Fillet – fully trimmed
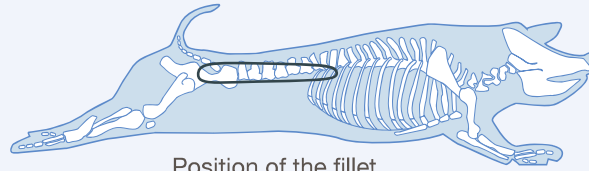
Position of the fillet.
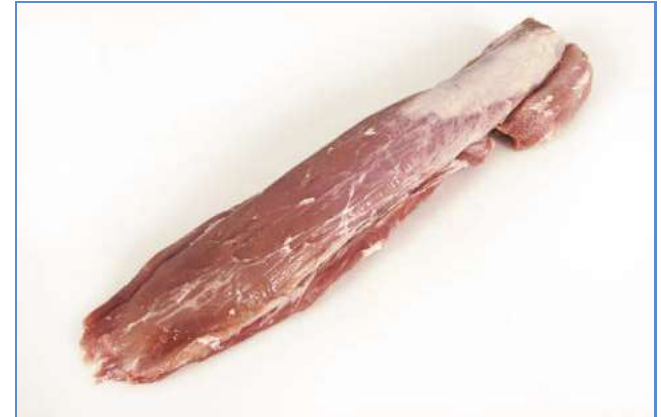
1   Starting with the head of the fillet, following the contours of the backbone, loosen the fillet …

2   … and remove the fillet.

3   Fillet.

4   Remove chain, silver skin and fat.

5   Fillet – fully trimmed.