

There are two main types of “self-clean” to consider:

Catalytic Liners:

Catalytic liners act to absorb much of the grease and fat that often splatters the walls of the oven during normal cooking. They won't prevent the oven shelves and front door from the same, but they will definitely save you from much of the pain of oven cleaning.

Catalytic liners have a limited lifespan and would need to be flipped over or replaced once they've stopped being effective.

Pyrolytic Cleaning:

In 1963, General Electric introduced an oven with pyrolytic self-cleaning technology. This involved heating the residue – those fossilised sugars and macaroni crisps – to such extreme temperatures that it turned to ash. The term “self-cleaning oven” often refers to this method. This type of oven has a smooth enamel coating on the interior walls making it easier to remove dirt from after it's reduced to ash by high heat. Pyrolytic ovens have a timed cleaning cycle during which the oven heats to between 480 – 540 degrees Celsius – jeepers! It's chemical free which is a bonus, and the oven door automatically locks to ensure safety – it will only release when the oven is down to a more manageable, less insane temperature.

Benefits of a pyrolytic oven are:

- Saves time
- Saves effort (no more scrubbing)
- Reduced exposure to harsh cleaning chemicals
- Better oven insulation (more efficient & a cooler kitchen)