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Fat/skin Before Cooking. For Example If Cooking Goat Meat, Remove Any Visible Fat And Cut Into Bite Sized Chunks. If Using Meat On The Bone, Remove Any Visible Fat, But Leave The Meat On The Bone. Skim Off Any Fat That Settles On Top Of Stews, Curries And One-pot Meals • Limit High Fat May 2th, 2024

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