



## WELCOME!

Welcome to South Stonethwaite Cottage

We have carefully refurbished this wonderful old cottage to create a comfortable and cosy holiday home for ourselves and our family and we are very happy to share it with you.

Hopefully we have thought of everything to make the most of your stay, but we think this introduction is worth a read to help with all the little quirks of the house, it also will give you advice on the local area and share the secrets of our favourite places to visit and to eat and drink. We have also included information with regards COVID19, the measures we have taken to keep you safe and the things we hope you can help us with to protect future guests and our cleaning team.

Sit back, flick through the following pages at your leisure and enjoy your stay!

### WELCOME TO SOUTH STONETHWAITE COTTAGE IN TROUTBECK, WINDERMERE

#### INFORMATION FOR GUESTS - 2020

Welcome, we hope you enjoy your stay in Troutbeck. Please take a few minutes to read through this information, to ensure that you get the most from your stay in our cottage.

- **Keys** – you will have one key which opens the furthest door into the cottage from the garden and the door onto the balcony.
- **Door into the Property** – please enter and leave the cottage through the kitchen door, where there is a shoe holder and hooks for your coats.
- **Outside Lights** – have a sensor and come on automatically as you approach the cottage.

- **Occupation** of our cottage is normally reserved for 7 or 14 nights commencing on Friday with access for guests usually available from 5pm. Guests are kindly asked to vacate the cottage by 9am on the day of departure and return the keys to the key safe located on the external wall by the front door.
- **Beds** are each equipped with a duvet and pillows. Duvet covers, bottom sheets, pillowcases and towels have all been supplied. For 2 week lets, linen will be changed at the end of the first week.
- **Heating.** The cottage is heated by an Air Source Heat Pump and is set constantly between 19°C and 22°C degrees. A Thermostatic Control Panel is mounted on the wall next to the Boiler Cupboard on the upstairs landing. To give an extra boost or reduce the temperature just press the + and – key on the Control Panel. The fireplace in the sitting room is also in operation, we supply logs, kindling wood, firelighters and coal for those chilly evenings. There is also a BELDRAY electric fan heater for a further boost of heat, this is stored in the master bedroom cupboard.
- **Open Fire.** Please use the fire guard, sparks can be damaging and dangerous. **Please note that you should never leave the fire unattended without placing the fireguard in position.**
- **Electrics.** In case of an electrical fault, please check the main RCD unit on the wall at the bottom of the stairs and try to switch back on any switches that may have tripped. There are spare lightbulbs in the kitchen cupboard nearest the sitting room door. Otherwise please contact Lakelovers who will arrange for an electrician to visit.
- **Water.** Please note that the water is 'soft', that means very little soap, detergent and shampoo is required to make a lather. Please use only small quantities of powder in the washing machine (1 tablet is sufficient). The main stopcock is located in the painted wooden box on the floor on the right-hand side of the bookcase in the dining area of the sitting room. If you have any problems with plumbing, please contact Lakelovers.
- **Hot Water.** There is a large hot water tank heated by the boiler and hot water is constantly available.
- **Sewerage.** Please do not flush non-biodegradable material down the toilet, wash basin or kitchen washing up drains. All non-biodegradable should be disposed of in bags in the dustbin.
- **Refuse.** All rubbish is recycled but for your convenience please place all your rubbish in bags in the bins provided. Please do not leave refuse bags outside the bins at night as the local wildlife will get them and create a big mess! As a holiday let, our refuse is classed as trade waste and at present there is no facility for collecting for recyclables separately, so all waste should be compressed as safely as possible and placed in black bags in the refuse bins provided. Any other bags will not be collected. However, we would encourage you to recycle and there is a recycling facility for bottles, plastic and papers at the Household Waste Recycling Centre in Ambleside. **Please put the GREEN WHEELY BIN outside the gate on a Sunday evening for collection on Monday.**
- **Appliances.** ~~Copies of key pages of the Instruction Manuals for most of the electrical appliances are contained in the Visitors Guide Folder (Black).~~ **As advised, these have been temporarily removed as part of the Covid19 safety requirements.** Please find images of the key instructions at the end of this document. If you experience faults with appliances that you are unable to resolve, please contact Lakelovers on 015394 88855.
- **Telephone.** Mobile telephone coverage is best accessed via the Wi-Fi. Please adjust your mobile phone 'settings' to enable Wi-Fi calls on your phone. A public telephone kiosk is located 1 mile from the cottage near Troutbeck Village Institute and shop. A public telephone

is also available at opening hours at the Queen's Head public house 100 yds. from the cottage.

