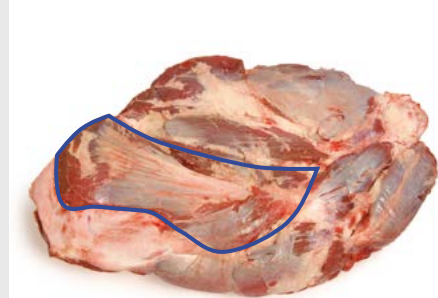
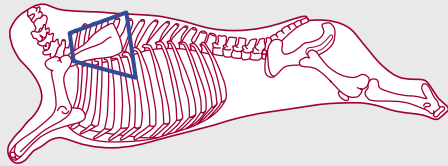


Underblade Muscle – fully trimmed (Subscapularis)

Code:

Chuck B038

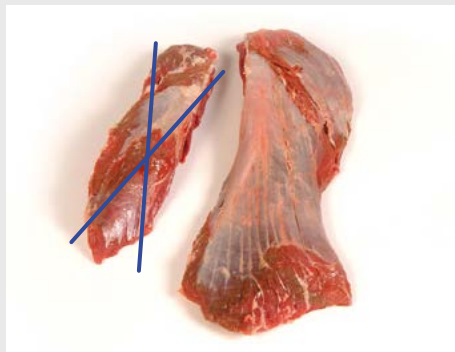


1. Position of the underblade muscles.

2. Underblade muscles as highlighted.

3. Start removing the underblade muscles by exposing the blade bone (scapula).

4. Underblade muscles.



5. Separate the muscle as illustrated. The highlighted muscle is only suitable for braising as it contains connective tissue through the centre of the muscle.

6. Remove the small muscle on top of the main muscle to expose gristle.

7. Remove all gristle from both sides of the muscle.

