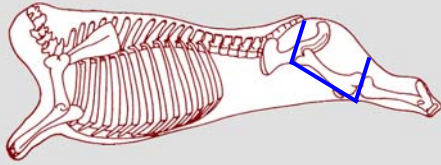


Silverside Joint (with added fat)

Silverside B002



1. Position of the silverside.

2. Silverside.

3. Cut the silverside into two equal-sized joints as illustrated.

4. Cut cod fat into thin slices and flatten with a fat basher if needed. Alternatively use pre-pressed cod fat.



5. Place a layer of cod fat (maximum thickness 10 mm) over the centre of the lean side of the joint.

6. Tie securely with string at regular intervals.

7. Silverside joints prepared and ready to cut into joints of the required size.

