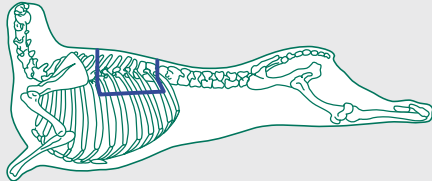


# Rack – seven-rib (part fat removed)

Code:

Loin L043



1. Position of rack.

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

3. Carefully saw through the rib bones close to the backbone. Then remove the backbone.

4. Remove the thick yellow gristle.



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

6. Trim outer layer of fat from the eye muscle but leaving fat on the rib section...

7. ...to a maximum depth of 3mm.

