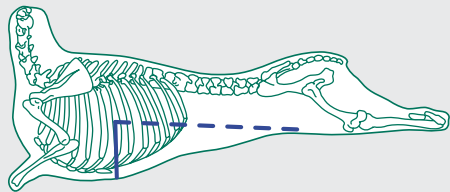# Rolled Belly of Lamb

1. Position of the breast with flank.

2. Only lean breasts are suitable for this cut.

3. Remove ribs and soft bones (cartilage).

4. Remove gristle sheet and excess fat.

5. Remove red flank meat and excess fat from the outer side.

6. Place 3-4 trimmed breasts (depending on size) on top of each other facing opposite sides.

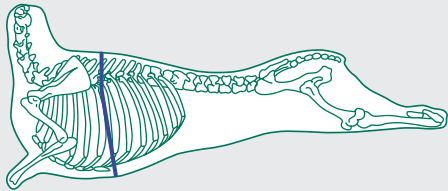7. Roll using string or netting to secure.

8. Rolled Belly of Lamb.

QUALITY STANDARD lamb English

EBLEX

Lamb Carvery Roast (shoulder)

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

2. Sheet bone the rib, back and neck bones, taking care not to cut into the underlying muscles.

3. Expose the blade bone starting at the tip of the blade bone cartilage and...

4. ...follow the line of the humerus.

5. Separate muscle blocks as illustrated.

6. Remove humerus, blade bone and French trim the knuckle. Trim excess fat and connective tissue.

7. The breast and neck fillet section are rolled into a **Victoria Roast EBLEX Code: Forequarter L009.**
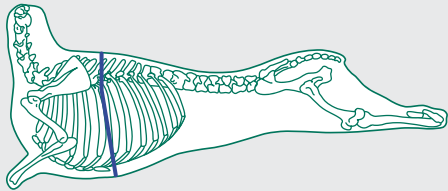
8. The remainder is rolled into a Lamb Carvery Roast (shoulder).

QUALITY STANDARD lamb English

EBLEX

Lamb Henry's

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

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

3. Remove the breast tip, and knuckle by sawing...

4. ...through the humerus as illustrated to create **Knuckle EBLEX Code: Forequarter L017.**

5. Remove large fat pocket.

6. Trim off any remaining excess fat. Score the outside of the shoulder.

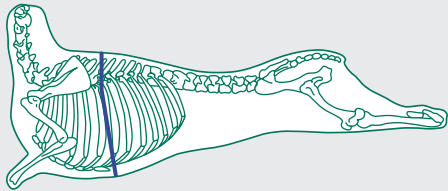7. Cut and saw the blade bone section into 2 and the humerus section also into 2 equal size/weight portions.

8. Lamb Henry's.

QUALITY STANDARD lamb English

EBLEX

Lamb Spatchcock (shoulder)

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

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

3. Remove the breast tip, and knuckle by sawing.

4. through the humerus as illustrated to create **Knuckle EBLEX Code: Forequarter L017.**

5. Remove large fat pocket, blade bone and....

6. ...the remainder of the humerus bone.

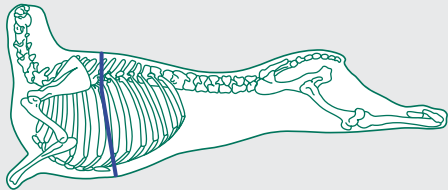7. Trim off remaining excess fat and gristles. The fat side can be scored.

