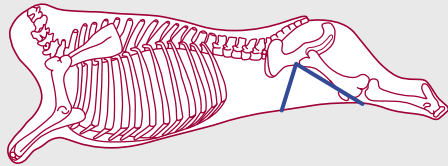


Plate Muscle – Thick Flank

Code:

Thick Flank B011



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 centre cut muscle (Rectus Femoris) from the plate muscle (Vastus Lateralis).



5. Remove all fat and gristle.

6. Plate Muscle (Vastus Lateralis).

