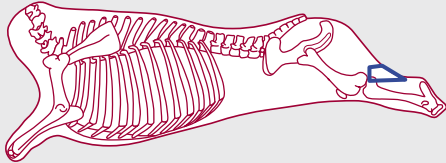


# Pavé (heel muscle)

Code:  
Leg B002

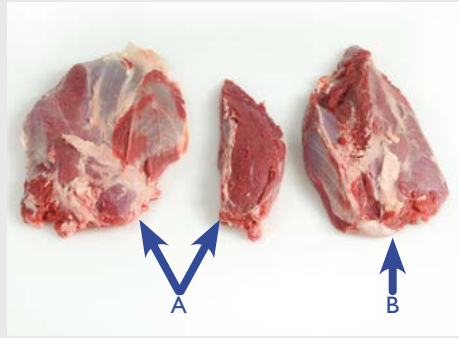


1. Position of the Heel muscle.

2. Heel muscle.

3. Remove the Pencil muscle by following the natural seams.

4. Pencil muscle (flexor superficialis).



5. The remaining muscle (gastrocnemius) can be...

6. ...separated into 3 parts by following...

7. ...the natural seams between them.

8. **A.** very tender – frying quality  
**B.** less tender – braising quality



For this product, the heel muscle should be matured for a minimum of 14 days.



# Pavé (heel muscle) – continued

Code:

Leg B002



9. From the less tender muscle,...

10. ...remove excess gristle and...

11. ...cut into Braising Steaks.

12. The remaining 2 muscles are extremely tender and suitable for Pavés.



13. Remove all connective tissue and gristle.

14. Remove the coarse section of the larger muscle and square the ends of the smaller muscle.

15. Cut muscle into Pavés of required weight.

16. Both muscles cut into Pavés.