Pavé (thick flank)			Code: Thick Flank B007
Contraction of the second seco			
I. Position of the thick flank, without rump tail.	2. The selected muscle is to be used for this Pavé. The small section below the dotted line is removed and used for braising.	3. Remove the gristle from the thin top muscle (A).	4. Separate the thin top muscle (A) from the main muscle block.
	Muscle A Muscle B		
5. Continue by also removing the muscle which runs along the femur, muscle (B).	6. Separate muscles A and B and remove all connective tissue. Muscle A can be used for Pavés. Muscle B can be used for braising.	7. Remove all gristle and connective tissue from the muscle A.	8. Remove the section where the muscle grain is coarse. This coarse grain part is to be used for braising
STANDARD beef English 🐨	AHDB BEEF & LAMB		

Pavé (thick flank) – continued			Code: Thick Flank B007
666600		Depending on the size of the muscle, steaks can be cut on an angle to achieve the required portion weight and cut size.	
9. The remainder to be cut into Pavés of required weight.	10. Pavé.		
QUALITY STANDARD beef English		ck flank must be matured m of 14 days.	AHDB