- **Books and Maps** ~~are available for guests to use during your visit. Please don't take them home with you, leave them at the cottage for future guests.~~ **As advised, these have been temporarily removed as part of the Covid19 safety requirements**
- **Smoking** is not permitted in the cottage.
- **Pets** are not allowed in the cottage.
- **Security.** Please take care to lock doors and your car/s. when you leave the property.
- **Garden Furniture.** There is a bench, a bistro size garden table and two chairs located near the kitchen door.
- **Breakages.** In the event of a breakage, we would rather you did not try to find a replacement, but please make us aware as soon as possible so that replacements can be arranged.
- **Roman Blinds** – each have a chain for opening and closing – if the chain appears to break, don't worry it's just a quick release safety mechanism – just snap it back together.
- **Visitors Log Book/Reviews.** ~~Please tell us and future visitors about your holiday by writing in the Log Book in the sitting room and highlight good places to visit or eat. Please be as kind as possible with your online reviews!~~ **As advised, these have been temporarily removed as part of the Covid19 safety requirements. For the latest information on the local area you can follow us on Facebook or Instagram – Cottagetroubeck. Why not share your experiences and celebrate this beautiful area on Facebook and tag us in @Cottagetroubeck or on Instagram – use #cottagetroubeck. You can leave a review via Facebook too, where we would be delighted for you to leave your feedback.**
- **Farming and Wild Life.** The cottage is surrounded by working farms and it is therefore important to keep the gate shut at all times. The farm livestock in the area is mainly sheep and cattle, but there are wild deer, badger, fox, squirrels and lots of wild bird species in the area. Please follow the Countryside Code and respect the wildlife and farming practices in the area.
- **Weather.** Please check the weather forecast before going out on the fells. The Lake District National Park Weatherline is very helpful on **0844 846 2444**.

**Contacts: Lakelovers 015394 88855**

**Claire Logan Stephens – 01539 822257 or 0781 132 1652**

## Travel Directions – by train or by road

### By Train

Windermere rail station is approximately 4 miles from South Stonethwaite Cottage. Windermere is connected to Manchester airport and the main Virgin West Coast line from London to Glasgow via Oxenholme. Taxis are available at Windermere station.

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### Alternative routes by road

Please note there are two villages named Troutbeck in Cumbria. If you are using a Sat – Nav/GPS please input our post code LA23 1PP. We are located off the A592 approximately 4 miles from Windermere in a group of traditional residential and farm buildings opposite the Queen’s Head Hotel.

**From the M6 North & South** Leave the M6 at junction 36 and follow the signs for Western Lakes/Windermere (A590 then A591 for approximately 16 miles).

**On entering Windermere** (The Windermere Hotel is on your right) keep straight on. **After approximately ½ mile turn right** at the mini-roundabout (**signed Kirkstone Pass/Ullswater A592**).

After approximately 3 miles you’ll arrive at the Queen’s Head Hotel on your left, pass this landmark and take the next right turn. It’s a hair pin turn into a narrow lane. (There is a slate sign pointing to **Stonethwaite Farm** mounted on the stone wall). Our gate is the first access on the left next to the gable end of a stone barn. You have arrived!

**There is an off-road parking area but please take care parking as we have stone walls and unusual spaces!**

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**From Ambleside (A591)**. Proceed on the A591 towards Windermere. After approximately 1 mile **turn left at the sign for Troutbeck**. Travel for approximately 2 miles to Troutbeck, passing the village shop and a telephone box on the left. Proceed past the Mortal Man public house until you meet the main road (A592).

You now need to turn left briefly then immediately signal right and take a right turn in to a narrow lane (almost opposite). It’s a hair pin turn into a narrow lane. (There is a slate sign pointing to **Stonethwaite Farm** mounted on the stone wall). Our gate is the first access on the left next to the gable end of a stone barn. You have arrived!

