

Pen Harrison's Crisp lamb breast with soft-boiled egg and fennel vinaigrette - Serves 4

- 1 (about 800g) boned lamb breast
- 1 onion, halved
- 2 carrots
- 1 leek
- A few celery sticks
- A few bay leaves
- 1 garlic bulb, halved horizontally
- A few fresh rosemary springs
- 500g bag baby leaf spinach

For the Breadcrumbs

- 200g fresh breadcrumbs
- 2 tbsp parsley
- 50g butter, melted

For the Vinaigrette

- 1 tbsp Dijon mustard
- 1 garlic clove, crushed
- 1 shallot, finely diced
- 1-2 tbsp red wine vinegar
- About 4 tbsp extra-virgin olive oil
- 1 soft-boiled egg, cooled in cold water
- 1 tbsp finely chopped fennel fronds or fresh dill

Put the lamb in a casserole with all the vegetables (except the spinach) and herbs. Cover with water and simmer on the hob for 1 - 1.5 hours. Cool, then remove the lamb and cut into 3-4cm wide pieces. Discard the cooking liquid and vegetables.

Preheat the oven to 220C/fan200C/gas 6. Mix the breadcrumbs and parsley with a third of the butter on a plate. Toss the lamb in the remaining butter, then the crumbs. Spread out on a baking tray and bake for 10 minutes.

Whisk together the mustard, garlic, shallot and vinegar, and slowly add the oil. Separate the egg white from the soft yolk. Tip the yolk into the dressing, finely chop the white and add to the dressing. Stir in the fennel..

Wilt the spinach in a pan or in the microwave. Serve the lamb on the spinach with the dressing on the side..