Middle – incl. fillet

Position of the middle.
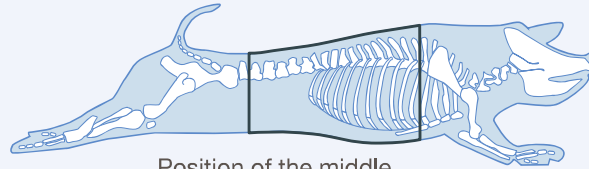
1   Starting from a side of pork, remove the kidney.

2   Remove the flare fat starting from the head of the fillet and continue removing it from the belly area.

3   To remove the leg and chump from the side of pork, cut between the 5th and 6th (last two) lumbar vertebrae and continue by cutting and sawing in a straight line.

4   Make a mark between the 4th and 5th rib in the centre of the ribcage, followed by a mark in the centre of the 5th thoracic vertebrae.

5   Draw a straight line and remove the fore end by cutting and sawing at a right angle.

6   Middle – incl. fillet.