**There is an off-road parking area but please take care parking as we have stone walls and unusual spaces!**

**From the North via Ullswater and the Kirkstone pass (A592)**. After coming over Kirkstone Pass take the first **tarmac** narrow track possible on your left. (There is a slate sign pointing to **Stonethwaite Farm** mounted on the stone wall). Our gate is the first access on the left next to the gable end of a stone barn. You have arrived!

**There is an off-road parking area but please take care parking as we have stone walls and unusual spaces!**

If you pass the Queens Head Hotel then you've missed the turn. Turn around and follow the

**From the M6 North & South directions**

## EMERGENCIES – QUICK REFERENCE

Our Address:

**South Stonethwaite Cottage**  
**Townhead, Troutbeck** (near the Queens Head, Troutbeck)  
**Nr Windermere**  
**LA23 1PP**

### **PERSONAL ACCIDENTS & HEALTH**

The nearest **Doctors Surgery** is in Windermere, i.e. St Mary's Surgery next to St Mary's Church located on Ambleside Road (the main road between Windermere and Ambleside. **The telephone number for St Mary's Surgery is 015394 88484.**

**Dentists** are also in Windermere – **Windermere Dental Practice - 015394 46135.**

The nearest **Pharmacy** is also in Windermere. There are two Pharmacies in Windermere both located in Main Street in the middle of the village. The telephone number for the local **Boots the Chemist is 015394 43093.** The other Pharmacy is called **David Carter Dispensing Chemist and the number is 015394 43417.**

If you need an ambulance, telephone **999** and give the operator your number and ask for an **Ambulance or Paramedic.**

**FIRE** - A **Fire Extinguisher** and **Fire Blanket** are located next to the kitchen door. Call 999 for the Fire Services.

**ELECTRICAL POWER FAILURE** - RCD unit (Fuse board) on the wall at the bottom of the stairs or contact Lakelovers 015394 88855. A **Torch** is located by the kitchen door.

**BURST WATER PIPES** – The **STOPCOCK** is located at floor level next to the bookcase.

**POLICE** – The nearest Police Station is in Windermere, the phone number is **0845 330 0247**. For Emergencies call **999**.

### Inventory for South Stonethwaite Cottage – July 2020

<b>Kitchen</b>	<b>Quantity</b>
<b>In cupboards</b>	
Blue and white tea set	
Blue and white cups	4
Blue and white saucer	4
Blue and white plates	4
Blue and white big plate	1
Tupperware boxes	5
White Cups	4
Saucers	4
White Mugs	2
Blue Mugs	2
Side plates	4
Dinner plate	4
Dessert plate	4
Soup/cereal bowl	4
Large knife	10
Large fork	10
Dessert spoon	10
Soup spoon	10
Tea spoon	10
Egg cups	8
Large glass tumbler	4
Small glass tumbler	4
Wine glass	4
Pans with lids	3
Frying pan with lid	1
Milk jug	1
Sugar bowl	1
Butter dish	1
Coffee pot	1
Yellow Teapot	1
Tea tin	1
Measuring jug	1
Carving meat dish	1

Pie dish	1
Vegetable bowls	2
Mixing bowl	1
Colander	1
Salad spinner	1
Sieve	1
Toast rack	1
Salt and pepper	1
Can opener	1
Kitchen scissors	1
Cork screw	1
Potato peeler	1
Garlic press	1
Whisk	1
Grater	1
Ladle	1
Potato masher	1
Spaghetti spoon	1
Spatula	1
Wooden cooking spoon	1
Oven roasting tin	1
Water jug	1
Vase	1
Rolling pin	1
Tea strainer	1
Baking tin	1
Dust pan and brush	1
Bucket	1
Brush	1
Door mat	1
Shoe holder	1
3 tea towels	1
Torch	1

**On kitchen top**

Large chopping board	1
Small chopping board	1
Bread Knife	1
Large Knife	1
Carving knife and fork	1
Sharp vegetable knife	1
Wooden Tray	1
Microwave	1
Toaster	1
Bread Bin	1
Kettle	1

Place mats	6
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Coasters	4
Heat resistant mats	3
Waste Bin	1
Fire blanket and extinguisher	1
Fruit bowl	1
Portable digital radio	1

### **Under the stairs**

Vacuum cleaner	1
Sweeping brush for outside	1
Clothes rack	1
Clothes pegs	22
Mop and bucket	1
Ash tin	1

