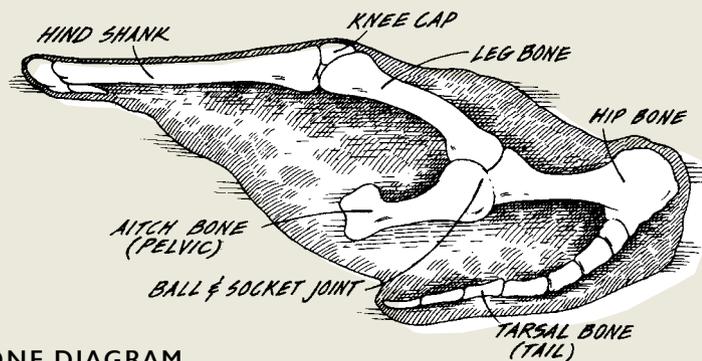


# Boning and Butterflying a Leg of Lamb

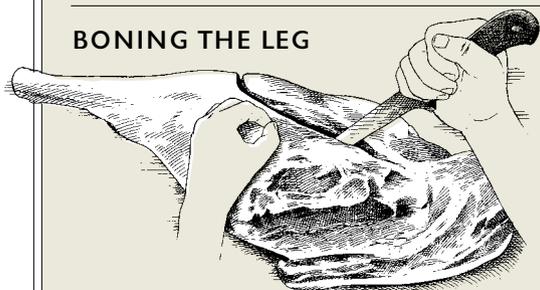
The easiest way to get a boned and butterflied leg of lamb is to have your butcher do it for you. But if you don't have a cooperative butcher or you would prefer to do it yourself, it is easily done by following these illustrated steps. We found that we could do a neater job than the butcher—and besides, we had the bones left over for stock.

By Susan Logozzo

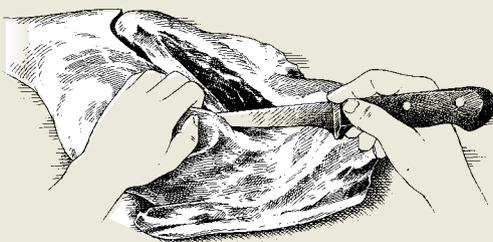


**BONE DIAGRAM**

## BONING THE LEG



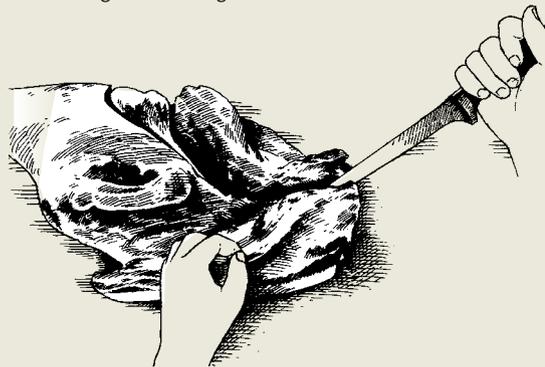
**1.** Using the tip of a boning knife, make the first cut at the top of the shank, cutting around the knee cap, and continuing down the leg bone.



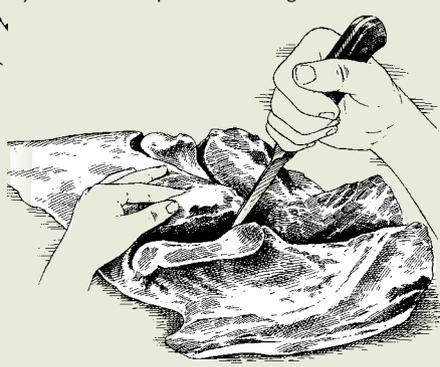
**2.** Cut straight down to the leg bone with the tip of the knife and continue to cut, using the bone as your guide, until you reach the hip bone and can go no further.



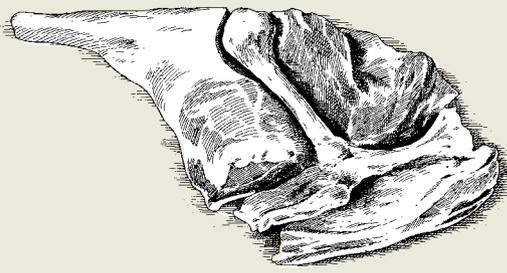
**3.** Cut under and around the knee cap and along the side of the leg bone, loosening the meat from the bone as you go.



