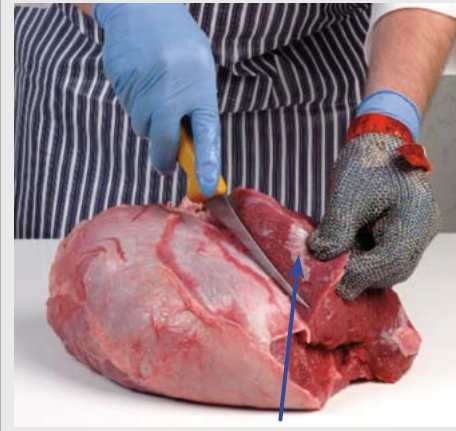
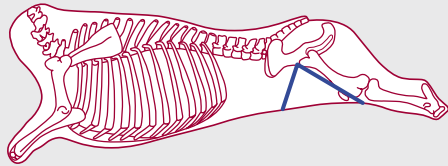


# Thick Flank – seam cut

Code:

**Thick Flank B005**

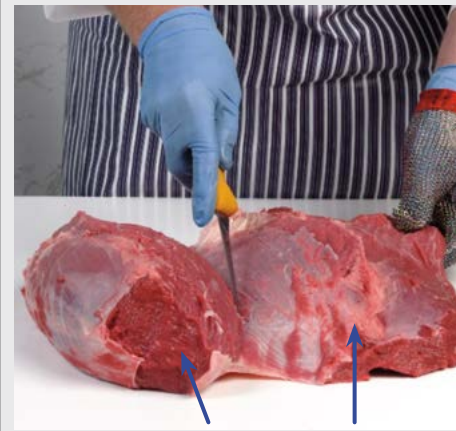


1. Position of the thick flank, without rump tail.

2. Remove the gristle from the thin top muscle (A).

3. Separate the thin top muscle (A) from the main muscle block.

4. Continue by also removing the muscle which runs along the femur, muscle (B).



5. Separate muscles A and B and remove all connective tissue.

6. Muscle A can be used for frying steaks. Muscle B can be used for braising.

7. Separate muscle C (Bullet) and muscle D.

8. Remove all gristle and connective tissue from muscle C (Bullet).



For this product the thick flank should be matured for a minimum of 14 days.



# Thick Flank – seam cut – continued

Code:

**Thick Flank B005**



9. Muscle C (Bullet): remove a 3cm thick slice from where the muscle is attached to the knee cap and use for braising.



10. Follow the centre gristle and split the muscle into two.



11. Remove all gristle.



12. Hold the joints in shape by placing elasticated roasting bands at regular intervals.



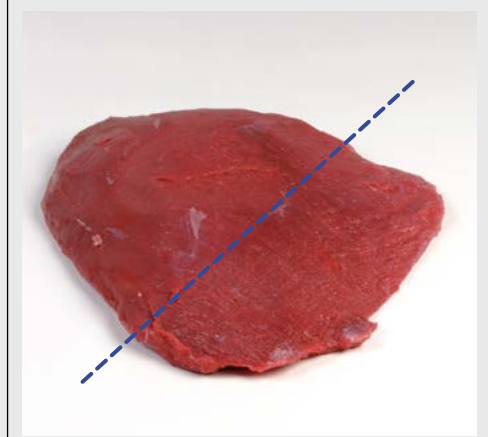
13. Cut joints into half to create "Centre Cut" Mini Joints.



14. Alternatively Muscle C (Bullet) can be cut into "Centre Cut" Steaks.



15. "Centre Cut" steak for frying or grilling.



16. Remove all gristle and connective tissue from muscle D. Muscle D contains a section of fine and a section of coarse grain.



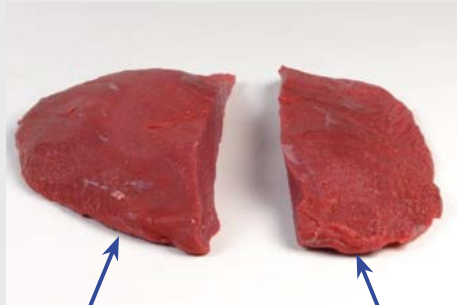
For this product the thick flank should be matured for a minimum of 14 days.



# Thick Flank – seam cut – continued

Code:

Thick Flank B005



Fine grain

Coarse grain



17. Separate the two.

18. The fine grain section of muscle D can be cut into Escallops.

19. The coarse section of muscle D can be...

20. used for Diced Braising.



For this product the thick flank should be matured for a minimum of 14 days.

