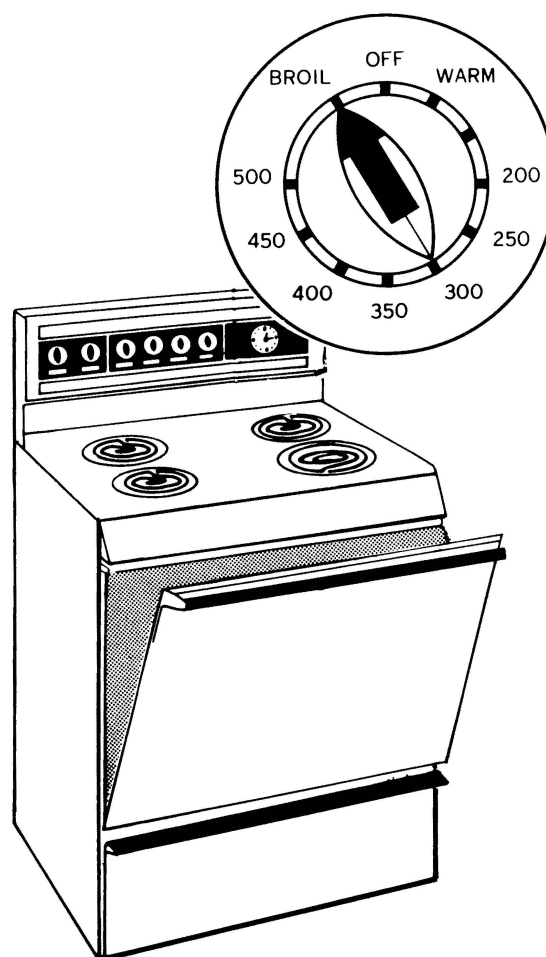
Learn how long it takes food to cook. You won't have to peek to see if it's done.

Keep oven door shut while cooking. This helps get good baking results and saves on your electric bill.

Turn heat off as soon as the food is cooked.

## BROILING

You can broil in your oven. The oven switch turns the broiler on, too. Find the word BROIL on the switch. That turns on just the top unit and it gets very hot.



Only tender foods will be good broiled: hamburgers, young chicken, tender steak, fish or any other very tender food.

To use the broiler to cook meat, fix the meat and put it on a cold broiler pan. Put top oven rack 5 to 7 inches from the heat. Set the broiler pan on this rack. Turn switch to broil. Leave the oven door cracked open while you are broiling.

## SAVE ELECTRICITY WHEN YOU COOK

\*Use pan that fits the unit.

\*Always use a tight lid to heat water or start foods boiling. Keep the lid on while boiling foods.

\*Turn heat down. Cook on low or simmer.

\*Use little water. Don't drown vegetables.

\*Turn heat off when not using the unit.

\*Put foods into pre-heated ovens promptly. Ten minutes is long enough for pre-heating.

\*Don't use your range to heat the house.