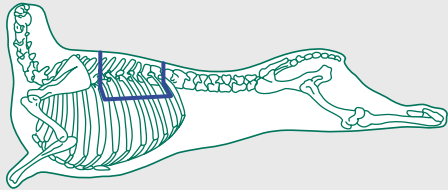# Rack – seven-rib

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.

6. Remove the thick yellow gristle.

7. French trim the ribs to leave 50mm of bone exposed.

8. Rack prepared and ready for sale.

QUALITY STANDARD lamb English

AHDB
BEEF & LAMB