FRIGIDAIRE
Electric Cooking Guide

... featuring Use and Care Instructions for your new Frigidaire Range ... plus helpful hints for better cooking results.
COOK-MASTER

TIME SIGNAL. Turn to left from 1 to 60 minutes. Buzzes when time is up till turned off.

APPLIANCE OUTLET—GROUNDED. To plug in small appliances at the range. (Designed for appliance cords that have 3 prong grounding plug.) For automatic operation, see Cook-Master instructions below.

COOK-MASTER CONTROLS

Turn oven on and off automatically.

CLOCK. To set, turn inner knob on center control to right.

APPLIANCE OUTLET PROTECTOR. Takes the place of a fuse. Button pops out exposing green band and current shuts off in case of overload. Correct condition and push in.

OVEN TEMPERATURE CONTROL. Turn to right.

SURFACE UNIT SIGNAL LIGHT

OVEN SIGNAL LIGHT

OVEN LIGHT SWITCH

SURFACE UNIT CONTROLS. (All four units.) Turn either way. Each has 5 marked heat settings, with unlimited settings in between. All knobs pull off for cleaning control panel.

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IMPORTANT—5-YEAR NATIONWIDE PROTECTION PLAN ON BACK!

surface cooking

Most-used heat settings

High (Hi)—to start most cooking, to bring foods to steaming, to heat fat or skillet for frying and to French-fry potatoes.

Medium High (M. Hi)—for most deep fat frying and for most frying on the 6-inch units.

Medium Low (M. Lo)—for frying and browning meats and for boiled icings and griddle cakes.

Low (Lo)—to finish cooking large amounts of food, for uncovered meat and chicken after browning and for sauces and fudge.

Simmer (Sim)—to finish most cooking and to braise covered meat after browning.

Warm—(Not marked) set between Simmer—SIM and OFF.

NOTE: For tips on oven and surface cooking, see page 4.

oven cooking

For Baking, Roasting: turn Oven Temperature Control to desired Temperature (reached when signal light goes out). Put food in oven. Light will flash on and off as temperature is maintained.

Broiling: see Broiling Chart, Page 7.

• For steaks with charred exterior and very rare interior, preheat Broil Unit 5 minutes.

• Adjust upper shelf for doneness desired. For fast broiling—charred exterior, use 1st or 2nd position from top of oven. For slow broiling—well-done meats, move shelf lower.

• Score fat and place meat on broiler grid, then place in oven.

• Leave door slightly ajar in Broil position.

• Turn Oven Temperature Control to Broil—as far as it will go.

• Broil on one side, then the other.

To Warm food, plates: turn Oven Control to WARM (150°).

the Cook-Master

The Cook-Master turns oven on and off automatically.

To cook dinner while you're away—just turn 2 dials and set oven temperature. It's that easy! For example: if you want to serve dinner at 6 o'clock and food should cook 2 hours in a 350° oven—place food in oven, then:

1. Set time to stop—turn outer knob on center control to "6"—your serving time.

2. Set hours to cook—turn right hand knob to "2"—the cooking time.
3. Set Oven Temperature Control to 350°. The oven will turn on at 4 o'clock, cook at 350° for 2 hours and shut off at 6 o'clock.

To control small appliances automatically—just plug into Appliance Outlet on control panel, then set Cook-Master control as in Steps 1 and 2.

To start dinner cooking at once—and turn off oven later. Using the same example as above, suppose it's 4 o'clock and you want oven turned off automatically at 6 o'clock:
- Set time to stop—“6” as in Step 1.
- Set hours to cook—starting now. Turn right hand knob to the right until you feel it stop.
- Set Oven Temperature Control to desired temperature. Oven will turn on immediately.

Note: After using Cook-Master, turn right hand knob to “Man.” Otherwise, oven will not turn on for regular baking. And turn Oven Control Off.

**cleaning and care**

Caution: Be sure to turn off all controls before cleaning!

Don't use or spill commercial oven cleaner on metal trim. And never use gritty soaps or abrasive cleaners on any surface!

Exterior—wipe up spills at once with paper towel. Clean with damp, sudsy cloth when surface cools, then rinse and dry. For thorough cleaning, use Porcelain Speed Cleaner available from your Frigidaire Dealer or Frigidaire Authorized Service Station.

To remove difficult stains from brushed chrome, use paste made of water and nylon pad. (See page 2.)

To Clean Oven Door Glass—wipe inside and out with sudsy cloth or sponge. For stubborn stains, a mild abrasive cleaning powder may be used.

