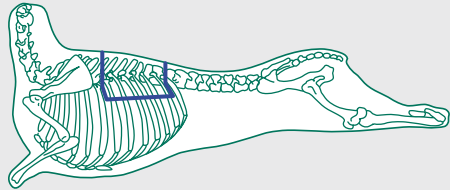


Lamb Guard of Honour

Code:

Loin L048



1. Position of rack.

2. Loin of lamb. Loin tail to be 1½ times the length of the eye muscle.

3. Remove the rib section of the loin.

4. Carefully saw through the rib bones close to the backbone.



5. Then remove the backbone...and remove the yellow ligament(paddywack).

6. French trim the ribs to leave 50mm of bone exposed. Now repeat this process to give 2 seven bone racks.

7. Interlock the ribs.

8. Guard of Honour .

