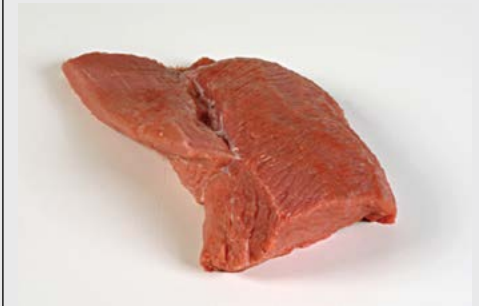
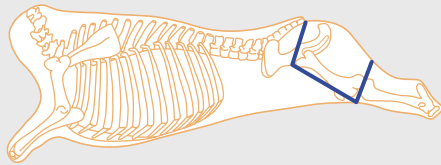


Daubes (Silverside)

Code:

Silverside V011



1. Position of the silverside.

2. Silverside, salmon cut and heel muscle removed.

3. All external fat and...

4. ...gristle to be removed.



5. Remove centre gristle by following the seam.

6. Cut into 50mm² silverside daubes and use roasting bands to maintain shape.