### **In lounge**

Fire irons	4
Log basket	1
Coal scuttle	1
Digital TV/DVD	1

### **Bedrooms**

Wooden coat hangers	18
Bins	2
Hairdryer (main)	1
Iron (main)	1
Ironing board	1
Alarm Clock (battery)	1
Beldray Electric Fan Heater	1

### **Bathroom**

Blue and white Bath mat	1
Bath mat white	1
Bin	1
Loo brush	1
Rubber mat	1
Loo rolls	2
Soaps	3
Two point adapter e.g. shaver	1

### **Instructions for the appliances**

#### **Washing machine**

# Starting and Programmes

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## Briefly: starting a programme

1. Switch the Washer-dryer on by pressing button . All the LEDs will light up for a few seconds and the ON-OFF/DOOR LOCK Led will begin to flash.
2. Load your laundry into the washer-dryer and shut the appliance door.
3. Set the PROGRAMME knob to the programme required.
4. Set the wash temperature.
5. Set the drying cycle if necessary.

6. Add the detergent and any fabric softener.
7. Start the programme by pressing the START/RESET button. To cancel it, keep the START/RESET button pressed for at least 2 seconds.
8. When the programme is finished, the ON-OFF/DOOR LOCK Led will flash to indicate that the appliance door can be opened. Take out your laundry and leave the appliance door ajar to allow the drum to dry thoroughly. Turn the Washer-dryer off by pressing button .

## Programme table

Type of fabric and degree of soil	Pro-gram.	Tempe-rature	Drying Cycle	Detergent		Fabric softener	Description of wash cycle	Cycle length (minutes)
				pre-wash	wash			
<b>Standard</b>								
<b>White prewash:</b> Extremely soiled whites (sheets, tablecloths, etc.)	1	90°C	•	•	•	•	Pre-wash, wash cycle, rinse cycles, intermediate and final spin cycles	The duration of the wash cycles can be checked on the display.
<b>White Cotton:</b> Extremely soiled whites (sheets, tablecloths, etc.)	2	90°C	•	-	•	•	Wash cycle, rinse cycles, intermediate and final spin cycles	
<b>White Cotton:</b> Heavily soiled whites and fast colours	2	60°C	•	-	•	•	Wash cycle, rinse cycles, intermediate and final spin cycles	
<b>White Cotton:</b> Heavily soiled whites and delicate colours	2	40°C	•	-	•	•	Wash cycle, rinse cycles, intermediate and final spin cycles	
<b>Colour Cotton:</b> Slightly soiled whites and delicate colours (shirts, jumpers, etc.)	3	40°C	•	-	•	•	Wash cycle, rinse cycles, intermediate and final spin cycles	
<b>Easy care:</b> Heavily soiled fast colours (baby linen, etc.)	4	50°C	•	-	•	•	Wash cycle, rinse cycles, anti-crease or delicate spin cycle	
<b>Easy care:</b> Heavily soiled fast colours (baby linen, etc.)	4	40°C	•	-	•	•	Wash cycle, rinse cycles, anti-crease or delicate spin cycle	
<b>Wool</b>	5	40°C	-	-	•	•	Wash cycle, rinse cycles, delicate spin cycle	
<b>Silk:</b> Very delicate fabrics (curtains, silk, viscose, etc.)	6	30°C	-	-	•	•	Wash cycle, rinse cycles, anti-crease or draining cycle	
Drying cotton	7	-	•	-	-	-		
Drying delicates	8	-	•	-	-	-		
<b>Time 4 you</b>								
<b>Flash Clean:</b> Heavily soiled whites and fast colours	9	60°C	-	-	•	•	Wash cycle, rinse cycles, intermediate and final spin cycles	
<b>Flash Nylon:</b> Delicate colours (all types of slightly soiled garments)	10	40°C	-	-	•	•	Wash cycle, rinse cycles, delicate spin cycle	
<b>Daily:</b> Delicate colours (all types of slightly soiled garments)	11	30°C	-	-	•	•	Wash cycle, rinse cycles and delicate spin cycle	
<b>Sport</b>								
Special Shoes (MAX. 2 pairs)	12	30°C	-	-	•	•	Cold wash (without detergents), wash cycle, rinse cycles, and delicate spin cycle	
<b>Special Sport:</b> Fabrics for sportswear (Tracksuits, shorts, etc.)	13	30°C	-	-	•	•	Wash cycle, rinse cycles, intermediate and final spin cycles	
<b>PARTIAL PROGRAMMES</b>								
Rinse		-	•	-	-	•	Rinse cycles and spin cycle	
Spin		-	•	-	-	-	Draining and spin cycle	
Drain		-	-	-	-	-	Drain	