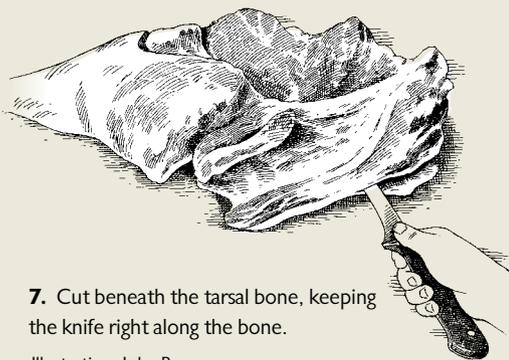
**4.** Cut around the hip bone to loosen the meat from the bone.



**5.** Using the tip of the knife, cut the meat away from the aitch or pelvic bone. Use the tip of the knife to scrape the meat away from the bone.

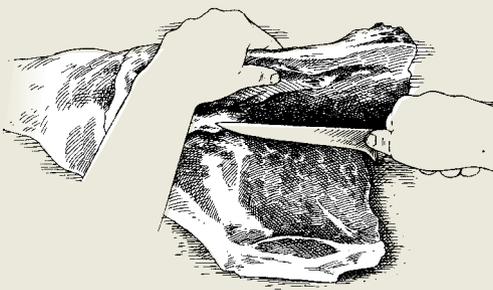


**6.** At this point, the meat should be free from the leg bone (center), the aitch or pelvic bone (lower left center), and the hip bone (lower right). Ball and socket joint is in center.



**7.** Cut beneath the tarsal bone, keeping the knife right along the bone.

Illustration: John Burgoyne



**8.** Lift the tail bone and continue scraping the meat away from the bone until you reach the ball and socket joint.



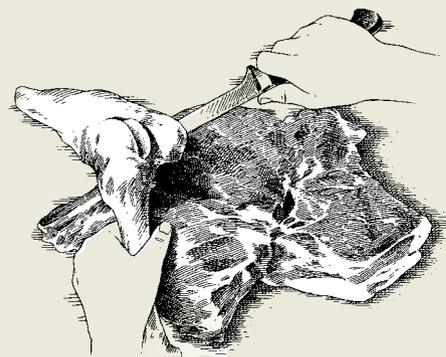
**9.** With the tip of the knife, scrape along and beneath the ball and socket joint to loosen it from the meat and cut between ball and socket to loosen.



**10.** Snap the ball and socket apart and pull the tail, hip, and the aitch (pelvic) section away from the leg bone (save this piece for stock or discard).

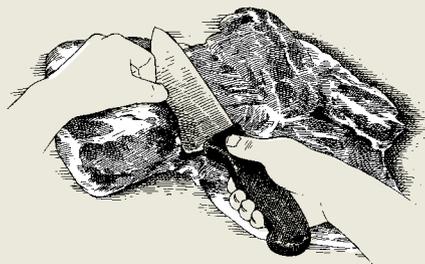


**11.** Continue to cut beneath the leg bone, lifting to release it from the meat as you cut.

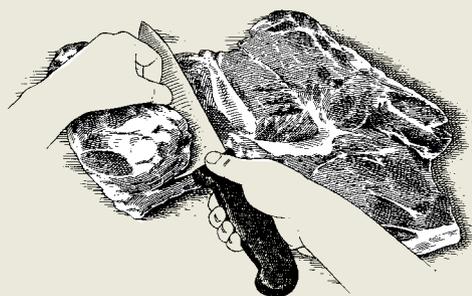


**12.** Lift the leg bone and cartilage around the knee cap to totally separate the leg bone and shank portion (if your leg came with shank attached) and remove (save for stock or discard).

