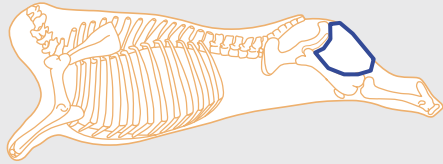


Daubes (Topside)

Code:

Topside V005



1. Position of the topside.

2. Remove discoloured tissue.

3. Remove the loosely attached cap muscle (gracilis) by cutting along the natural seam.

4. Cap muscle (gracilis).



5. Topside without cap muscle (gracilis).

6. Boneless trimmed topside without cap muscle (gracilis), all visible fat removed.

7. Cut into 50mm topside daubes and use roasting bands to maintain shape.

