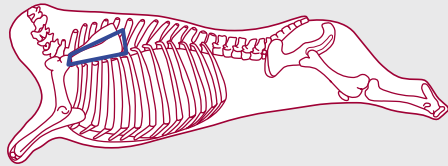


Beef Stir-Fry (feather)

Code:

Chuck B018



1. Position of the feather.



2. Untrimmed feather muscle.



3. Remove all visible external fat and gristle.



4. Remove the muscle and gristle at the anterior end of the feather muscle.



5. Split the muscle by following the centre gristle and remove the gristle.



6. Cut into stir-fry strips of 10mm x 10mm x 60mm.

