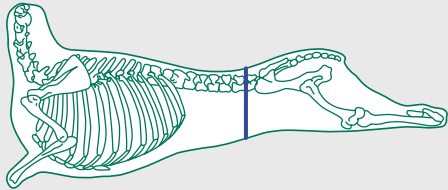# Thick Flank (untrimmed)

1. Position of the leg and chump.

2. Leg and chump. **Code: Leg L001**

3. Remove the tail and aitch bone.

4. Remove the topside by following the natural seam between it and the thick flank.

5. Topside (untrimmed). **Code: Leg L046**

6. Remove the knuckle in a straight line by cutting through the joint between the femur and tibia/fibula.
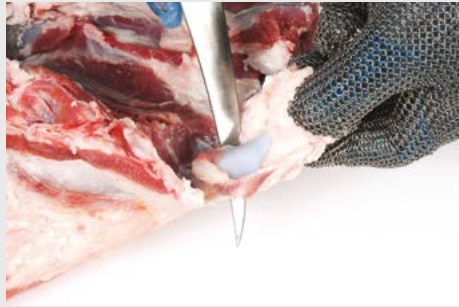

7. Lamb Shank (untrimmed). **Code: Leg L047**

8. Remove the femur taking care not to cut into underlying muscles.

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9. Remove the patella with associated fat.

10. Remove the fillet leaving the small flank muscle (skirt) attached to the head of the fillet.

11. Lamb Chateaubriand. **Code: Leg L038**

12. Remove the thick flank (knuckle) by following the natural seams.

13. Thick Flank (untrimmed).
Code: Leg L044

14. Remove the chump-centre cut by following the natural seams between it and the silverside.

15. Chump-centre cut (boneless and fully trimmed) internal view. **Code: Leg L028**

16. Chump-centre cut (boneless and fully trimmed) external view.
Code: Leg L028

17. Silverside/salmon cut with part heel muscle.

18. Remove fat pocket...

19. ...and silver gristle leaving the heel muscle attached.

20. Silverside/salmon cut with part heel muscle (trimmed). **Code: Leg L045**

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