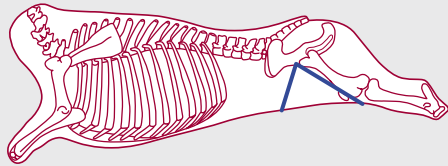


Centre Cut Muscle – Thick Flank

Code:

Thick Flank B010



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. Centre Cut Muscle (Rectus Femoris) also known as the bullet muscle.

6. Centre Cut Muscle.

