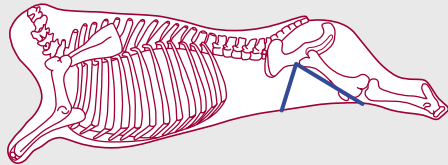


# Centre Cut Steaks – Thin Cut

Code:

Thick Flank B012



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. Remove all gristle and connective tissue.



6. Remove 3cm thick slice from where the muscle is attached to the knee cap and use for braising. Follow the centre gristle and split the muscle into two.



7. Remove remaining gristle and cut Centre Cut muscle into thin steaks, maximum thickness 5-7mm. (This is done easier on a gravity feed slicer).



8. Centre Cut Steaks – Thin Cut.



For this product the thick flank should be matured for a minimum of 14 days.

