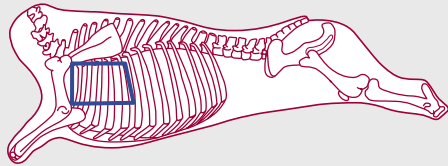


# LMC (Leg of mutton cut) Roast (with added fat)

Code:

**LMC B008**



1. Position of the LMC.

2. The external surface of the LMC after removal from the forequarter.

3. Separate the smaller muscles from the main muscle by cutting along the seams between them.

4. Remove external fat cover taking care not to cut into the underlying muscles.



5. Remove the external gristle sheath...

6. and the thickest part of the large central gristle.

7. Add a layer of fat no thicker than 5mm at any point and tie securely with string at regular intervals.

8. LMC roast prepared to specification