Surface Units—are self-cleaning. Spills burn right off. Tilt units up to wipe out bowls below. Or remove bowls and rings and wash at sink. Tilt unit up, remove 3-pronged support and bowl. Pull chrome ring up and out. After cleaning, replace chrome ring, bowl and support.

**Note:** If spills run into fixed pan below drip bowls—remove bowls as above and wipe pan with damp cloth.

To Clean Broiler Pan and Grid—pour off fat; soak in hot, sudsy water. Never return soiled pans to hot oven.

**Removable Oven Door**

To remove oven door—open door to BROIL position (first stop), grasp sides of door, lift up and off.

To replace door—grasp sides of door, line up metal grooves in sides of door with top of hinges, and slide down into place.

**Continuous-clean oven**

Continuous-clean side and back panels clean themselves while the oven is in use. These oven panels have specially textured surfaces that actually spread out spatters like a blotter. Whenever oven temperatures are 375°F. or higher, the thin film of oven soil is oxidized away. If cleaning is not completed when cooking is done, it continues during the next cooking period—or you can leave the oven on for awhile after cooking is finished.

Clean excessive food spatters from removable panels. Be sure oven is cool. Wipe the panels with a cloth dampened in water only—no detergent or cleanser. Follow instructions on container. If stains persist, use fine steel wool. Rinse and dry well.

Do not scrape or use detergents, soaps, abrasive cleaners, soap-filled scouring pads, or commercial oven cleaners on oven panels. Use warm or hot water only.

The oven, lined with gray porcelain enamel, may be used without the removable panels, if desired.

**Remove all oven parts** for easy cleaning. Be sure oven interior is cool before you touch parts.

1. Remove oven door, if desired.
2. Remove oven shelves. Pull out until shelf stops; then lift up and out.
3. Slide out Continuous-clean side panels. Use finger holes at top front of each panel.

4. Remove shelf guides. Lift up and away from side of oven.
5. Lift up lower bake unit which is hinged at back. Slide out porcelain enamel oven tray.
6. Remove Continuous-clean back-wall panel. Pull top of panel forward and lift out carefully; do not touch the thermostat tube at the top of the oven.

Clean shelves, shelf guides, porcelain enamel oven liner and tray, drip bowls, and broiler pan with ammonia, if desired. Do not use ammonia on Continuous-clean panels or on aluminum grid from broiler pan. Place a dish containing 1/2-cup household ammonia in oven, close door, and let stand several hours or overnight. This process softens burned-on grease for easy cleaning.

For baked-on stains, use Frigidaire Porcelain Speed Cleaner, a mild abrasive cleanser, or a chemical oven cleaner. Follow instructions on container. If stains persist, use fine steel wool. Rinse and dry well.

Do not wash oven heating units. Both broil and bake units are self-cleaning. If using spray oven cleaner, don't spray it directly onto bake and broil units. Do not spray oven cleaner on light bulb, or touch warm bulb with a damp cloth.

Replace all parts. Be sure all parts are dry.
Helpful Hints for Better Cooking Results

### surface cooking

**About Utensils**
- Choose utensils with flat bottoms and straight sides; just large enough to cover the surface unit.
- Utensils should be medium weight metal to prevent warping.
- When glass utensils are used, place a wire grid between utensil and unit.
- No need for a double boiler; use lower heat settings instead — LOW for uncovered saucepan; SIMMER for a covered saucepan.
- If using Teflon coated utensils for frying or pan-broiling, preheat on settings halfway between HIGH and MEDIUM HIGH.

**Using Surface Units**
- Cook most foods (except meat for frying, etc.) in covered utensils.
- Use HIGH to bring foods to steaming; then switch to lowest heat needed to complete cooking.
- Avoid violent boiling.
- Avoid using too high a heat when frying. This reduces excessive spattering.
- Take advantage of stored-up heat in unit by turning control off for last few minutes of cooking.
- After foods are cooked, switch to WARM (just below SIMMER) until serving time.

**Fresh Vegetables**
Cook vegetables in a small amount of water to retain color, flavor and nutrients.
- Use 1/2 cup or less of water in a saucepan with tight-fitting lid.
- Start on HIGH until steaming starts, then turn to LOW or SIMMER.
- Avoid lifting cover of saucepan repeatedly as temperature will drop and you may have to switch to HIGH again to bring food back to cooking temperature.
- Cook only until tender.

**Frozen Vegetables**
- Place frozen vegetables, 1/4 to 1/2 cup water, and seasoning in saucepan with tight-fitting lid.
- Bring to steam on HIGH then switch to LOW or SIMMER.
- For uniform cooking, the frozen vegetable should be broken up after steaming starts.