8. Lamb Spatchcock (shoulder).

QUALITY STANDARD lamb English

EBLEX

1. The forequarter is to be removed from the carcase 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.
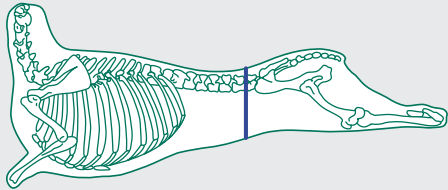
7. Cut between the ribs to create 2 bone mini racks.
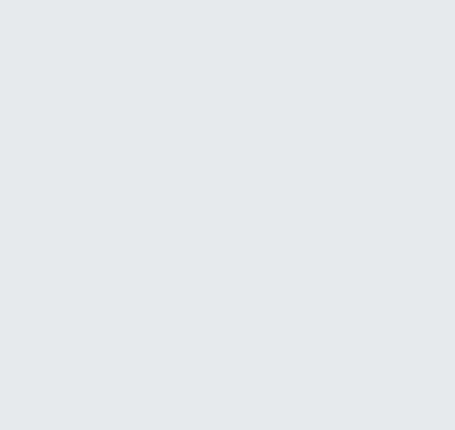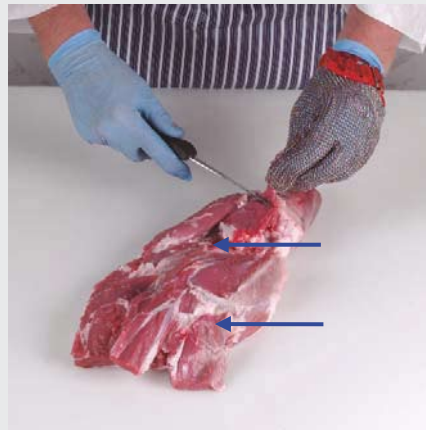
"Premium" Carvery Leg of Lamb

1. Remove the leg between the last two lumbar vertebrae.

2. French trim the knuckle and saw the end off.

3. Remove aitch and tail bone.

4. Remove the topside by following the natural seams.

5. Remove femur but leave the knuckle bone attached.

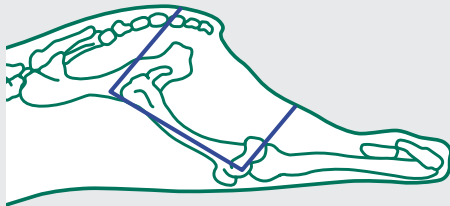6. Trim all excess fat, especially the fat pockets (see arrows) gristle and blood particles.

7. Roll joint and secure using elasticated roasting bands or string.

QUALITY STANDARD lamb English

EBLEX

Mini-roast (Topside)

1. Position of the topside.

2. Remove aitch bone and tail bone.

3. Follow the seam between the topside, thick flank and silverside.

4. Remove the topside, taking care not to make any deep incisions in the muscles.

5. Remove discoloured tissue, gristle and veins. External and internal fat thickness not to exceed 5mm.

6. Cut topside in half along the grain of the meat
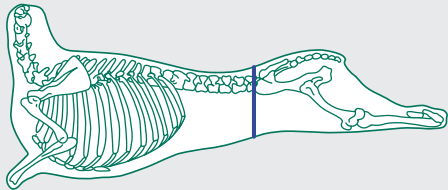

7. Lamb mini-roast (topside).

8. Vacuum pack two lamb mini-roasts per bag.

QUALITY STANDARD lamb English

EBLEX

Lamb Leg Roasties

1. Position of the leg and chump.

2. Remove aitch, back and tailbones.

3. Separate the topside by following the natural seams.

4. Remove the shank by cutting through the joint between the femur and tibia/fibula.

5. Remove the femur and patella.

6. Remove fat deposits...

7. ...and fillet.

8. Split the above muscle block lengthways into halves of equal portions.

QUALITY STANDARD lamb English

EBLEX

9. Cut off part of the thick flank to square the muscle block and create...

10. ...the first Lamb Roastie. The rest of the muscle blocks...

11. ...to be cut into equal portions.

12. The topside to be...

13. ...cut into 4 equal portions.