### Notes

- For programme 9, we advise against exceeding a wash load of 3.5 kg.
- For programme 13 we advise against exceeding a wash load of 2 kg.
- For the anti-crease function: see Easy iron, *opposite page*. The information contained in the table is purely indicative.

### Special programme

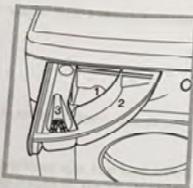
*Daily* (programme 11 for Synthetics) is designed to wash lightly soiled garments in a short amount of time: it only lasts 30 minutes and allows you to save on both time and energy. By setting this programme (11 at 30°C), you can wash different fabrics together (except for woollen and silk items), with a maximum load of 3 kg. We recommend the use of liquid detergent.

## Detergents and laundry

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### Detergent dispenser

Good washing results also depend on the correct dose of detergent: adding too much detergent won't necessarily make for a more efficient wash, and may in fact cause build up on the interior of your appliance and even pollute the environment.



Open up the detergent dispenser and pour in the detergent and fabric softener, as follows.

**Wool:** for best results, use a specific detergent, taking care not to exceed a load of 1.5 kg.

**compartment 1: Detergent for pre-wash (powder)**  
**compartment 2: Detergent for the wash cycle (powder or liquid)**

Liquid detergent should only be poured in immediately prior to the wash cycle start.

**compartment 3: Additives (fabric softeners, etc.)**

The fabric softener should not overflow from the grid.

! Do not use hard wash detergent because it may form too much foam.

### Preparing your laundry

- Divide your laundry according to:
  - the type of fabric/the symbol on the label.
  - the colours: separate coloured garments from whites.
- Empty all pockets and check for loose buttons.
- Do not exceed the values listed in the "Table of wash cycles", which refer to the weight of the laundry when dry.

### How much does your laundry weigh?

- 1 sheet 400-500 g
- 1 pillow case 150-200 g
- 1 tablecloth 400-500 g
- 1 bathrobe 900-1200 g
- 1 towel 150-250 g

### Special items

**Curtains:** fold curtains and place them in a pillow case or mesh bag. Wash them separately without exceeding half the appliance load. Use programme 6 which excludes the spin cycle automatically.

**Quilted coats and windbreakers:** if they are padded with goose or duck down, they can be machine-washed. Turn the garments inside out and load a maximum of 2-3 kg, repeating the rinse cycle once or twice and using the delicate spin cycle.

- Ensure that children do not place fingers in the tablet collecting tray [22]. Small fingers could become caught in the slots.
  - When opening and closing the door on an eye-level appliance, ensure that children do not become jammed or crushed between the appliance door and the cupboard door below.
  - Children could become locked in the appliance (danger of suffocation) or get into another dangerous situation.
- Redundant appliances: Pull out the mains plug, sever and dispose of the power cord. Destroy the door lock so that the door can no longer be closed.

## Protection of the environment

Both the packaging of new appliances and the old appliances themselves contain valuable raw materials and recyclable materials.

Please dispose of the individual parts separated according to type. Please ask your dealer or inquire at your local authority about current means of disposal.

### Packaging

All plastic parts of the appliance are identified with internationally standardised abbreviations (e.g. >PS< polystyrene). Therefore, plastic waste can be sorted out when the appliance is being disposed of.

Please follow the safety instructions under "Delivery".

### Old appliances

Please follow the safety instructions under "Disposal of your appliance".



This appliance is labelled in accordance with European Directive 2012/19/EU concerning used electrical and electronic appliances (waste electrical and electronic equipment - WEEE). The guideline determines the framework for the return and recycling of used appliances as applicable throughout the EU

## Getting to know your appliance

Diagrams of the control panel and the interior of the appliance can be found in the envelope at the front. Individual positions are referred to in the text.