**Using Aluminum Foil in Drip Bowls**
Drip bowls are easy to clean, but may be covered with foil, if desired. Smooth foil into drip bowl; make a hole in center and press foil tightly over edges of bowl. (Do not cover hole.)

### Frying
- Melt fat in skillet on HIGH; add meat and switch to MEDIUM LOW. Brown meat turning once.
- For longer cooking, switch to LOW; or cover and switch to SIMMER for 30 to 40 minutes.

**Pan-Broiling or Pan-Frying**
- Heat skillet on HIGH and rub with fat to prevent sticking. Add meat and fry. Rare: leave control on HIGH. Brown meat on one side, then turn and brown on other side.
- Medium: switch to MEDIUM HIGH after pre-heating skillet.
- Well-done: switch to MEDIUM HIGH after pre-heating and pour off fat as it accumulates.

**Deep-Fat Frying**
- Use enough fat to cover food completely, but keep three inches below top of utensil.
- Drain foods well, to remove all possible moisture.
- Preheat fat on HIGH. Continue on HIGH for potatoes; switch to MEDIUM HIGH for other foods.
- Lower food into fat gently. Avoid frying too much at one time to prevent food from becoming grease soaked.
- When done, remove to paper toweling and drain.
- The Heat-Minder (if your Range has it) is ideal for deep-fat frying. Refer to Heat-Minder Chart for settings.

#### DEEP-FAT FRYING CHART

<table>
<thead>
<tr>
<th>FOODS</th>
<th>TEMP. FAT</th>
<th>FOODS</th>
<th>TEMP. FAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>350°—375°</td>
<td>Fritters</td>
<td>350°—375°</td>
</tr>
<tr>
<td>Croquettes</td>
<td>375°—385°</td>
<td>Onions (rings)</td>
<td>375°—385°</td>
</tr>
<tr>
<td>Doughnuts</td>
<td>350°—375°</td>
<td>Potatoes</td>
<td>385°—395°</td>
</tr>
<tr>
<td>Eggplant</td>
<td>375°—385°</td>
<td>Seafoods: Oysters, Scallops, Shrimp, Soft Shell Crabs</td>
<td>350°—375°</td>
</tr>
<tr>
<td>Fish</td>
<td>350°—375°</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Griddle Cooking**
When using Kant-Slide Griddle on the Heat-Minder Unit (if your range has it), follow temperatures recommended on the handle.

TO USE THE KANT-SLIDE GRIDDLE OR ANY STANDARD GRIDDLE ON REGULAR 8-INCH SURFACE UNITS, FOLLOW INSTRUCTIONS BELOW:

- **Frying Hamburgers or Scrapple**
  Use heat setting halfway between HIGH and MEDIUM HIGH. Melt fat; add food and fry on MEDIUM LOW or LOW.

- **Grilling Sandwiches**
  Brush sandwiches with melted butter and arrange on Cold griddle. Turn to MEDIUM LOW and brown on both sides.

- **Baking Pancakes**
  Preheat griddle on MEDIUM LOW. Griddle is hot enough when 2 or 3 drops of cold water will dance in small beads on the surface. Grease lightly once before baking.

- **Frying Bacon and Eggs**
  Arrange bacon on cold griddle, turn to MEDIUM LOW and fry slowly. Add eggs, turn to SIMMER.

- **Pan Broiling Steaks or Chops**
  Use heat setting halfway between HIGH and MEDIUM HIGH and preheat griddle about 3 to 4 minutes. Rub with fat, if desired. RARE — Leave at setting between HIGH and MEDIUM HIGH and brown meat quickly on both sides.

**oven cooking**

**Where to Place Oven Shelves**

**Baking** You can bake with both shelves in the oven. Here are tips on where to place oven shelves:
- Arrange in proper positions before heating oven.
- If foods are to be baked on one shelf use one of the middle shelf positions.
- If two oven shelves are to be used, place shelves in the second and fourth shelf positions from bottom of oven.

**How to Space Pans in Oven**

- When baking 3 or more layers of cakes, pies, etc., stagger the pans as shown. Do not place one above the other.
- For proper circulation of heat, pans should not touch each other, the sides or door of the oven.

**Oven Meals**
Choose foods that cook at same temperature.
Vegetables best for oven cooking are potatoes, carrots, beets, onions, squash and corn.
Place meats, vegetables (not requiring too much Browning) on first or second shelf position from bottom of oven. Place foods to be browned (breads, cakes, pastry) on upper shelf—high enough to clear food on lower shelf.

