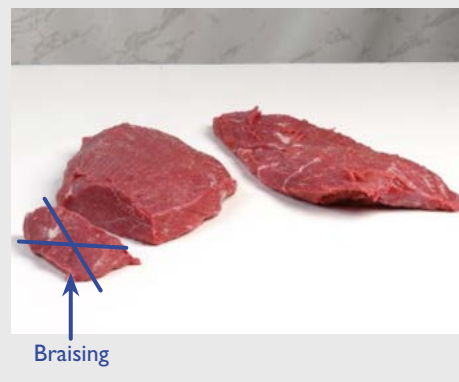
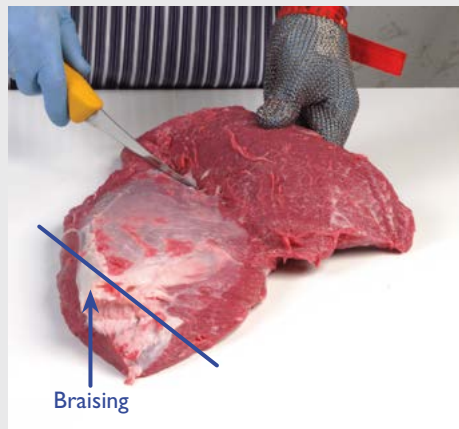
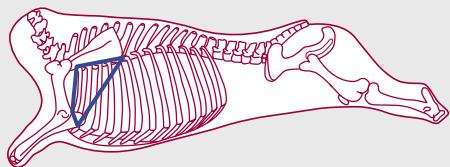


# Daubes (LMC)

Code:  
**LMC B006**



1. Position of the LMC.

2. Remove external fat gristle and connective tissue.

3. Follow the central gristle sheath and separate the muscle. Remove gristle.

4. Remove part of the muscle for braising meat as illustrated.



5. Trim muscle as illustrated and cut into required weight daubes.

6. Top part of the LMC.

7. Cut into half along the grain and cut into daubes of the required weight.

8. Place roasting bands in opposite directions to secure the daubes into shape.

