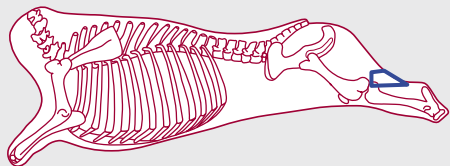


Braising Steaks (heel muscle)

Code:

Leg B004



1. Position of the Heel Muscle.



2. Heel Muscle.



3. Heel Muscle.



4. Remove the pencil muscle (flexor superficialis) by following the natural seams.



5. Remove the thickest part of the gristle.



6. Fold muscle over and cut into...



7. ...steaks of even thickness.



8. Braising steaks (heel muscle).