**Using Aluminum Foil in the Oven**

- To catch spill-overs, place a piece of foil, slightly larger than the pan, with edges turned up, on the oven shelf which holds the food or on shelf below.
- Do not cover entire shelf.
- If foil is used in the Broiling Pan during broiling or roasting, always place it below the grid, on the bottom of pan.
Caution: If foil is used on floor of oven under bake unit be sure foil does not touch bake unit or receptacle; otherwise it may damage unit. Cut out foil around bake unit receptacle, allowing ¼-inch clearance (see picture). Use of foil may increase slightly the browning of some foods.

**TEMPERATURE CHART**
Use when recipes just indicate general oven temperature.
- Very Slow: 250° F. - 275° F.
- Slow: 300° F. - 325° F.
- Moderate: 350° F. - 375° F.
- Hot: 400° F. - 425° F.
- Very Hot: 450° F. - 475° F.
- Extremely Hot: 500° F. - 550° F.

**baking**

Choosing Baking Utensils
For best results, keep these tips in mind when selecting utensils for:
- Cakes: Bright, smooth, medium-weight aluminum. Glass cake pans may be used, but reduce temperature 25°.
- Pies: Glass, anodized aluminum or enamel.
- Breads: Anodized aluminum. Glass may be used, but reduce temperature 25°.
- Cookies, Biscuits, etc.: Bright aluminum baking sheet with very shallow sides or no sides at all. Choose a size that will allow at least an inch clearance from all 4 sides of the oven for good heat circulation.
- Size: Always use size pan recommended in recipe. Too large or too small pans will not give the desired results. Warped pans will cause uneven browning and baking.

For Better Baking
- Always preheat oven for baking cakes, pies, cookies and breads.
- Fill cake pans about two-thirds full.
- Use standard measuring tools.
- Use level measurements, in same amount as called for in the recipes.
- Dip sifted flour with a broad spatula or flour scoop and lightly fill measuring cup heaping full—then level off with edge of knife or spatula.
- Reduce oven temperature 25 degrees when baking breads or cakes in glass pans.

**BAKING CHART**

<table>
<thead>
<tr>
<th>FOOD</th>
<th>TEMPERATURE</th>
<th>APPROX. TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads Yeast:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread</td>
<td>375°</td>
<td>60 mins.</td>
</tr>
<tr>
<td>Rolls</td>
<td>400°</td>
<td>15-20 mins.</td>
</tr>
<tr>
<td>Coffee Cakes</td>
<td>375°</td>
<td>25-30 mins.</td>
</tr>
<tr>
<td>Breads Quick:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biscuits</td>
<td>450°</td>
<td>10-15 mins.</td>
</tr>
<tr>
<td>Biscuits, Southern</td>
<td>475°</td>
<td>12-15 mins.</td>
</tr>
<tr>
<td>Muffins</td>
<td>425°</td>
<td>20-25 mins.</td>
</tr>
<tr>
