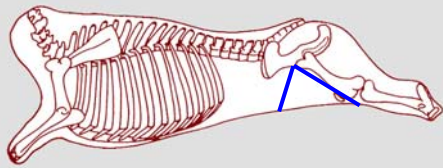


Thick Flank Joints

Thick Flank B002



1. Position of the thick flank, with rump tail.



2. Boneless untrimmed thick flank ready for preparation.



3. Seam back large external muscle and cut the primal lengthways along the grain to produce two equal-sized portions.



4. Remove excess fat, connective tissue and gristle. Tie securely with string at regular intervals.



5. The two thick flank rolls are ready to cut into smaller joints.



6. Cut into joint of the size required.

