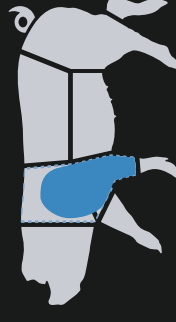
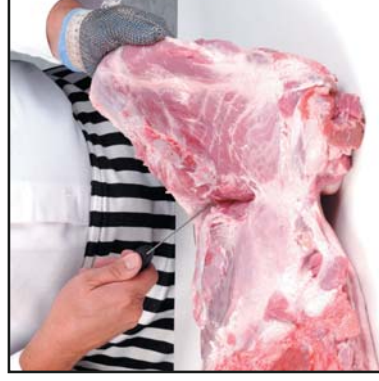


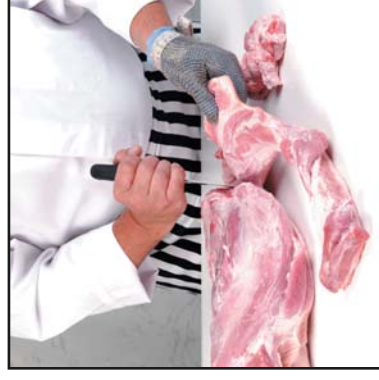
Fore end: Carvery Roast



Remove the ribs and back bone in a sheet taking care not to cut into the underlying muscles



Remove the collar by cutting along the seam between it and the remainder of the forequarter



Following the contour of the shoulder block, remove excess fat, rind and any discoloured neck muscles and tissues



Remove the scapula and humerus taking care not to cut into the underlying muscles



Remove internal gristle and fat deposits



Tie securely with string at regular intervals. Then score the joint evenly taking care to cut through the rind and fat but not the underlying muscles



The carvery roast fully prepared and ready for roasting



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