<td>Corn Bread</td>
<td>425°</td>
<td>20-25 mins.</td>
</tr>
<tr>
<td>Corn Bread, Southern</td>
<td>450°</td>
<td>20-25 mins.</td>
</tr>
<tr>
<td>Loaf, Nut, Fruit, etc.</td>
<td>350°</td>
<td>60-65 mins.</td>
</tr>
<tr>
<td>Popovers</td>
<td>400°</td>
<td>45-50 mins.</td>
</tr>
<tr>
<td>Cream Puffs</td>
<td>400°</td>
<td>40-50 mins.</td>
</tr>
<tr>
<td>Gingerbread</td>
<td>350°</td>
<td>30-40 mins.</td>
</tr>
<tr>
<td>Cakes:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Angel Food</td>
<td>325°</td>
<td>60-65 mins.</td>
</tr>
<tr>
<td>Angel Food</td>
<td>375°</td>
<td>40-45 mins.</td>
</tr>
<tr>
<td>Sponge</td>
<td>350°</td>
<td>40-45 mins.</td>
</tr>
<tr>
<td>Layer, Plain 8&quot;</td>
<td>350°</td>
<td>30-40 mins.</td>
</tr>
<tr>
<td>Layer, Chocolate 8&quot;</td>
<td>350°</td>
<td>30-40 mins.</td>
</tr>
<tr>
<td>Loaf, Plain</td>
<td>350°</td>
<td>45-60 mins.</td>
</tr>
<tr>
<td>Pound Cake, Loaf</td>
<td>325°</td>
<td>60-75 mins.</td>
</tr>
<tr>
<td>Pound Cake, Large</td>
<td>325°</td>
<td>75-90 mins.</td>
</tr>
<tr>
<td>Cup Cakes</td>
<td>375°</td>
<td>15-25 mins.</td>
</tr>
<tr>
<td>Fruit Cake, 3 lb.</td>
<td>250°</td>
<td>3-4 hrs.</td>
</tr>
<tr>
<td>Cookies:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Drop</td>
<td>375°</td>
<td>10-15 mins.</td>
</tr>
<tr>
<td>Refrigerator</td>
<td>375°</td>
<td>10-15 mins.</td>
</tr>
<tr>
<td>Bar</td>
<td>350°</td>
<td>25-30 mins.</td>
</tr>
<tr>
<td>Rolled</td>
<td>375°</td>
<td>8-10 mins.</td>
</tr>
<tr>
<td>Pies:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2-Crust</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit, Fresh</td>
<td>425°</td>
<td>50-60 mins.</td>
</tr>
<tr>
<td>Fruit, Frozen</td>
<td>400°</td>
<td>1 hr. 15 mins.</td>
</tr>
<tr>
<td>1-Crust</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkin</td>
<td>400°</td>
<td>45-60 mins.</td>
</tr>
<tr>
<td>Custard</td>
<td>450°</td>
<td>15 mins.</td>
</tr>
<tr>
<td>then reduce to</td>
<td>325°</td>
<td>30-35 mins.</td>
</tr>
<tr>
<td>Pie Shell</td>
<td>425°</td>
<td>10-15 mins.</td>
</tr>
<tr>
<td>Meringue Topping</td>
<td>325°</td>
<td>25-30 mins.</td>
</tr>
<tr>
<td>Misc.:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Potatoes</td>
<td>400°</td>
<td>45-60 mins.</td>
</tr>
<tr>
<td>Scalloped Potatoes</td>
<td>350°</td>
<td>40-50 mins.</td>
</tr>
<tr>
<td>Souffle Dishes</td>
<td>325°</td>
<td>35-45 mins.</td>
</tr>
<tr>
<td>Candied Sweet Potatoes</td>
<td>375°</td>
<td>45-60 mins.</td>
</tr>
<tr>
<td>Baked Macaroni &amp; Cheese</td>
<td>350°</td>
<td>40-50 mins.</td>
</tr>
<tr>
<td>Baked Apples</td>
<td>400°</td>
<td>30-40 mins.</td>
</tr>
<tr>
<td>Rice Pudding</td>
<td>325°</td>
<td>50-60 mins.</td>
</tr>
</tbody>
</table>

