

A tasty summer *starter dish*

Lamb breast is a lovely cut of meat and full of flavour. Liam Lingwood, Senior Sous Chef at Le Benaix has created this light and delicious lamb starter, accompanied by a fresh, summery garnish.



*Crispy breast
of lamb, yogurt,
tempura anchovy
with monk's beard*

Breast of lamb

- 1 lamb's breast – you will need 100g per person (can be found at any good supermarket or butcher)
- 6 cloves of garlic
- 1 sprig of rosemary

Tempura Anchovy

- 100g cornflour
- 150g plain flour
- 10g baking powder
- Soda water
- 12 anchovy fillets - 3 per dish (fresh or tinned)

Yogurt

- 200ml Greek yogurt
- Squeeze of lemon
- Pinch of salt

Garnish

- Monk's beard (Monk's beard can be found in good greengrocers. Its texture is succulent and moist and its flavour is similar to chard with a slightly bitter aftertaste)
- Watercress

Method

- 1 Preheat oven to 100°C.
- 2 Cover lamb breast with garlic and rosemary and season.
- 3 Wrap breast in foil and cook for 10 hours or overnight until tender.
- 4 Remove meat from oven and cut into 4 portions.
- 5 Mix all tempura ingredients together until batter is thick enough to coat a spoon.
- 6 Dip anchovy fillets into

tempura and deep fry in hot oil until golden brown.

- 7 Combine the yogurt with a squeeze of lemon and salt.
- 8 To plate, spoon yogurt in the middle of each of 4 plates.
- 9 Crisp each portion of lamb breast in a frying pan and place on top of the yogurt.
- 10 Garnish with crisp anchovies, watercress and monk's beard.

Serves 4 as a starter.

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