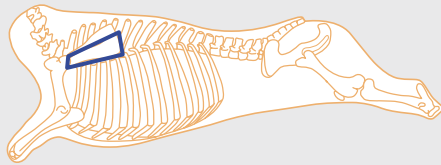


Flat Iron Steaks

Code:

Chuck V009



1. Position of the feather.

2. Feather muscle.

3. Remove all gristle and fat and remove the centre gristle to produce 2 portions of meat.

4. Cut into Flat Iron steaks and score.