**TIME AND TEMPERATURE CHART FOR CONVENTIONAL ROASTING**

- Only tender cuts of meat should be oven roasted or cooked by dry heat without liquid. Less tender cuts are best cooked covered in a 325° oven or on a surface unit with or without the addition of liquid.
- Allow about 1/4 to 1/2 more cooking time for frozen roasts.
- Unstuffed turkeys require about 5 min. per lb. less time than stuffed.
- Always place roast with fat side up.
- A meat thermometer should be used to judge degree of doneness. Insert point of thermometer into center of thickest part of meat, not touching fat or bone.
- Recommended roasting times are intended as a guide. Times vary with size, shape and temperature of roast. Personal opinions differ in judging doneness. If you prefer beef more rare, cook to the lower suggested internal temperature.

*(See Chart on Page 6)*
### TIME AND TEMPERATURE CHART FOR CONVENTIONAL ROASTING

(See bottom Page 5 for additional information)

#### CUT

<table>
<thead>
<tr>
<th>WEIGHT</th>
<th>OVEN TEMP.</th>
<th>APPROXIMATE ROASTING TIME</th>
<th>INTERNAL TEMPERATURE</th>
</tr>
</thead>
</table>
| Standing Rib  
4-6 lbs. 
Rare 
Medium 
Well Done | 325 | 26-32 min. per lb. | 130-140° |
|  | 325 | 34-38 min. per lb. | 150-160° |
|  | 325 | 40-45 min. per lb. | 170° |
| 7-9 lbs. 
Rare 
Medium 
Well Done | 325 | 23-28 min. per lb. | 130-140° |
|  | 325 | 28-34 min. per lb. | 150-160° |
|  | 325 | 35-40 min. per lb. | 170° |
| 10-15 lbs. 
Rare 
Medium 
Well Done | 325 | 20-25 min. per lb. | 130-140° |
|  | 325 | 22-28 min. per lb. | 150° |
| 16-20 lbs. 
Rare 
Medium | 325 | 13-18 min. per lb. | 130° |
|  | 325 | 15-20 min. per lb. | 150° |
| Rolled Rib  
3-5 lbs. 
Rare 
Medium 
Well Done | 325 | 35-40 min. per lb. | 130-140° |
|  | 325 | 40-50 min. per lb. | 150-160° |
|  | 325 | 50-55 min. per lb. | 170° |
| 6-8 lbs. 
Rare 
Medium 
Well Done | 325 | 28-35 min. per lb. | 130-140° |
|  | 325 | 36-42 min. per lb. | 150-160° |
|  | 325 | 45-50 min. per lb. | 170° |
| 9-12 lbs. 
Rare 
Medium | 325 | 25-30 min. per lb. | 130-140° |
|  | 325 | 30-35 min. per lb. | 150° |
| Rolled Rump (Choice Grade)  
4 lbs. 
Medium 
Well Done | 325 | 40-50 min. per lb. | 150-160° |
|  | 325 | 45-55 min. per lb. | 170° |
| Sirloin Tip (Choice Grade)  
4 lbs. 
Medium 
Well Done | 325 | 40-45 min. per lb. | 150-160° |
|  | 325 | 45-50 min. per lb. | 170° |
| Leg, bone in  
5-8 lbs. (piece) | 325 | 35-45 min. per lb. | 170-180° |
| Loin  
5 lbs. | 325 | 35-40 min. per lb. | 170-180° |
| Shoulder, boneless  
5-8 lbs. | 325 | 30-40 min. per lb. | 170-180° |
| Rump  
5 lbs. | 325 | 40-45 min. per lb. | 170-180° |
| Leg  
6-8 lbs. 
Medium 
Well Done | 325 | 30-35 min. per lb. | 175° |
| Shoulder, bone in  
4-6 lbs. | 325 | 30-35 min. per lb. | 180° |
| Shoulder, boneless  
3-5 lbs. | 325 | 35-45 min. per lb. | 180° |
| Crown Roast  
4-5 lbs. | 325 | 40-45 min. per lb. | 180° |
| Fresh Pork  
Loin, Center  
3-5 lbs. | 325 | 30-35 min. per lb. | *170° |
| Loin, Half  
5-7 lbs. | 325 | 35-40 min. per lb. | *170° |
| Loin, Blade  
2-3 lbs. | 325 | 45-50 min. per lb. | *170° |
| Leg, Whole  
10-14 lbs. | 325 | 30-35 min. per lb. | 185° |
| Leg, Half  
5-7 lbs. | 325 | 40-45 min. per lb. | 185° |
| Shoulder, Picnic  
5-8 lbs. | 325 | 30-35 min. per lb. | 185° |
| Shoulder, Butt  
4-6 lbs. | 325 | 45-50 min. per lb. | 185° |
| Smoked Pork (Uncooked)  
Ham, Whole  
8-12 lbs. | 325 | 20-26 min. per lb. | 160° |
| 12-15 lbs. | 325 | 18-20 min. per lb. | 160° |
| Ham, Half  
5-8 lbs. | 325 | 22-25 min. per lb. | 160° |
| Ham, boned, rolled  
8-11 lbs. | 325 | 20-25 min. per lb. | 160° |
| Shoulder Picnic  
5-8 lbs. | 325 | 30-35 min. per lb. | 160° |
| Smoked Pork (Fully Cooked)  
Ham, Whole  
8-12 lbs. | 325 | 18-20 min. per lb. | 130° |
| 12-15 lbs. | 325 | 15-18 min. per lb. | 130° |
| 15-18 lbs. | 325 | 12-15 min. per lb. | 130° |
| Ham, Half  
5-8 lbs. | 325 | 18-24 min. per lb. | 130° |
| Ham, boned, rolled  
8-11 lbs. | 325 | 15-18 min. per lb. | 130° |
| 11-14 lbs. | 325 | 13-15 min. per lb. | 130° |
| Shoulder, Picnic  
5-8 lbs. | 325 | 20-25 min. per lb. | 130° |
| Duck-Goose  
5 lbs. | 325 | 30 min. per lb. |
| Chicken  
Unstuffed  
4-6 lbs. | 375 | 3-3½ hrs. |
| Stuffed  
4-6 lbs. | 375 | 3½-4 hrs. |
| Turkey Roll  
Stuffed  
8 lbs. | 325 | 4-4½ hrs. | 185-190° |
| 8-12 lbs. | 325 | 4-5 hrs. | 185-190° |
| 12-16 lbs. | 325 | 5-6 hrs. | 185-190° |
| 16-20 lbs. | 325 | 6-7 hrs. | 185-190° |
| 20-24 lbs. | 325 | 7-7½ hrs. | 185-190° |

*Recent research by meat industry indicates final temperature of 170° best for pork loin roasts. Other pork cuts should be roasted to 185°.

