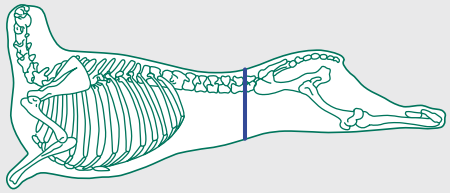
Mini-roast (Thick Flank)

Code:
Leg L013



1. Position of the leg and chump on the carcase.

2. Remove the knuckle by cutting through the joint between the femur and tibia/ fibula.

3. Carefully remove the tail and aitch bones.

4. Start cutting along the seam between the topside and the remainder of the leg.

5. Remove the topside muscle by cutting along the seam between it and the remainder of the leg.

6. Remove the femur and patella taking care not to cut into the underlying muscles.

7. Remove fat deposits.

8. Remove the rump muscles by a straight cut parallel to the anterior cut surface.

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9. Separate the thick flank and silverside muscles by cutting along the natural seam between them.

10. Remove excess gristle and connective tissue.

11. Remove any loosely adhering muscles.

12. Square the ends.

13. Thick flank joint prepared to specification and ready for use.

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