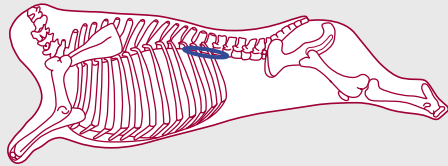


Hanger Steaks (body skirt)

Code:

Offal B004



1. Position of the body skirt.

2. Remove all connective tissue and gristle from the outside of the body skirt.

3. Follow the centre gristle...

4. ...being careful not to cut into lean muscle.



5. Remove centre gristle.

6. Cut each part into two portions.

7. Butterfly cut each portion to create steaks with a bigger surface area.

8. Hanger Steak.