**NOTE:** Cook at the minimum time per pound for larger roasts.
helpful hints on broiling

- Tender cuts are best: club, T-bone, porterhouse, sirloin or tenderloin (filet mignon) steaks; lamb chops; sliced ham, broiler chickens, bacon, ground meat patties, frankfurters, cold cuts.
- For Rare, use intense heat. Well-done, less heat.
- For steaks with charred exterior and very rare interior, preheat Broil Unit 5 minutes. Steaks should be at least 1" thick.
- Cut or score fat every inch to keep edges from curling.
- Brush very lean steaks, chicken, fish, or liver with melted butter or salad oil before broiling.
- Turn meat with tongs, or with fork inserted in fat, not the meat, to prevent juice escaping.
- Split whole fish and spread flat, skin side down, on greased broiler pan grid. Foil may be used under fish on grid, if cut to size of fish and greased.

NOTE: For easier cleaning, never return soiled broiler pans to hot oven.

BROILING CHART

NOTE: Times given are approximate since personal preferences vary greatly on what is "Rare," "Medium" or "Well-Done." If your range is operated on 208-volt electrical service, an additional 4 to 6 minutes may be needed to obtain desired doneness.

<table>
<thead>
<tr>
<th>FOOD</th>
<th>Shelf Position from Top of Oven</th>
<th>Approx. Mins.</th>
<th>FOOD</th>
<th>Shelf Position from Top of Oven</th>
<th>Approx. Mins.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1st Side</td>
<td>2nd Side</td>
<td></td>
<td>1st Side</td>
<td>2nd Side</td>
</tr>
<tr>
<td>MEAT:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beef Steaks—Not Frozen</td>
<td></td>
<td></td>
<td>Beef Steaks—Frozen</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare—1&quot;</td>
<td>1st</td>
<td>6-8</td>
<td>Calves Liver—½&quot;</td>
<td>2nd</td>
<td>7-9</td>
</tr>
<tr>
<td>Medium—1½&quot;</td>
<td>2nd</td>
<td>10-12</td>
<td>Chicken—Broiler</td>
<td>4th or 5th</td>
<td>23-28</td>
</tr>
<tr>
<td>Well-Done—1½&quot;</td>
<td>3rd</td>
<td>14-16</td>
<td>Frankfurters</td>
<td>3rd</td>
<td>9-11</td>
</tr>
<tr>
<td>Rare—1½&quot;</td>
<td>2nd</td>
<td>11-13</td>
<td>Lamb Patties—¾&quot;</td>
<td>3rd</td>
<td>12-14</td>
</tr>
<tr>
<td>Medium—1½&quot;</td>
<td>2nd</td>
<td>16-20</td>
<td>Ham Slice—1&quot;</td>
<td>3rd</td>
<td>14-16</td>
</tr>
<tr>
<td>Well-Done—1½&quot;</td>
<td>3rd</td>
<td>28-30</td>
<td>Pork Chops—1&quot;</td>
<td>3rd</td>
<td>22-24</td>
</tr>
<tr>
<td>Rare—2&quot; fillet</td>
<td>2nd</td>
<td>11-14</td>
<td>FISH:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Medium—2&quot; fillet</td>
<td>2nd</td>
<td>14-16</td>
<td>Small Fish</td>
<td>3rd</td>
<td>19-23</td>
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<tr>
<td>Beef Steaks—Frozen</td>
<td>2nd</td>
<td>11-13</td>
<td>Large Fish</td>
<td>3rd</td>
<td>26-29</td>
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<tr>
<td>Rare—1&quot;</td>
<td>2nd</td>
<td>11-13</td>
<td>Lobster Tails</td>
<td>2nd</td>
<td>9-12</td>
</tr>
<tr>
<td>Medium—1½&quot;</td>
<td>3rd</td>
<td>17-19</td>
<td>(frozen-thawed)</td>
<td></td>
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<tr>
<td>Well-Done—1½&quot;</td>
<td>3rd</td>
<td>25-28</td>
<td>FRUITS &amp; VEGETABLES:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rare—1½&quot;</td>
<td>3rd</td>
<td>21-23</td>
<td>Fruits, Canned</td>
<td>3rd</td>
<td>12-14</td>
</tr>
<tr>
<td>Medium—1½&quot;</td>
<td>3rd</td>
<td>29-31</td>
<td>Grapefruit Halves</td>
<td>3rd</td>
<td>12-14</td>
</tr>
<tr>
<td>Well-Done—1½&quot;</td>
<td>3rd</td>
<td>33-35</td>
<td>Tomato Halves</td>
<td>3rd</td>
<td>12-14</td>
</tr>
<tr>
<td>Lamb Chops—1&quot;</td>
<td>3rd</td>
<td>12-14</td>
<td>Mushrooms</td>
<td>2nd</td>
<td>8-10</td>
</tr>
<tr>
<td>Bacon</td>
<td>3rd</td>
<td>6-8</td>
<td>Sweet or White</td>
<td>2nd</td>
<td>7-8</td>
</tr>
<tr>
<td>Hamburger—¾&quot;</td>
<td></td>
<td></td>
<td>Potatoes cooked</td>
<td></td>
<td>5-6</td>
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<tr>
<td>Rare</td>
<td>1st</td>
<td>6-7</td>
<td>MISCELLANEOUS:</td>
<td>3rd</td>
<td>6-8</td>
</tr>
<tr>
<td>Medium</td>
<td>2nd</td>
<td>8-9</td>
<td>Broiled Icing</td>
<td>2nd</td>
<td>4-5</td>
</tr>
<tr>
<td>Well-Done</td>
<td>3rd</td>
<td>10-11</td>
<td>Toasted Sandwiches</td>
<td></td>
<td>2-3</td>
</tr>
</tbody>
</table>