### Control panel

- [1] ON/OFF switch
- [2] Timer programming \*
- [3] Additional options \*\*
- [4] Programme \*\*
- [5] Button <
- [6] Button >
- [7] Cleaning display
- [8] Dry display
- [9] START button
- [10] Rinse aid refill indicator
- [11] Salt refill indicator
- [12] Display "Check water supply"

\* depending on model

\*\* Number depending on model

## Appliance interior

- [20] Top basket
- [21] Knife shelf \*
- [22] Tablet collecting tray
- [23] Top spray arm
- [24] Bottom spray arm
- [25] Dispenser for special salt
- [26] Filters
- [27] Cutlery basket
- [28] Bottom basket
- [29] Dispenser for rinse aid
- [30] Detergent dispenser
- [31] Lock for detergent dispenser
- [32] Rating plate

\* depending on model

## Water softening system/Special salt

To ensure good washing results, the dishwasher requires soft water, i.e. containing low amounts of lime, otherwise white limescale will be deposited on the utensils and inner container.

Tap water above a specific degree of water hardness must be softened, i.e. descaled, for use in a dishwasher. Water is softened with special salt in the water softening system of the dishwasher.

The setting and therefore the required amount of salt depends on the degree of hardness of your tap water (see table).

## 2. Cooker Overview

Fig.2-1

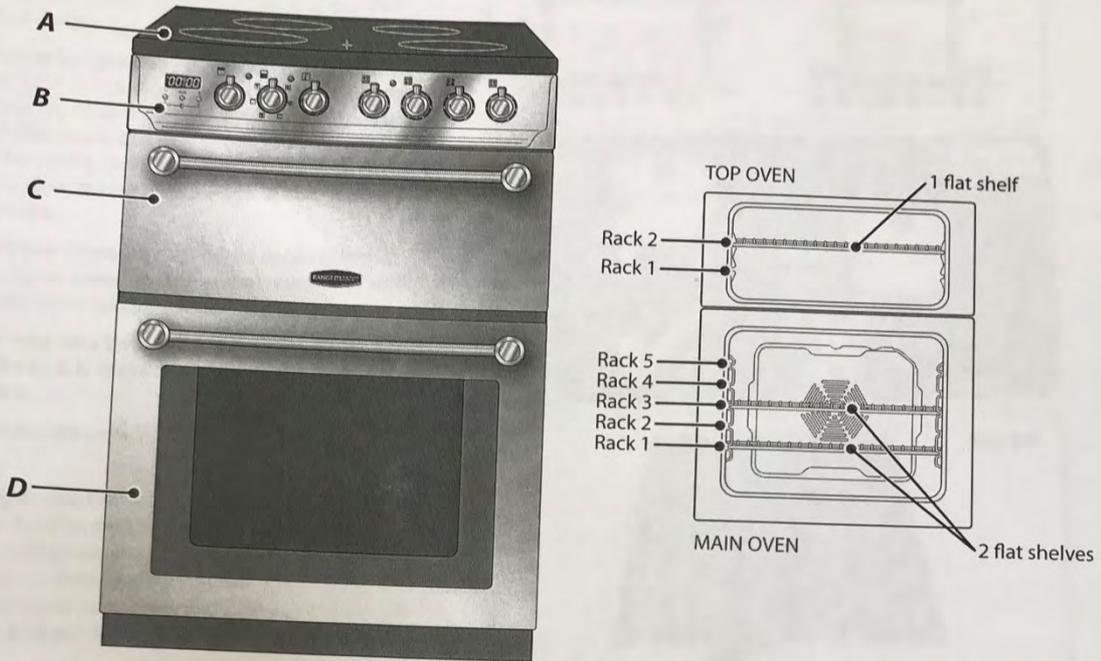


Fig.2-2

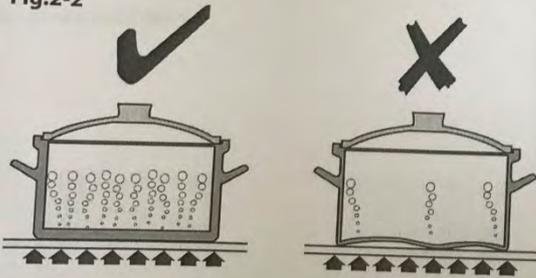
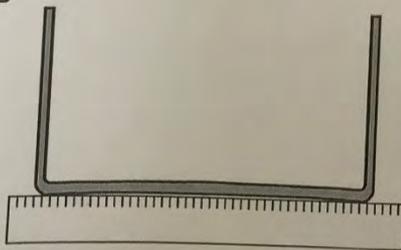