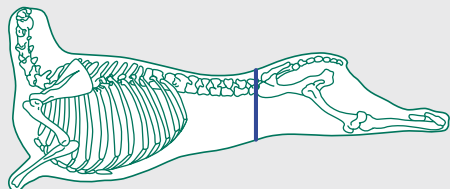14. This cutting method also creates the **Chateaubriand EBLEX Code: Leg L038 and the Shank EBLEX Code: Leg L022.**

15. Lamb Leg Roasties.
    Alternatively the Leg Roasties can be scored.

QUALITY STANDARD lamb English

EBLEX

1. Position of the leg and chump.

2. Remove aitch, back and tailbones.

3. Remove the topside muscle by following the natural seams. Remove fat deposits.

4. **Topside Roast**
   EBLEX Code: Leg L010.
   Maximum fat thickness 5mm.

5. Alternatively, the topside can be cut into half to create **Mini Roast (Topside)** **EBLEX Code: Leg L011.**

6. The rump is removed by a square cut in line with the top of the femur bone.

7. Lamb Rump Roast.

8. Alternatively, the rump can be cut into half to create **Lamb Rump Pavés** **EBLEX Code: Leg L036.**

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

10. **Lamb Shank EBLEX Code: Leg L022**

11. The silverside section of the remaining muscle block is removed using a straight cut...

13. ...in line with the top and bottom of the femur bone. **Lamb Silverside Joint.**

14. The remaining joint is part silverside and thick flank with femur bone attached. **Mini Leg of Lamb on the bone**

15. **A. Lamb Shank**
    B. Mini Leg of Lamb on the bone
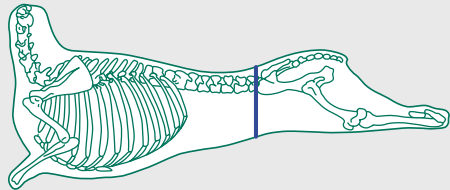   **C. Lamb Silverside Joint**
    D. Mini Roast (Topside)
    E. Lamb Rump Mini Roasts

QUALITY STANDARD lamb English

EBLEX

1. Position of the leg and chump.

2. Remove aitch, back and tailbones.

3. Remove the topside muscle by following the natural seams.

4. **Topside Roast**
   EBLEX Code: Leg L010.
   Maximum fat thickness 5mm.

5. The rump is removed by a square cut in line with the top of the femur bone.

6. **Lamb Rump Roast.**
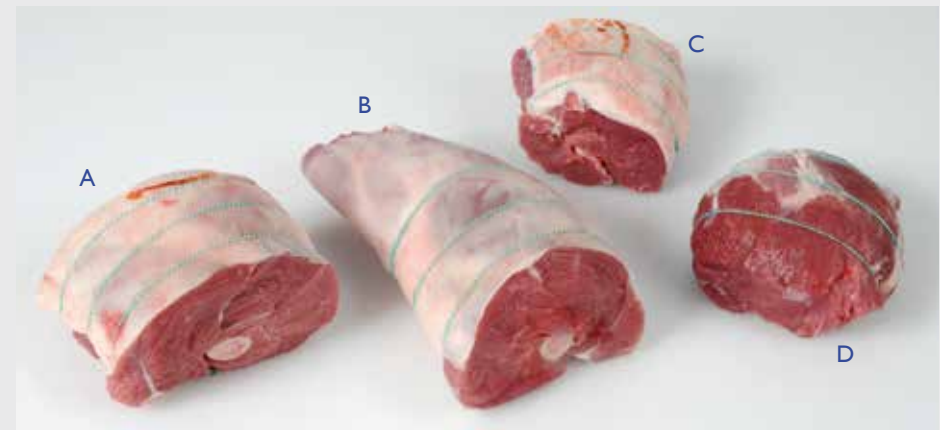

7. Remove fat deposits.

8. Remove the Mini Bone-in Leg Joint using a square cut at a point of 2" from the top of the Femur.

QUALITY STANDARD lamb English

EBLEX

10. **Mini Bone-in Leg Joint.**

11. The remainder is the
Mini Carvery Leg of Lamb

12. **A. Mini Bone-in Leg Joint**   **C. Lamb Rump Roast**
    B. Mini Carvery Leg of Lamb   **D. Topside Roast**

QUALITY STANDARD lamb English

EBLEX

1. Position of the leg and chump.

2. Remove back and tailbones.

3. The bone-in rump is removed by a square cut in line with the top of the femur bone.

4. **Bone-in Lamb Rump EBLEX Code: Leg L032.**

5. Remove the remainder of the aitch bone.

6. Remove the topside muscle by following the natural seams.

7. **Topside Roast EBLEX Code: Leg L010.** Maximum fat thickness 5mm.

