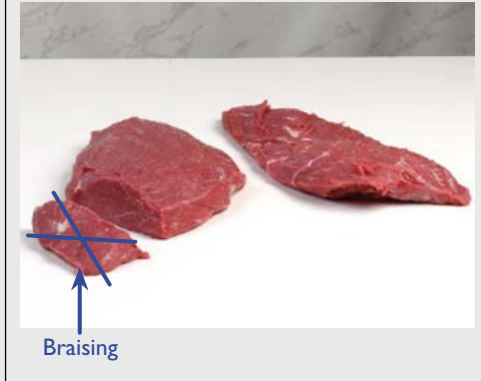
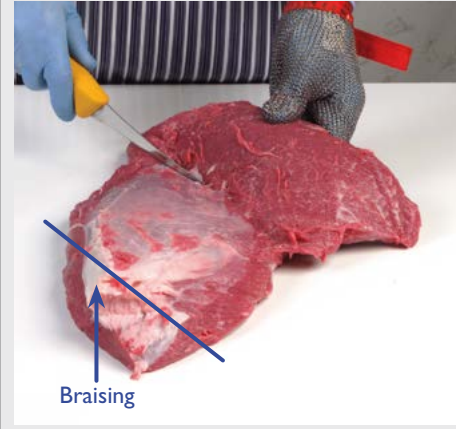
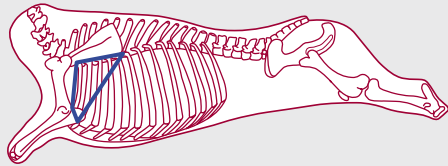


Rustic Steaks (LMC)

Code:

LMC B002



1. Position of the LMC

2. Remove external fat gristle and connective tissue.

3. Follow the central gristle sheath and separate the muscle. Remove gristle.

4. Remove part of the muscle for braising meat as illustrated.



5. Trim muscle as illustrated and cut into steaks of the required weight.

6. Top part of the LMC.

7. Cut into half along the grain and cut into steaks of the required weight across the grain.

8. Score each steak.



For this product the LMC should be matured for a minimum of 14 days.