Fig.2-3



The 60 ceramic cooker (Fig.2-1) has the following features:

- A. A ceramic hob
- B. A control panel
- C. A conventional top oven and grill
- D. A programmable multi-function oven and grill

### The Hob

Use only pans that are suitable for ceramic hobs. We recommend stainless steel and enamelled steel pans, as pots and pans with copper or aluminium bases leave traces on the hob that are difficult to remove.

*The kind of pan you use and the quantity of food affects the setting required. Higher settings are required for larger quantities of food.*

Pots and pans should have thick, smooth, flat bottoms (Fig.2-2). This allows the maximum heat transfer from the hob to the pan, making cooking quick and energy efficient. Never use a round-bottomed wok, even with a stand.

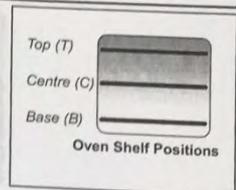
The very best pans have bases that are very slightly curved up when cold. If you hold a ruler across the bottom you will see a small gap in the middle (Fig.2-3). When they heat up the metal expands and lies flat on the cooking surface.

Make sure that the base of the pan is clean and dry to prevent any residue burning onto the hob panel. This also helps prevent scratches and deposits.

## 4. Cooking Table

The oven control settings and cooking times given in the table below are intended to be used **AS A GUIDE ONLY**. Individual tastes may require the temperature to be altered to provide a preferred result.

Food is cooked at lower temperature in a fan oven than in a conventional oven. When using recipes, reduce the fan oven temperature by 10 °C and the cooking time by 5-10 minutes. The temperature in the fan oven does not vary with height in the oven so you can use any shelf.



T - Top; C - Centre; B - Base

Food	Conventional Oven	Fan Oven	Approximate Cooking Time	
	Temperature °C (Shelf Position)	Temperature °C		
<b>Meat</b>				
Beef (no bone)	160 (C)	150	30-35 minutes per 500g +30-35 minutes.	Thoroughly thaw frozen joints before cooking. Meat may be roasted at 220°C (210°C for fan oven) and the cooking time adjusted accordingly. For stuffed and rolled meats, add approximately 10 minutes per 500g, or cook at 200°C (190°C) for 20 minutes then 160°C (150°C) for the remainder.
Lamb	200 (C)	190	20-25 minutes per 500g +20-25 minutes.	
Pork	160 (C)	150	30-35 minutes per 500g +30-35 minutes.	
	200 (C)	190	25-30 minutes per 500g +25-30 minutes.	
Poultry	160 (C)	150	35-40 minutes per 500g +35-40 minutes.	
	200 (C)	190	25-30 minutes per 500g +25-30 minutes.	
Chicken	160 (C)	150	20-25 minutes per 500g +20-25 minutes.	For stuffed poultry, you could cook at 200°C (190°C) for 20 minutes then 160°C (150°C) for remainder. Do not forget to include the weight of the stuffing. For fresh or frozen prepacked poultry, follow instructions on the pack. Thoroughly thaw frozen poultry before cooking.
Turkey	200 (C)	190	15-20 minutes per 500g +15-20 minutes.	
Duck	160 (C)	150	20 minutes per 500g +20 minutes.	
	200 (C)	190	15 minutes per 500g +15 minutes.	
Casserole	160 (C)	150	25-30 minutes per 500g.	For fresh or frozen prepacked poultry, follow instructions on the pack. Thoroughly thaw frozen poultry before cooking.
	200 (C)	190	20 minutes per 500g.	
Yorkshire Pudding	140-150 (C)	130-140	2-4 hours according to recipe.	
<b>Cake</b>	220 (C)	210	Large tins 30-35 minutes; individual 10-20 minutes.	
Very rich fruit - Christmas, wedding, etc.	140 (C/B)	130	45-50 minutes per 500g of mixture.	Using the conventional oven: when two tier cooking leave at least one runner space between shelves. Position the baking tray with the front edge along the front of the oven shelf.
Fruit 180 mm tin	150 (C/B)	140	2-2½ hours.	
Fruit 230 mm tin	150 (C/B)	140	Up to 3½ hours.	
Madeira 180 mm	160 (C/B)	150	80-90 minutes.	
Small cakes	170 (C/B)	160	15-25 minutes.	
Scones	200 (C/B)	190	10-15 minutes.	
Victoria sandwich				
180 mm tin	170 (C/B)	160	20-30 minutes.	Up to three tiers can be cooked in a fan oven at the same time but make sure to leave at least one runner space between each shelf being cooked on.
210 mm tin	170 (C/B)	160	30-40 minutes.	
<b>Desserts</b>				
Shortcrust tarts	200 (C/B)	190	20-30 minutes on a preheated tray.	Up to three tiers can be cooked in a fan oven at the same time but make sure to leave at least one runner space between each shelf being cooked on.
Fruit pies	180 (C/B)	170	35-45 minutes.	
Tartlets	180 (C/B)	170	10-20 minutes according to size.	
Puff pastry	210 (C/B)	200	20-40 minutes according to size.	
Meringues	100 (C/B)	90	2-3 hours.	Using the conventional oven: for even browning the maximum size of baking tray recommended is 340 mm x 340 mm. This ensures free heat circulation. If cooking a two tier load, the trays should be interchanged approximately halfway through the cooking time.
Baked egg custard	160 (C/B)	150	45-60 minutes.	
Baked sponge pudding	180 (C/B)	170	40-45 minutes.	
Milk pudding	140-150 (C/B)	130-140	2 to 3 hours.	
<b>Bread</b>	210 (C)	200	20-30 minutes.	
<b>Fish</b>	Fanned Grilling			
Fillet	190 (C/B)	190 (C/B)	15-20 minutes.	
Whole	190 (C/B)	190 (C/B)	15-20 minutes per 500g.	
Steak	190 (C/B)	190 (C/B)	Steaks according to thickness.	

