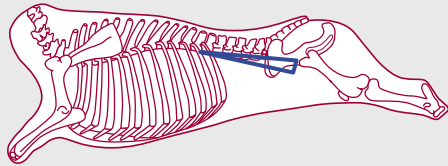


Spatchcock Fillet

Code:

Fillet B013



1. Position of the fillet.



2. Whole fillet of beef untrimmed.



3. Remove the chain muscle and all gristle, fat and connective tissue.



4. Free the top and underside of the fillet of all connective tissue, gristle and fat.



5. Remove the tail as illustrated leaving the middle fillet with a minimum 40mm diameter.



6. Fillet tail.



7. Butterfly cut the fillet tail to create a spatchcock fillet.