8. Remove fat deposits.

9. **Carvery Leg of Lamb.**
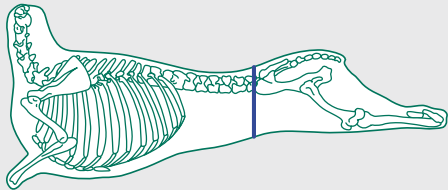
12. **A. Topside Roast**
    B. Carvery Leg of Lamb
    C. Bone-in Lamb Rump

Leg Joints – Whole Leg (D)

1. Position of the leg and chump.

2. Remove back and tailbones.

3. The bone-in rump is removed by a square cut in line…

4. …with the top of the femur bone.

5. Remove the remainder of the aitch bone.

6. Remove the topside muscle by following the natural seams.

7. Remove fat deposits.

8. Remove the Mini Leg Joint using a square cut at a point of 2" from the top of the Femur.
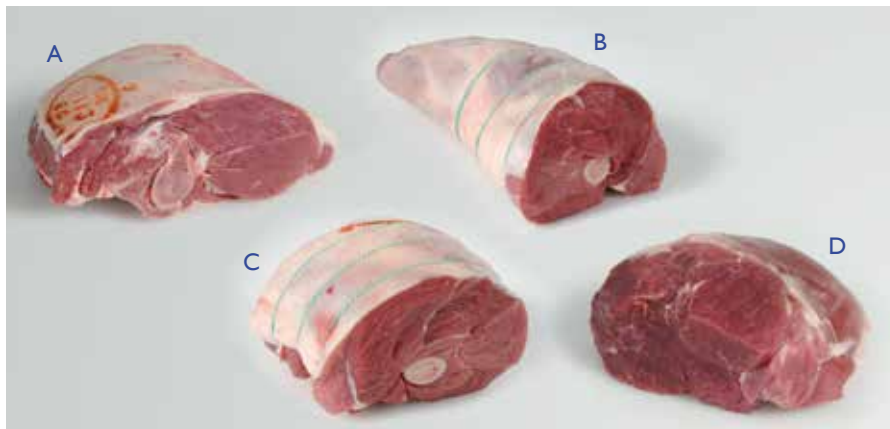
QUALITY STANDARD lamb English

EBLEX

9. **Topside Roast**
   EBLEX Code: Leg L010.
   Maximum fat thickness 5mm.

10. **Mini Bone-in Leg Joint.**

11. **Mini Carvery Leg of Lamb.**

12. **Bone-in Lamb Rump.**

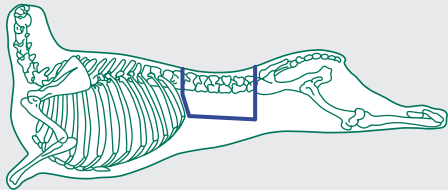13.   **A. Bone-in Lamb Rump**   **C. Mini Bone-in Leg Joint**
      B. Mini Carvery Leg of Lamb **D. Topside Roast**

Short Saddle - Stuffed

1. Position of the saddle on the carcase.

2. Bone-in saddle.

3. Remove both fillet muscles.

4. Remove the bark muscles.

5. Carefully remove the backbone, taking care not to cut through the external fat surface.

6. Remove fat deposits.

7. Position stuffing rolls in the backbone cavity and along the ventral edge of the eye muscles.

8. Cover the two outer stuffing rolls with the trimmed fillet muscles.

QUALITY STANDARD lamb English

EBLEX

9. Form into a cylindrical shape making sure the stuffing stays in place.

10. Roll and tie securely with string at regular intervals.

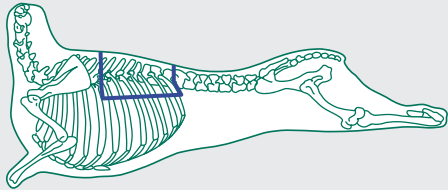11. The stuffed saddle prepared to specification and ready to use.

