



**SCALLOP WITH MEANTIME LONDON PALE ALE**  
**BRAISED BREAST OF LAMB BY TONY FLEMING**

Cooking Time: 330 minutes plus overnight marinating  
Serves: 4

INGREDIENTS

**For the marinated lamb breast**

1kg lamb breast, de-boned

2 sprigs rosemary

2 sprigs thyme

5 anchovy fillets

1 garlic bulb, cloves peeled and chopped

1 bay leaf

25g coriander seeds, crushed

Rock salt, for seasoning

Vegetable oil

### **To braise the lamb**

2 carrots, coarsely chopped

2 celery sticks, coarsely chopped

2 onions, coarsely chopped

1 tbsp tomato purée

200ml white wine

330ml Meantime London Pale Ale

2l brown chicken stock, or lamb

Rock salt, for seasoning

Vegetable oil

### **For the anchovy mayonnaise**

20g anchovy, salted

1 tsp lemon juice

1 egg yolk

1/2 tsp Dijon mustard

1/2 tsp white wine vinegar

200ml vegetable oil

Salt

Pepper

### **For the lemon zest confit**

1 lemon

25g sugar

50ml water

**For the broad bean purée**

100g broad beans, fresh, shelled weight

200ml vegetable stock

1/4 large onion, finely chopped

15g butter, cold

**For the mint oil**

75g mint

75ml extra virgin olive oil

75ml vegetable oil

**To serve**

200ml Meantime London Pale Ale

100g broad beans, fresh, shelled

200ml vegetable stock

4 scallops, shucked, each weighing 110-120g

8 sun-dried tomatoes, finely chopped into slithers

Oyster leaves

Rock salt

Vegetable oil

Unsalted butter

## Method

1. Begin by marinating the lamb. In a small bowl, combine the garlic, rosemary, anchovies, thyme, crushed coriander, bay leaf, a little vegetable oil and a liberal amount of salt. Massage the rub into the meat to thoroughly coat it. Put it in the fridge to marinate overnight
2. On the day that you marinate the lamb, make the mint oil as well. Boil the mint for 2-3 minutes until soft, and refresh in ice cold water. Blend the mint with the oils and allow it to steep overnight before passing through a muslin bag to purify
3. The next day, carefully take the thyme, bay, rosemary and anchovies out of the lamb and leave to one side. Wash any leftover dry rub off under cold water and lay the lamb flat on a chopping board. Pat dry and place the anchovy fillets back on the lamb. Roll and tie tightly together with butcher's string
4. Using a large, heavy-bottomed, oven-proof saucepan, seal the rolled lamb in vegetable oil on a high heat. Make sure you achieve a good caramelisation on the outside of the meat and season with a large pinch of salt
5. Take the lamb out of the pan and set it to one side. Use the pan to pan-roast the vegetables until they turn golden. Then add in the tomato purée and cook on a high heat. Add bay leaf, rosemary, thyme and wine. Reduce by half and season
6. Set the oven to 120°c/gas mark 1/2
7. Transfer the lamb back to the pan and add the pale ale and stock. Bring to the boil and remove any scum by using a spoon to skim the surface. Cook in the oven for 4-5 hours until the lamb is just soft
8. Allow the lamb to cool in the liquor before removing the butcher's string and rolling tightly in cling film into a sausage shape. Put in the fridge to set for at least 2 hours.
9. Pour the cooking liquor from the pan through a sieve into a clean pan and reduce it to a thick sauce consistency. This mixture will be used to glaze the lamb later on.
10. To make the mayonnaise, purée the anchovies into a thick paste with the lemon juice. Add the vinegar, egg yolks and mustard. Blitz on a medium speed and slowly drizzle in the oil. If the mixture becomes too thick, add some room temperature water to loosen it.
11. For a smooth finish, pass the mixture through a fine sieve. Adjust the seasoning with pepper and salt and store in the fridge until needed.
12. To make the confit zest, peel the lemon, making sure you remove all the white pith as this will make the confit bitter. Julienne the zest very finely

and place into a saucepan so that it is covered with cold water. Bring to the boil and cook for 2 minutes before refreshing under cold water.

13. To remove all the bitterness from the zest make sure you repeat this process 3 times. Put the water and lemon juice in a separate pan, add the sugar and bring to the boil. Add in the lemon zest and simmer until the liquid becomes syrupy and the zest is soft. Leave in the fridge until needed.

14. To make the broad bean purée, boil the vegetable stock and in a separate pan sweat the onions in half of the butter until soft. Cook the fresh broad beans for two minutes until soft. Season well

15. Pour over the hot stock, cover with a lid and cook for another 3 minutes. Use a blender to blitz the beans with a couple of ladles of stock (to loosen up the mixture) until smooth. Add the remainder of the diced butter to give the purée a glossy finish. Please note: the butter must be cold.

16. Blend for another minute and pass it through a fine sieve into a bowl set over ice to get a vibrant green colour

17. When ready to serve, take the cling film off the lamb and slice into four portions, each around 5cm thickness.

18. Add a dash of vegetable oil to a hot skillet and pan-fry the lamb portions for 1 minute on each side. Add 200ml of pale ale and a couple of ladles of the reduced cooking liquor and heat until glazed and sticky. Adjust the seasoning if necessary.

19. Boil the vegetable stock and add the broad beans and a chunk of butter. Cook for 2 minutes, strain and put to one side. Lightly reheat the broad bean purée

20. Set the oven to 190°C/gas mark 5

21. Add some oil to a smoking hot pan and sear the underside of the scallops. Season the scallops with salt

22. Once the scallops are nicely caramelized, put them in the oven to cook through for 1 minute. Put the scallops back on the hob, add a knob of butter and baste them for 1 minute. To check if the scallops are properly cooked, place a metal skewer into the middle and place it against your skin - it should be at blood temperature

23. To serve, lay a glazed lamb slice in the middle of each plate with some of the reduction. Put the scallop on top and dot the broad bean purée and anchovy mayonnaise around the plate. Add the thin slices of sun-dried tomato and the fresh broad beans

24. For the garnish, put some oyster leaves around the plate, top the scallop with a small amount of lemon confit and drizzle some mint oil on top. Serve straight away.

*Recipe courtesy of [www.greatbritishchefs.com](http://www.greatbritishchefs.com)*

