



Press information, 18th July 2007

Perfect Dishes for a Taste of the Mediterranean

Summer may be taking a while to get going this year but everyone can at least enjoy the tastes of the Mediterranean with two delicious recipes from the Pyrex archive - Paella and Mediterranean Peppers.

These colourful dishes are easier than you may think to prepare and make the perfect summer centrepiece for dining with family or friends, whatever the weather! The range of Pyrex glass ovenware is ideal for both these recipes, being suitable for serving straight from the oven to the table.

More recipes from Pyrex and details of the extensive range of ovenware and bakeware for every occasion can be found at www.pyrex.com.

Serves 4

Ingredients

2 chicken legs
1 onion, peeled and finely chopped
2 garlic cloves, peeled and crushed
125g / 5oz tomatoes, skinned, seeded and diced
6 scallops, halved
½ red pepper & ½ green pepper, diced
100g / 4oz peas
2pts / 1200ml chicken stock
250g / 10oz risotto rice
olive oil
2 tsp powdered saffron
2 tsp paprika
6 prepared baby squid
12 raw shelled prawns
100g / 4oz freshly cooked mussels
freshly ground black pepper
sea salt



Instructions

Preheat oven to 180oc/GM4.

1. Season the chicken pieces well with salt and pepper.
2. Heat 100ml of the olive oil in a large frying pan and fry the chicken for 2 minutes or until golden brown.
3. Add the onion, garlic, tomatoes, peppers, and peas to the pan and fry gently for 2 minutes.
4. Add the chicken stock, paprika, saffron, prawns, mussels, squid and scallops to the pan, and bring to the boil. Stir the rice into the stock, cover and bring to a simmer.
5. Transfer to a Pyrex glass casserole dish and place into the preheated oven for 20 minutes or until rice is tender and all of the stock has evaporated.
6. Remove from oven and leave to stand for a few minutes before serving.
7. Adjust seasoning as necessary.

Mediterranean Peppers with Vine Tomato Vinaigrette.

Serves 4

Ingredients

1 large yellow pepper
large red pepper
2 large plum vine tomatoes, peeled and diced
80g feta cheese, cubed
10g pumpkin seeds
black olives
8 button mushrooms, diced
Salt and freshly ground pepper
½ lemon, juiced
1 tbsp olive oil
10g fresh marjoram, chopped



Instructions

1. Cut the peppers in half lengthways and place under hot grill skin side up,
2. Once skin has blackened, remove from grill. Remove skin and place the 4 x ½ peppers onto a Pyrex baking sheet.
3. Preheat oven to 180oc.
4. Into a Pyrex mixing bowl, place the diced tomato, feta cheese, pumpkin seeds, black olives, mushrooms and marjoram. Season with salt and pepper, add lemon juice and mix well.
5. Drizzle 1 tbsp olive oil over vegetable mixture and mix well.
6. Divide the vegetable mixture into 4 and place into the peppers and bake in a Pyrex glass roasting dish in the oven for 10 minutes.
8. To make fresh tomato vinaigrette, place 1 skinned plum vine tomato, 1 tsp sherry vinegar, 4 tbsp olive oil into a blend until smooth. Pass through sieve and season with salt and freshly ground pepper.

Ends

For further press information and other recipe suggestions, please contact Nicky Fairweather or Amy Ottewell at The small Agency, Tel. 01924 830640, email nicky@thesmallagency.co.uk