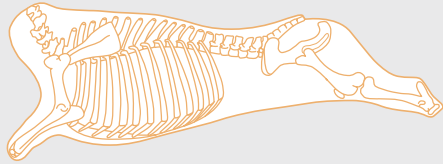


Stir-Fry

Code:

Stir-fry V001



1. The following cuts can be used but must not be mixed: topside, thick flank, fillet ends, sirloin ends, rump ends and LMC.

2. Remove all gristle, connective tissue and fat. Cut lean muscle into stir-fry strips of 10mm x 10mm x 60mm.

