



# Cooking Appliances



Regularly and thoroughly cleaning the appliances in your kitchen is important to avoid build-up of grime and grease that occurs where frequent cooking and food preparation takes place.

Regular cleaning and maintenance will also deter nasty pests and eliminate costly repair bills for damage that can be caused by baked on stains and soiling.

Most importantly, grime, grease, fat and oil build-up is a fire and safety hazard, and one of the most common causes of kitchen fires.

## Making it easy

To keep your kitchen appliances hygienic and grease-free, try quick and small cleans after each use, like wiping out the inside of the oven (once it has cooled down). Also try oven liners or aluminium foil, following appliance and product safety instructions, to catch grease and crumbs.

A full clean will always take a bit longer and should be done at least twice a year.

After cleaning your appliances, wipe them over using a mixture of white vinegar and water to prevent grease and grime from building up.

## Tips for a thorough clean

### Oven

It is always best to follow the oven manufacturer's specifications and the instructions on your chosen oven cleaner prior to getting started. Also be careful not to damage the hinges on the oven by leaning on the door. Refer to the instruction manual and always remove it wherever possible.

Items you will need:

- oven cleaner
- dish brush
- scour pad
- paper towel
- micro fibre cloth
- PVC gloves
- dust mask
- newspaper.

1. Place the newspaper on the floor surrounding the oven. This will protect the floor and help clean up later as the oven cleaner may leak.
2. Wear the gloves, dust mask and open a window. Also turn on the kitchen range-hood for extra ventilation. It is important to protect yourself from skin irritation and unpleasant vapours the oven cleaner might produce.



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3. Start by removing the oven racks and trays and soaking them in the sink (laundry sink is good option) :
  - Use a metal scraper and the scour pad to remove food leftovers and carbon.
  - Spray them with the oven cleaner then scrub using the dish brush.
  - Spray again with the oven cleaner and leave them for 15 minutes.
  - Finally, vigorously brush them one more time using the scour pad.
  - Wash them with hot water to remove the oven cleaner and grime.
  - Leave them out to dry.
  
4. Spray the oven chamber and glass with the oven cleaner:
  - After it has had time to penetrate, scrub the oven with the scour pad.
  - Use the micro fibre cloth to clean the glass instead of the scour.
  - Wipe off the oven cleaner and grime using paper towel.
  - Clean the oven inside and out by using the damp micro fibre cloth—it is important to eliminate any trace of the oven cleaner.
  - Leave the oven open to dry out and ventilate.

### Stove top

Stove tops are notorious for spills and stuck on mess but they can be easy to clean.

1. Make sure the stovetop is cool; remove knobs and grates if you have a gas stove top. Drop them in to a few inches of hot soapy water for thirty seconds.
2. Wipe off crumbs with a damp paper towel.
3. Spray the stovetop generously with an all-purpose cleaner. Let it sit to soften stuck-on grime. You may need to use a scraper if you have a glass stove top.
4. Scrub the stovetop with a microfiber cloth, do not use a scour.
5. Wipe the stove top with paper towel and finish with glass cleaner for extra shine.
6. Wipe the knobs with microfiber cloth before putting them back on.

### Range-hood

Range hoods filters in particular tend to become clogged with grease, oil and dust although the range hood surface is just as likely to need cleaning regularly.

1. Remove the filters and soak it in hot water; followed by a thorough scrub with a degreasing detergent or oven cleaner. Do not use bleach as this will discolour the surfaces.
2. The external surface can be wiped down with warm water and a mild detergent, though it is best to check what is recommended in the manual.

A great homemade cleaning recipe for the range hood surface is to mix (in a spray bottle); 1 cup vinegar and ½ cup baking soda, then fill the rest of the bottle with hot water. Not only will this mixture clean and degrease the range hood it will disinfect it too.



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