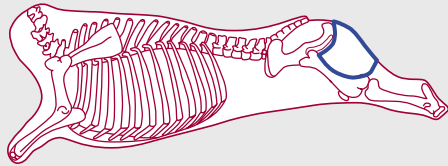


# Tender Top Muscle (adductor)

Code:

**Topside B019**

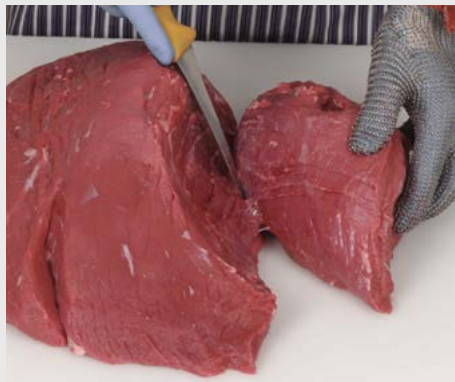


1. Position of the topside.

2. Remove the loosely attached muscle block,...

3. ...gracilis, pectineus and sartorius from the topside.

4. Remove fat and connective tissue.



5. Separate the main topside muscle (semimembranosus) and the tender top muscle (adductor) following a very thin natural seam.

6. Tender Top Muscle.

