



PRESS INFORMATION, MAY 2007

Feelgood BBQ Parties with Pyrex

With high hopes for a scorching summer, organising a BBQ party with family and friends is always a winner and a little planning means you won't need to worry too much about the waistline.

- Instead of piling on high fat mayonnaise or high sugar ketchup, tasty salsas are really easy to rustle up in a trusty Pyrex mixing bowl, with fresh ingredients such as juicy English tomatoes, peppers and chillis, spring onions, cucumber and avocados.
- Similarly, a healthy homemade marinade can make all the difference to traditional meat and fish favourites and the Pyrex 4-in-1 glass dish with lid is the perfect container for chilling in the fridge as well as roasting vegetables to serve straight to the table or storing and freezing dishes, in advance of the party or afterwards
- Enjoy smart side dishes - swap the burger buns, handfuls of crisps and slices of garlic bread for a healthier helping of chunky roasted vegetables, prepared with the lightest spritz of olive oil in a non-stick Pyrex roasting tray or served chargrilled from the BBQ in a colourful Pyrex ceramic dish
- Centrepiece salads - a few limp lettuce leaves are hardly tempting so make the salad the star with healthy additions such as walnuts, pinenuts, peppers, olives and goats cheese, served in the centre of the BBQ spread in fluted Pyrex glassware.

For more information on Pyrex products, recipes and details of stockists, visit www.pyrex.com.

Pyrex is also the proud supporter of UKTV Food's 'The Peoples Cookbook' with further details about the show at www.uktvfood.co.uk.

SPRING ONION SALSA VERDE (Serves 4) © David Cavalier 2002

1 avocado, peeled and finely diced
3 bunches spring onions, peeled and finely sliced
1 green pepper, finely diced
2 green chillies, de-seeded and finely diced
½ cucumber, de-seeded and finely diced
juice of 1 lime
olive oil to coat ingredients
freshly milled sea salt and black pepper

Place all of the vegetables into a Pyrex mixing bowl and pour over just enough olive oil to coat all ingredients. Add the lime juice and mix thoroughly. Season with salt and pepper to taste and serve in a ceramic Pyrex ramekin dish.

More...

PORK TENDERLOIN WITH HOMEMADE BARBEQUE MARINADE (Serves 4)

1 x 400g tenderloin of pork
500g ripe tomatoes, peeled, seeded and finely chopped
1 chilli, stalk and seeds removed
1 tbsp freshly ground star anise
1 tbsp ground cinnamon
4 crushed clove of garlic, chopped
2cm piece of ginger, peeled and finely chopped
30ml fish sauce
20ml soy sauce
50g brown sugar
50g clear honey
100g tomato sauce
dash of Worcestershire sauce

1. Place all ingredients in a a large Pyrex mixing bowl and blend until smooth.
2. Place the tenderloin of pork into a Pyrex 4-in-1 dish, pour over half of the marinade, secure the lid and chill in the fridge for 3-4 hours or overnight, if possible.
3. Remove the pork from the dish and drain off as much of the marinade as possible and brush with a little olive.
4. Cook on the barbeque until tender and cooked through
5. Heat the left over marinade separately in a pan for 10-15 minutes and serve as a sauce or salsa.

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For further press information, recipe suggestions with pictures, please contact Nicky Fairweather or Amy Ottewell at The small Agency, telephone 01924 266 730, email nicky@thesmallagency.co.uk