



PRESS INFORMATION, 18 APRIL 2007

**EAT, DRINK AND MAKE MERRY ON ST GEORGE'S DAY  
(RECIPE SUGGESTION: ST GEORGE'S RIB OF BEEF)**

We party for Patrick but not so much for George and yet a poll by Ipsos Mori revealed that 75% of English people do believe St Georges Day should be celebrated, with 70% calling for a day's holiday. Back in 1415, Archbishop Chicele declared the occasion should be 'celebrated as a great feast, much like Christmas day' so what better way to mark the occasion than indulging in the very best English food and drink.

For help and inspiration on cooking up St George's celebrations, one of the nation's most familiar and favourite cookware brands, Pyrex offers five top tips, a delicious St George's Rib of Beef recipe and all the ovenware and bakeware you could need on the day, available from supermarkets and high street retailers:

1. ***Make a meal of it*** - like turkey at Christmas and pancakes on Shrove Tuesday a roast beef dinner with all the trimmings takes some beating for a traditional English feast so who cares if St. George's falls on a Monday (see recipe suggestion)! Alternatively, celebrate with a speciality from your own corner of England such as Lancashire Hot Pot, Cumberland Sausage or Yorkshire pudding
2. ***Let them eat cake*** - no celebration is complete without a cake so pull out the Pyrex mixing bowl and cake tin to have a go at a homemade English classic such as a Victoria Sponge or rich fruit cake.
3. ***Be cheesy*** - With hundreds of varieties of English cheeses, give the Camembert, Mozarella and Edam a rest for the day and create a St George's cheeseboard with the King of cheeses, Stilton, as the centerpiece or featuring varieties from your region.
4. ***An English toast*** - stout certainly flows on St Patrick's Day but there's a great choice of English tipples to celebrate St George's Day, including award-winning English wines, real ales for every taste and superb ciders.
5. ***Dress the part*** - you don't have to drape yourself in the St George's Cross to get in the spirit of the occasion as the traditional dress code from the 14<sup>th</sup> century was actually to wear anything blue. Men should also wear a rose in their buttonhole and buy their wife or girlfriend a single red rose too (although Yorkshiremen might prefer white!).

For a variety of delicious recipe ideas and further details of the Pyrex range of products, visit [www.pyrex.com](http://www.pyrex.com). Pyrex is the proud supporters of UKTV Food's 'The People's Cookbook'.

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### ST GEORGE'S RIB OF BEEF (Serves 4)

COOKING TIME : 15 MINS PER LB & 15 MINS OVER  
PREPARATION TIME: 15 MINUTES

1 x 2/3 bone rib of English beef  
40g/1½oz fresh thyme  
40g/½oz fresh rosemary  
10 shallots, peeled  
10 cloves garlic, peeled  
25ml/1 fl.oz red wine  
55ml/2 fl.oz beef stock  
25g/oz butter  
rock salt & pepper



Preheat oven to 200°c/GM6.

- 1 Place beef in Pyrex Glass Roasting Dish with Rack and roast for 15 minutes per pound, plus 15 minutes over - to achieve a medium rare appearance.
- 2 Three-quarters of the way through roasting, add shallots, garlic and half of the thyme and rosemary to the Pyrex Roasting Dish.
- 4 When roasted, remove beef on the rack, put to one side and cover with foil to rest.
- 5 Heat butter in a pan, add remaining rosemary and thyme and simmer for 1-2 minutes then add the roasted garlic and shallots.
- 6 Add red wine to the beef juices in the Pyrex Roasting Dish, pour into a saucepan with the stock and bring to the boil.
- 7 To serve, return the beef to the cleaned Pyrex Roasting Dish, top with the herby roasted shallots and garlic then pour over the rich red wide gravy.
- 8 Serve with seasonal English vegetables such as carrots, baby spinach, roasted parsnips and potatoes.

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For further press information, please contact Nicky Fairweather or Amy Ottewell at The small Agency:  
Tel. 01924 266 730, email [nicky@thesmallagency.co.uk](mailto:nicky@thesmallagency.co.uk)