BE CAREFUL!

When you're cooking, remember the heating units and/or the glass window in the oven door get hot. This is a normal condition for any conventional range. Please be cautious while children are at play. Little hands can be burned by touching these parts of the range.

special information

Before Calling for Service
- Check house fuse.
- Check Appliance Outlet Protector.
- Surface unit not level? Was unit replaced properly after cleaning? Is utensil perfectly flat?
- If oven doesn't heat, be sure Cook-Master is on "Man."
Frigidaire 5-Year Nationwide Electric Range Protection Plan

Frigidaire (Frigidaire Division, General Motors Corporation) warrants to the original owner and any subsequent owner of each Electric Range manufactured or supplied by it, that it will repair any defective or malfunctioning Electric Range as follows:

DURING THE FIRST YEAR after date of delivery of this Electric Range to the original retail purchaser, Frigidaire will perform repairs without charge for labor or parts.

DURING THE SECOND THROUGH FIFTH YEARS, Frigidaire will furnish free of charge a replacement for any defective or malfunctioning Surface Heating Unit, Surface Heating Unit Switch and Oven Heating Unit. The illustration below shows these parts. The owner or user will be responsible for all labor costs.

Frigidaire will perform its obligations under this warranty through an authorized Frigidaire servicing dealer.

This warranty covers only malfunctions resulting from defects in material or workmanship.

THIS WARRANTY DOES NOT APPLY:
1. To defects or malfunctions resulting from (A) improper installation, (B) misuse, abuse, accident, alteration, or (C) incorrect electric current.
2. If the original serial number cannot be readily determined.
3. To service calls not involving defects in materials or workmanship.
4. To light bulbs, fluorescent tubes or fuses.
5. To Electric Ranges installed outside the fifty States and the District of Columbia.

This is the only express warranty applicable to Frigidaire Electric Ranges and Frigidaire neither assumes nor authorizes anyone to assume for it any other obligation or liability in connection with such Electric Ranges.

FOR SERVICE UNDER THIS WARRANTY contact your authorized Frigidaire servicing dealer.

Frigidaire Division General Motors Corporation
Dayton, Ohio 45442

Carefree cooking accessories

Radiant-Wall Spatter-Free Broiler Grill

A 2-in-1 combination! Use it for broiling or roasting. Lets you broil steaks, chops, any type meats "as you like them." Deep sides of pan keep grease spatters inside, off oven walls. Cuts tiresome oven cleaning to a minimum. All-aluminum and so easy to clean!

Kant-Slide Griddle (*Teflon II* coated)

Perfect for bacon and eggs, hamburgers, pancakes—all top-of-the-range cooking! Locks in place on any 8-inch surface unit. Built-in pouring spout for grease. Lifts off for cleaning, stows away anywhere!

Appliance Care Kit

For beauty care beyond compare—for all your appliances!

Includes Frigidaire Porcelain Speed Cleaner for stubborn stains, rust marks; Surface Renewer for baked enamel finishes (your car, tool); Nu-Coat, Ready-Spray Ice Tray Wax, and polishing cloths!

All available at slight extra cost from your Frigidaire Dealer or Frigidaire Authorized Service Station.

*Registered trademark for DuPont's "Teflon" TFE non-stick finishes.