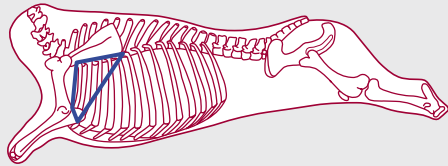


LMC Steaks

Code:

LMC B004



1. Position of the LMC.

2. LMC.

3. Remove silver gristle sheath...

4. and the thickest part of the large central gristle.



5. Slice into braising steaks of even thickness and across the grain.