## TURNING ON THE TV

The TV does not have Sky, but it does have Freeview and a built in DVD player. You can also listen to the various radio channels through the TV.

① ON



sky HD

sky HD

### B Remote Control Setup

#### Resetting your remote control

If you leave empty batteries in your remote control for too long, you may need to reset it to work your TV.

If this has happened, or for any other reason the remote control doesn't work with your TV, follow these steps carefully:

1. Look up your TV's brand in the list on the right.
2. Turn your TV and SKY HD box on and press TV on your remote control.
3. Hold down "select" and the red key together until the red light on your remote control blinks twice (this is after about two seconds).
4. Press TV again.
5. Key in your TV's code.  
The light on your remote control blinks twice.
6. Press "standby" on your remote control.  
If your TV switches off, press "select". The light on your remote control should blink twice.  
If your TV does not switch off, press "TV", then press "standby". Repeat the sequence of pressing "TV" then "standby" until the TV switches off, then press "select".  
If the light blinks three times, your remote control has checked all the possible setting for the code you used, check you have the right code and start again at step 1.
7. turn your TV back on and press "tv guide" key on your remote control. The TV Guide menu appears, meaning the remote control setting are made properly.

If you are experiencing problems, please refer to "Troubleshooting" in section G.

To reset your SKY HD remote control to its factory settings, press "tv" then hold down "select" and the red button together for about two seconds, until the red LED on the sky HD remote control flashes twice. Then press "981".

### C Key Operation

sky sets your remote to operate your SKY HD

LED

tv sets your Sky HD remote control to operate your TV

standby turns your Sky HD box (or TV) on and off

services shows the Services screen

interactive shows the interactive screen

i shows information about the programme you have highlighted

ch+ and - changes the channel

select selects the option you have highlighted or confirms your choice

back up shows the previous screen

help shows help on using Sky Guide

fast forward fast forwards the programme

stop stops playback of the programme

number keys select channel numbers or on-screen options

tv guide shows the TV Guide screen

mute turns your TV's sound off and on

vol+ and - changes your TV's volume

arrows move the highlight around the screen to select the option you want

text switches to text mode

play / Pause plays or pauses the programme

rewind rewinds the programme

R records the programme

colour keys select the corresponding colour options shown on-screen

3

2