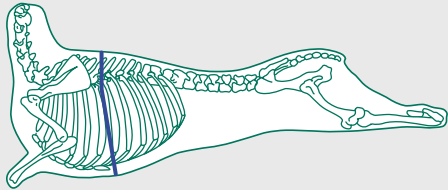


# Rack – single bone rack (shoulder)

Code:

Forequarter L034



1. The forequarter is to be removed from the carcass between the 6th and 7th ribs.



2. The forequarter of lamb.



3. Sheet bone the ribs leaving the neck fillet attached to the bone.



4. Remove the neck in line with the first rib.



5. Remove breast bones leaving 60mm rib bone exposed on the rack from the tip of the eye muscle.



6. Remove chine and feather bones. Trim the intercostal muscles to leave clean rib ends.



7. Cut between the ribs to create 3 bone racks.



8. Remove the two outer ribs leaving the central one in place.

