Rack – shoulder six-ribs
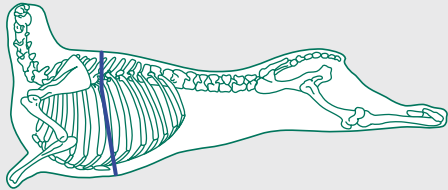
1. The forequarter is to be removed from the carcase between the 6th and 7th ribs.

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.

QUALITY STANDARD lamb English

AHDB BEEF & LAMB