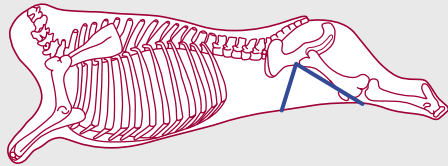


Pavé Muscle – Thick Flank

Code:

Thick Flank B008



1. Position of the thick flank without rump tail.

2. Separate the Pavé muscle (Vastus Medialis) from the main muscle block.

3. Continue by also removing the muscle with runs along the femur (Vastus Intermedius).

4. Separate the Pavé muscle (Vastus Medialis) from the femur muscle (Vastus Intermedius).



5. Remove all fat and gristle.

6. Pavé muscle – Thick Flank (Vastus Medialis).

