

# Hearty roast feast to savour

Celebrate the weekend with traditional English offerings in the heart of George Town



(Left) Enjoy a succulent medley of roasted prime cuts of meat, to go with vegetables, Yorkshire pudding and sauces, at the Sunday Roast buffet in Farquhar's Bar at Eastern and Oriental Hotel. (Right) Refresh yourselves with the tantalising Lychee Daiquiri, the cocktail of the month for April.

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THE Sunday Roast of Farquhar's Bar highlights a centuries-old British culinary tradition in all its succulent and charbroiled glory.

And with a classic English pub-like ambience, this outlet of Eastern and Oriental (E&O) Hotel in George Town, Penang, makes a perfect backdrop for the feast.

Served from noon to 4pm, the mini buffet has all the requisites — from juicy prime cuts of meat to crunchy roasted vegetables, Yorkshire Pudding and more.

Popular with locals, it also gives tourists and expatriates from the British Isles or former colonies a satisfying taste of home.

While eating a large meal on Sunday is historically common in most European countries, there are two prevailing beliefs about the origins of the modern Sunday Roast.

One posits that during the Industrial Age, English families would leave a cut of meat in the oven to cook before fulfilling their religious obligations on Sunday mornings, with it being ready when they return at noon.

The other supposition branches into two similar theories — one being King Henry VII's royal guard starting a tradition of eating beef on Sundays, with another attributing it to land-owners rewarding their servants with spit-roasted meals.

Regardless, over the years it evolved into a social tradition, where family and friends would get together and enjoy a good meal to celebrate the end of another week.

The Sunday Roast at Farquhar's Bar definitely fills one up. Start off with fresh greens, warm soup and breads, then head to the carving station.

There, you will find whole chunks of Roast Beef and Lamb, with a

gorgeous blackened crust of herbs, spices and seasoning, just waiting to be carved up. Inside, the tender meat blushes a gentle pink and oozes its juice.

The exact cuts of beef and lamb served may vary from week to week. But all go great with the variety of traditional accompaniments like mint jam, dijon mustard and horseradish sauce.

There is also Roast Chicken, usually the thigh and stuffed breast, as well as various types of roasted vegetables like potatoes and tomatoes.

Be sure to help yourself to Yorkshire Pudding, a light, airy and crispy, pastry-like delicacy that is great for mopping up the meat sauces, as was historically done.

In the past, they were often cooked under meat that was roasting over a fire, so the fats and juices would drip down on them and give added flavour.

In modern times, the treat — made from a batter of milk, eggs and flour — is simply poured into pre-heated and oiled moulds then baked in an oven, where it then rises and puffs up.

While the term pudding has sweet connotations today, its name originates from a time when puddings in Britain were savoury or sausage-like.

Finish off the feast, reasonably priced at just RM68nett per person, with desserts like Spiced Bread and Butter Pudding or freshly cut fruits.

The bar also features a cocktail of the month, priced at RM35nett per glass. Available for another week is the Watermelon Mojito, to be replaced by the refreshing Lychee Daiquiri for April.

There are also Happy Hours from noon to 7pm daily offering 50% discount for selected beverages.

But there is one tiny catch. Advance bookings for the Sunday Roast are advised because it is limited to only 35 pax per session. Call 04-2222000 ext 3177.



Roast Chicken Thigh and Breast, the latter with sage and onion stuffing, just waiting to be devoured.



Some fresh greens to accompany the meat offerings.