QUALITY STANDARD lamb English

EBLEX

1. Position of rack.

2. Pair of racks from an unsplit carcase. Loin tail to be 1½ times the length of the eye muscle.

3. Saw along each side of the backbone taking care not to cut into the eye muscles.

4. Then remove the backbone with a knife.

5. Remove the cartilage tip of the blade bone.

6. Make a cut along the anterior edge of the eye muscle and remove the meat from over the ribs.

7. Remove the bark.

8. Trim the intercostal muscle to leave clean rib ends.

QUALITY STANDARD lamb English

EBLEX

9. Separate by cutting between the 10th and 11th ribs.

10. Take the three-bone piece and remove the two outer ribs leaving the central one in place.

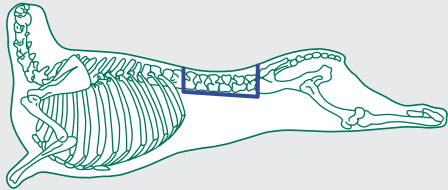11. Internal view of "Premium" one-bone mini-rack.

12. "Premium" one-bone mini-rack prepared to specification and ready for use.

QUALITY STANDARD lamb English

EBLEX

Cannon – bone-in

1. Position of cannon.

2. Separate the lumbar section from the saddle.

3. Then split the lumbar section down the centre of the backbone.

4. Remove the fillet muscle.

5. Completely remove the tail taking care not to cut the eye muscle.

6. Remove the bark and any excess fat.
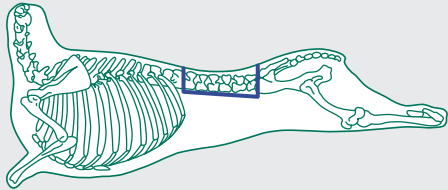

7. Carefully remove the toe bone.

8. The bone-in cannon ready for use.

"Premium" Lamb Sirloin

1. Position of sirloin.

2. Separate the lumbar section from the saddle.

3. Then split the lumbar section down the centre of the backbone

4. Remove the fillet muscle and the bones taking care not to cut into the underlying muscles.

5. Remove the tail by cutting along the edge of the eye muscle.

6. Remove the backstrap gristle.

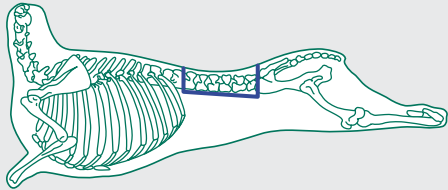7. Remove bark, maximum fat thickness 5mm.

8. "Premium" lamb sirloin, prepared and ready for use.

QUALITY STANDARD lamb English

EBLEX

"Premium" Lamb Cannon

1. Position of cannon.

2. Separate the lumbar section from the saddle.

3. Then split the lumbar section down the centre of the backbone.

4. Remove the fillet muscle.

5. Remove the bones taking care not to cut into the underlying muscles.

6. Remove the tail by cutting along the edge of the eye muscle.

7. Remove the backstrap gristle. Carefully remove the eye muscles and trim off all fat, gristle and connective tissue.
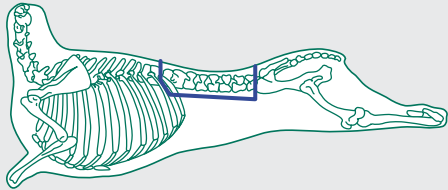

8. "Premium" cannon of lamb, prepared to specification and ready for use.

QUALITY STANDARD lamb English

EBLEX

Valentine Steaks

1. Position of Valentine steaks.

2. Only the lumbar section to be used.

3. Valentine steaks cut to specification.

QUALITY STANDARD lamb English

EBLEX