### BUTTERFLYING THE BONED LEG



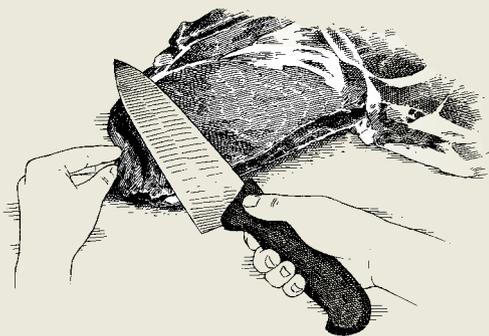
**13.** To butterfly, lay a large chef's knife flat on the center of the meat at the thinnest part parallel to the top round.



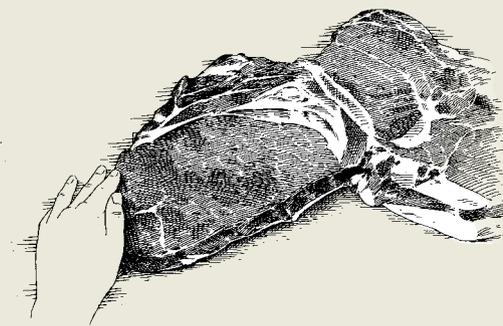
**14.** Keeping the knife blade parallel to the board, begin slicing through the muscle. Cut horizontally about 1 inch.



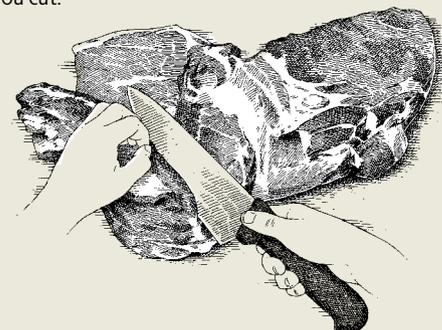
**15.** Begin to unroll the meat (like unrolling a carpet) with your other hand as you continue to cut into the muscle, always keeping the knife blade parallel to the board, cutting about 1 inch at a time, and unrolling as you cut.



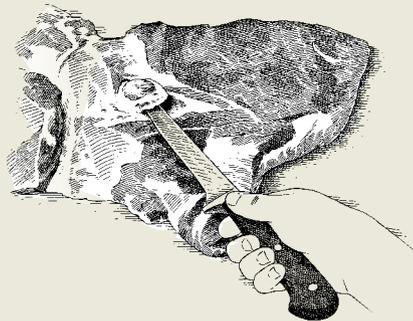
**16.** Stopping about 1 inch from the end, unfold the edge of the meat and flatten it.



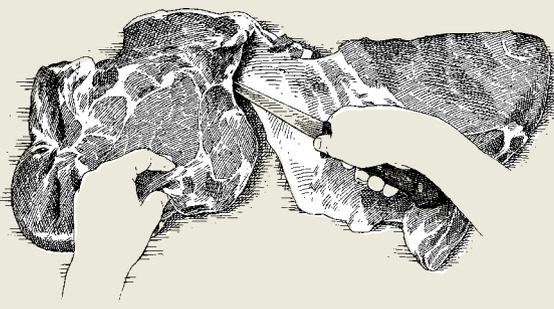
**17.** The butterflied muscle should be even in thickness.



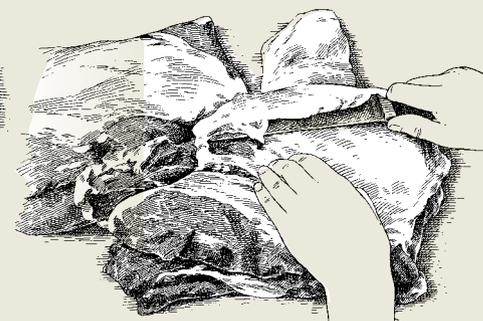
**18.** Turn the board around and cut the knuckle muscle on the other side using the same method as in steps 13 to 16.



**19.** Near the center of the bottom round locate a hard, thick section of fat. Using the tip of the boning knife, cut into the fat to locate the lymph node (a 1/2-inch round, grayish flat nodule). Remove and discard.



**20.** Divide the butterflied meat in half by cutting between the eye and the bottom round.



**21.** Turn the pieces of meat over and use a boning knife to cut away the thick pieces of fat, leaving about a 1/8-inch thickness for self-basting during grilling.