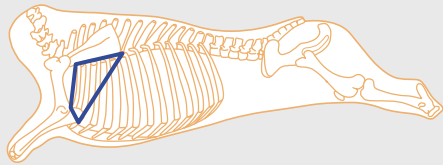


# Escallops (LMC)

Code:

LMC V001



1. Position of the LMC.

2. Remove external fat gristle and...

3. ....connective tissue.

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



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

6. Flatten out between two sheets of plastic using a fat basher to achieve the required thickness and to improve tenderness.

